

Title:

Trauma Conceptualization and Treatment: Re-Wiring Survival Instincts toward Healing
Webinar Presented by the Cognitive Behavior Therapy Institute

Friday, November 9th, 2018

Description of the Program:

A large percentage of individuals experience trauma during their lifespan and a proportion of these individuals develop a diagnosis of PTSD. Even for those who do not receive a diagnosis of PTSD, the experience of trauma could lead to other mental health concerns and functional impairment. This workshop will focus on the identification and treatment of trauma-related symptoms and impairment. The seminar will include a discussion of theories, current literature, and evidence-based practices to inform conceptualization and treatment in clinical practice. Vignettes will be used.

Learning Objectives:

This workshop is designed to help you:

- Describe the various types of trauma and symptom presentations in diverse populations.
- Apply a broad and encompassing conceptualization of PTSD and trauma-related symptoms from a survival/protection perspective, which includes an understanding of the basic neurobiology of fear.
- Utilize a combination of empirically-supported treatment techniques along with non-specific therapy factors to target trauma and associated symptoms.

About the Presenter:

Amanda Gorlick, Ph.D. is a licensed psychologist who received her doctorate in Clinical Psychology from Loma Linda University. She completed an APA-accredited internship at the Phoenix VA Healthcare System and an APA-accredited postdoctoral fellowship at the San Diego VA Healthcare System. Her interests include treatment of trauma-related disorders, sleep-related disorders, and anxiety disorders. Dr. Gorlick has extensive training providing individual and group therapy for a wide range of mental health concerns as well as coping with chronic disease. She utilizes evidence-based practices, while appreciating the uniqueness of clients and the importance of the therapeutic relationship.