



CORE WELLNESS

Ten Faces of Trauma: 1 CE

© **Dr. Joseph Tropper**
PsyD, MS, LCPC, CCTP

Updated June 2020







ABOUT CORE WELLNESS

Core Wellness is a dynamic training group offering evidence-based, practical workshops via live/webinar and recorded webinar delivery. Our passionate and knowledgeable trainers bring engaging and inspiring CE trainings that stimulate the heart and mind for client care and effective clinical skills.

Core Wellness LLC is authorized by the Board of Social Work Examiners in **MARYLAND** to sponsor social work CE programs (for LMSW, LCSW, LCSW-Cs) and maintains full responsibility for all content. The trainings qualify for Category 1 continuing education units (whether taken in person or via live interactive webinar). Our credits are also accepted by the Board of Professional Counselors of Maryland (LGPC, LCPC and MFTs) and Board of Psychologists of Maryland. Additionally, Core Wellness, LLC is recognized by the **NEW YORK** State Education Department's State Board for Social Workers #SW-0569 and the **NEW YORK** State Board for Mental Health Practitioners, #MHC-0167. For **other states**, contact your board & let us know if we can help!

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ABOUT THE PRESENTER

Dr. Joseph Tropper, PsyD, MS, LCPC holds a Doctorate in Psychology, a Master's in mental health counseling and is a highly sought-after trauma therapist, trainer & business consultant. As a Certified EMDR Therapist and Certified Clinical Trauma Professional (IATP) Joseph brings the art and skills of trauma counseling and client motivation to life in his unique upbeat, hands-on approach that will engage, inspire and empower you as a therapist. Joseph is a full-time clinical supervisor and director and sees clients part time.



Hello

my name is

What is your:

Name?

Education?

License?

City?

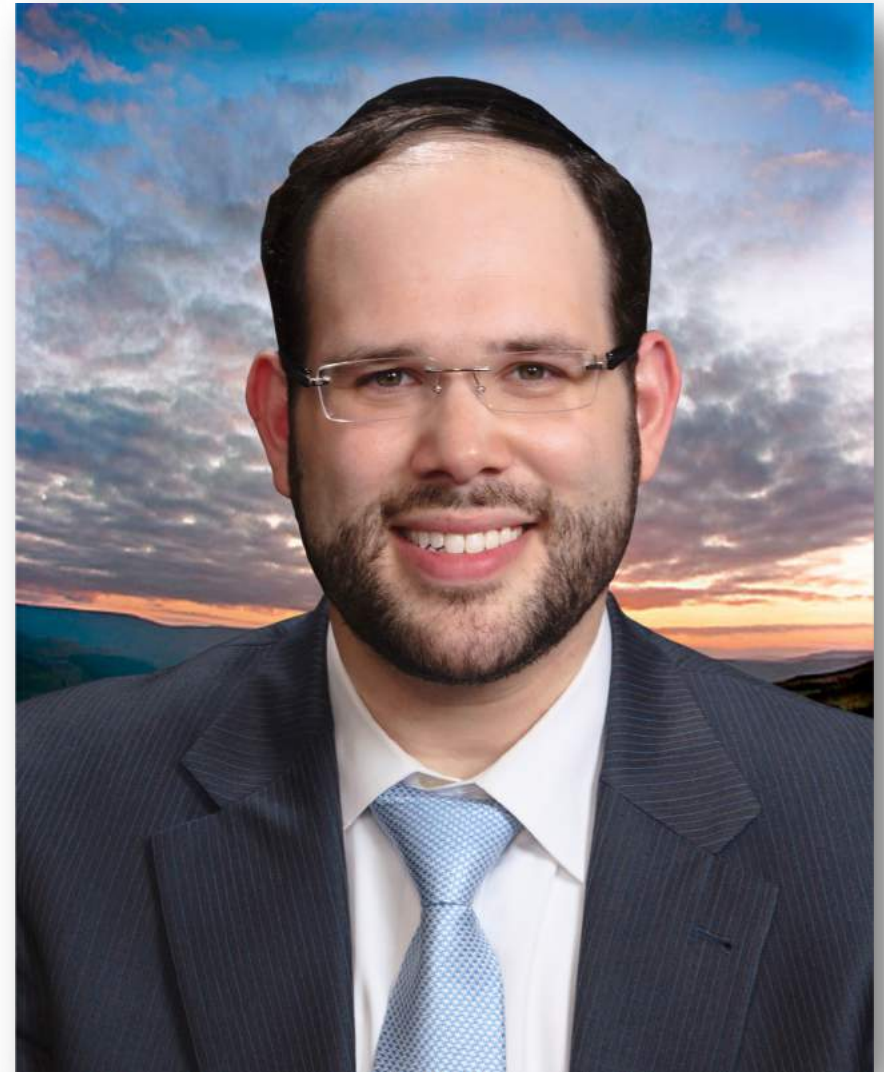
Work setting?

What specifically brought you to this training?

About the Presenter

Joseph Tropper, MS, LCPC, CCTP

- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional Coach*
- *Training in Somatic Experiencing, Sensorimotor Psychotherapy*
- *Training in Gottman, EFT, Imago and IFS modalities*





All names, client information and identifying information are changed to protect client confidentiality. Any resemblance found here is purely coincidental.

