

# Trauma and Recovery for Adults

## Program Description

About 8 million adults in the United States experience PTSD during any given year. 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 negatively 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 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 will be able to:

- Describe the biopsychosocial effects of trauma.
- Discuss the concept of risk and resiliency factors in the recovery process.
- Recognize how unconscious biases can negatively impact the therapeutic process.
- Identify crucial components in the treatment of trauma.
- 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 trauma. This includes social workers, psychologists, counselors, substance abuse professionals, nurses, case managers, clinicians, and therapists.

**Contact Hours:** 4 hours

## Program Agenda

9:00 AM	Overview of Trauma Biopsychosocial Effects of Trauma Risk and Resiliency Factors in the Recovery Process
11:00 AM	Break
11:15 AM	Increasing Awareness of Clinicians' Unconscious Biases Crucial Components in the Treatment of Trauma Self-Care as a Helping Professional
1:15 PM	Adjourn

## Faculty

**Kate Gotelli, LCSW, SEP** provides psychotherapy to individual adults and couples in her solo practice, Mindful Awakening, PLLC in Chapel Hill, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, a Certified Daring Way™ Facilitator, a Clinical Sexologist and Certified Sex Coach with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy focused on trauma resolution, shame resilience, wholehearted living and embodied sex and relationships. Kate offers clinical case consultation to mental health clinicians in the community, and, since 2015, she has been providing clinical supervision and support to the Gender Violence Service Coordinators at UNC-Chapel Hill. She 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.