

HEALING DEVELOPMENTAL TRAUMA:

Transforming Developmental Trauma's Impact on Emotion Regulation & Connection

Program Description:

Research has shown that adverse childhood experiences – physical and emotional abuse, neglect, exposure to domestic violence or substance abuse, traumatic loss and other early experiences of chaos and overwhelm – are more common than thought and can cause profound and pervasive effects on physical and mental health. As adults, survivors of early trauma may experience:

- complex dysregulation of affect, impulses and emotions,
- relational patterns of disconnection,
- rapid behavioral and emotional regression,
- aggressive or destructive behavior against self and/or others,
- delays or disruptions in achieving developmental competencies,
- altered schemas of the world,
- an overactivation of their stress response system,
- altered awareness or assessment of danger, dissociation or numbing
- multiple health problems: cardiovascular, metabolic, immunological, and sexual disorders
- problems with self-concept and self-regulation
- chronic feelings of shame, self-hatred, self-blame.

While the DSM-5 does not include a diagnostic category of “developmental trauma disorder,” treating this constellation of problems in a piece meal fashion would miss out on how they express a system of internal disorganization.

In this workshop, Kate Gotelli will explore ways that adults who have a history of adverse childhood experiences can learn to make sense of their own struggles and begin a process of healing with self-awareness, compassion, and safe re-connection in present relationships. Kate will explain and demonstrate how to approach charged schemas, emotions and sensations in a manner that reduces sympathetic arousal, overwhelm, and helplessness while increasing clients' capacity to negotiate stress and trauma. She will also offer practical recommendations on how to use the therapeutic relationship itself to help individuals with developmental trauma to restore control and power that creates safety, allows for remembrance and mourning, and promotes reconnection with everyday life.

Learning objectives:

By the conclusion of this workshop, participants will be able to:

- **List** at least 2 mental, behavioral, and physical health conditions that are highly correlated with adverse childhood experiences.
- **Explain** at least 3 mechanisms through which developmental trauma can impact emotion regulation, safety, trust, and connection.

- **Describe** at least 2 resources that are essential to help developmentally traumatized clients access
- **Identify** at least 3 therapist skills or characteristics to facilitate clients' attachment repair
- **Name** at least 2 therapist interventions that help build clients' capacity to regulate emotions and nervous system activation.
- **Explain** at least 3 reasons that individuals with development trauma may engage in behavior that appears to be perceived as excessively clingy, compliant, oppositional, and/or distrustful.

Agenda:

8:30 am	Registration
9:00 am	Overview of Developmental Trauma & Attachment Styles
10:30 am	BREAK
10:45 am	Danger, Distrust and Emotion Dysregulation
12:00 pm	LUNCH
1:00 pm	Rebuilding Safety, Trust and Self-Regulation Skills
2:45 pm	BREAK
3:00 pm	Expanding Capacity in Relationships Therapist Self-Care and Presence in Session
4:30 pm	Adjournment

Faculty

Kate Gotelli, LCSW, SEP is a psychotherapist, coach and owner of her solo psychotherapy practice, Mindful Awakening, PLLC, and her sex/intimacy/relationship coaching practice, Embodied Awakening, LLC, both in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator and Certified Sex Coach™ with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy with adults and her interests focus on trauma resolution, shame resilience and wholehearted living. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. She provides clinical case consultation as an NASW certified Clinical Supervisor and has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for the School of Social Work and Area Health Education Centers (AHEC) centers. She continues to provide professional trainings and workshops for clinicians on topics including trauma and resilience, developmental trauma, and anger management.