

HEALING DEVELOPMENTAL TRAUMA:

Transforming Developmental Trauma's Impact on Emotion Regulation & Connection (4 hours)

Program Description:

Research has shown that adverse childhood experiences (ACEs) are more common than originally thought and can cause profound and pervasive effects on physical and mental health. In this workshop, we will explore how adults with a history of developmental trauma 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 ways to use the therapeutic relationship itself to help such clients begin to experience greater safety, choice and self-trust in their lives.

Learning Objectives:

- 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/or connection.
- Describe at least 2 resources that are essential to help developmentally traumatized clients experience greater coherence and self-trust.
- 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.
- Expand clinicians' concept of adversity in their assessments for developmental trauma with socioeconomically and racially diverse clients.

Target Audience: Clinical social workers, psychologists, counselors, mental health professionals, clinicians, and other health care and human service professionals.

Contact Hours: 4.0 credit hours

Program Agenda: (can be offered with one 15-min or two 10-min breaks and start time is negotiable)

8:30 am	Registration
9:00 - 11:00 AM	Overview of Developmental Trauma & Attachment Styles Expanding Clinicians Concept of Adversity Danger, Distrust and Emotion Dysregulation
11:00 - 11:15 AM	Break
11:15 AM – 1:15 PM	Rebuilding Safety, Trust and Emotional Skillfulness Expanding Capacity in Relationships Therapist Self-Care and Presence in Session

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 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 School of Social Work (SSW) as an adjunct instructor, field instructor, and training consultant for SSW and Area Health Education Centers (AHEC) centers.