

# Trauma and Recovery for Adults

## **Program Description**

About 7.7 million American adults experience PTSD in any given year's time. This does not adequately capture the number of individuals who have experienced at least one trauma during their lifetime, may *not* meet the *full* criteria for PTSD yet are nonetheless impacted. When left untreated, the symptoms of PTSD and effects of trauma are unlikely to dissipate on their own and may increase the risk of developing chronic pain, depression, drug and alcohol abuse and sleep problems that interfere with one's ability to work and have meaningful relationships.

This workshop will explore the biopsychosocial effects of trauma and PTSD, components in the treatment of trauma that are vital to promote resiliency and recovery, as well as identify the importance of self-care as a helping professional working with trauma survivors. This workshop will discuss trauma in **adult clients only**.

## **Program Objectives**

Upon completion of this workshop, participants should be able to:

- **Review** DSM-V diagnostic criteria for Post Traumatic Stress Disorder as well as identify co-occurring disorders
- **Describe** the biopsychosocial effects of trauma
- **Discuss** the concept of risk and resiliency factors in the recovery process
- **Identify** crucial components in the treatment of trauma
- **Recognize** how unconscious biases can negatively impact the therapeutic process
- **Outline** signs of vicarious traumatization as well as the necessary steps towards self-care as a trauma professional.

## **Target Audience**

This workshop will be highly beneficial to all mental health practitioners who work with **adult clients** who have experienced some sort of trauma. This includes social workers, psychologists, counselors, substance abuse professionals, nurses, case managers, adult clinicians, and therapists.

**Contact Hours:** Up to 6 hours

## **Program Agenda**

8:30 am	Registration
9:00 am	Overview of Trauma and PTSD Diagnostic Considerations and Co-Occurring Disorders Biopsychosocial Effects of Trauma
10:30 am	Break
10:45 am	Biology of Trauma Risk and Resiliency Factors in the Recovery Process
*12:00 pm	Lunch (on your own; if provided, lunch is 30 min, and we will adjourn at 4pm)
1:00 pm	Crucial Components in the Treatment of Trauma
3:00 pm	BREAK
3:15 pm	Treatment Components (continued) Self-Care as a Helping Professional
4:30 pm	Adjournment*

**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.