

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 Biology 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 is a psychotherapist and owner of 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 with adults and couples, and her interests focus on trauma resolution, shame resilience, wholehearted living and embodied sex and relationships. She runs weekly Daring Way and Rising Strong groups based on the research of Brené Brown. She provides clinical supervision and case consultation as an NASW certified Clinical Supervisor and has prior affiliations with UNC's School of Social Work as an adjunct instructor, field instructor, and training consultant.