

TRAUMA THERAPIST TRAINING COURSE



Course Instructor:
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www.howtobecomeatraumatherapist.com

Week 1: Understanding the Impact of Trauma

- Trauma-informed care
- Different types of trauma exposure
- Impact of trauma exposure
- Debunking myths about trauma
- The therapeutic relationship
- Setting clients up for success in trauma treatment

Week 2: Assessment

- Ethics and informed consent in trauma assessment
- Evidence-based assessment of trauma exposure
- Evidence-based assessment of Posttraumatic Stress Disorder (PTSD)
- Trauma exposure and differential diagnosis
- Common challenges in assessment
- Using measurement wisely

Week 3: Case Conceptualization & Treatment Planning

- Case formulation and case conceptualization
- Using the best science to inform treatment considerations
- Psychoeducation, shared decision-making and collaborative treatment planning
- Skills-based treatment options for trauma symptoms
- Evidence-based trauma-focused PTSD treatment options
- Therapy approaches with minimal, mixed or that lack empirical support

Week 4: Gold-Standard Evidence-Based Treatments for PTSD

- Cognitive Processing Therapy (CPT)
- Prolonged Exposure Therapy (PE)

Week 5: Navigating Challenges in Trauma Therapy

- Timing, logistics and contextual factors
- Balancing fidelity and flexibility in treatment
- Psychosocial stressors and crises
- Working with avoidance
- Therapeutic ruptures and relational challenges
- Overcoming common clinician fears

Week 6: Advanced Topics

- Dissociation
- Substance Use
- Suicidality and para-suicidal behavior
- Co-occurring issues (Mood disorders, Anxiety disorders, OCD-Spectrum Disorders, Schizophrenia-Spectrum Disorders, etc.)
- Somatic and pain issues