Disclaimer

Course Schedule

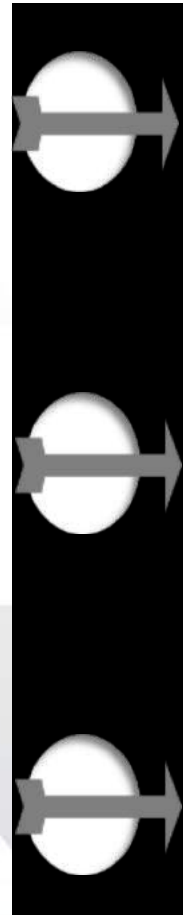
Ten Faces of Trauma: 1 CE

Part One: Defining The Ten Faces of Trauma

Part Two: Opening up Treatment for The Ten Faces

Q & A, Resources

3 Goals for Today



Identify 10 signs of trauma

Describe 4 effective methods for engaging clients to discuss and agree to treat their trauma.

Implement 2 evidence-based interventions for beginning the trauma treatment process.

Course Schedule

Ten Faces of Trauma: 1 CE

Part One: Defining The Ten Faces of Trauma

A man in a light blue shirt and a woman in a dark blazer over a light blue shirt are shaking hands in an office. The woman is smiling and holding a large white sheet of paper. A potted plant is visible in the background.

Your Role As Therapist

Be:



PRESENT



POSITIVE

&



PROACTIVE



An event that transpires in which the victim does not have the external or internal resources to be able to deal with it.

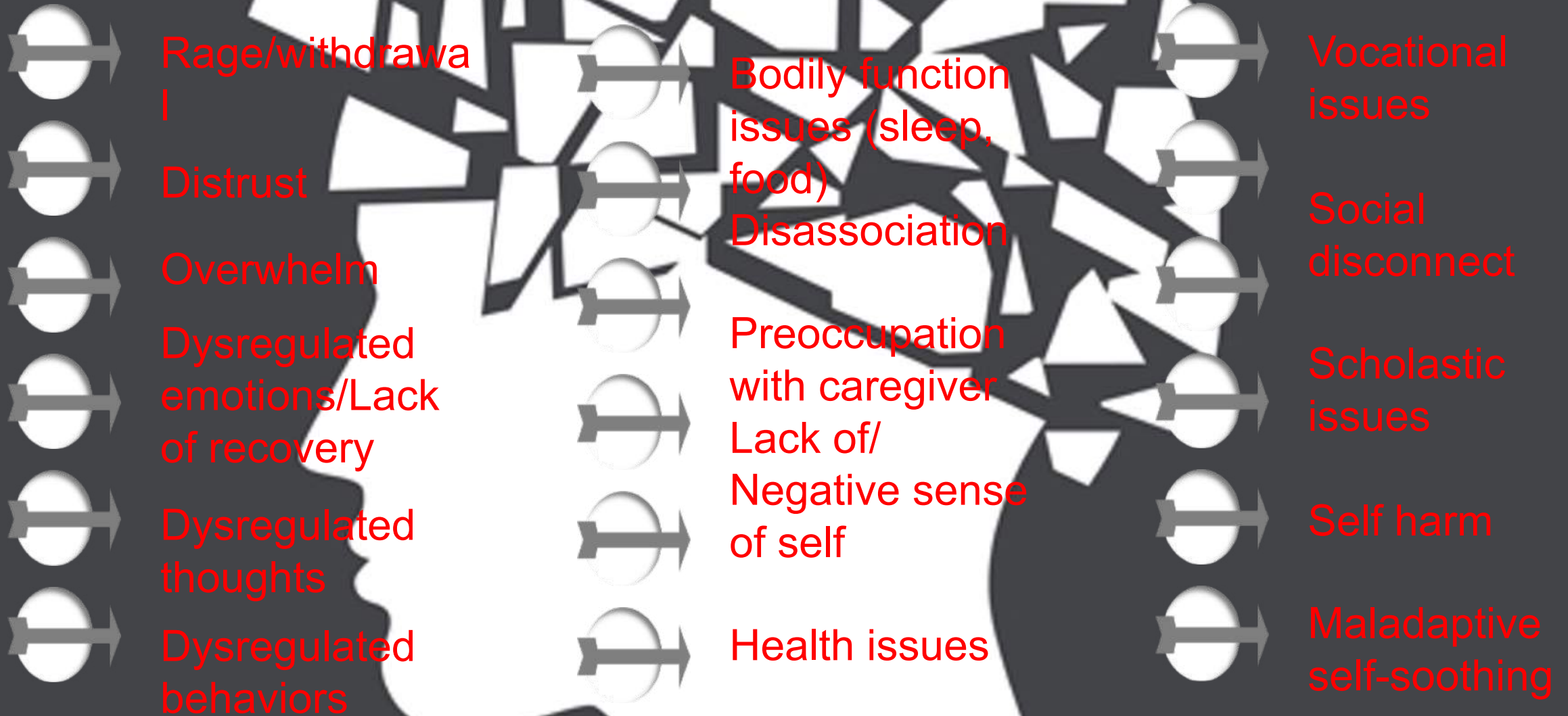
Macbeth



“Oh horror! horror! horror! Tongue
nor heart cannot conceive nor
name thee! Confusion now hath
made his masterpiece.”

-Shakespeare

Symptoms/ Impairment





COVID-19 Worldwide Trauma

A close-up photograph of a woman's face, partially obscured by her hand. She has dark hair and is wearing a dark top. Her hand is pressed against her face, covering her eyes and nose. The background is a solid, light blue color. The overall mood is somber and reflective.

1. Depression



2. Anxiety and panic

Did I?

Didn't I?

3. OCD

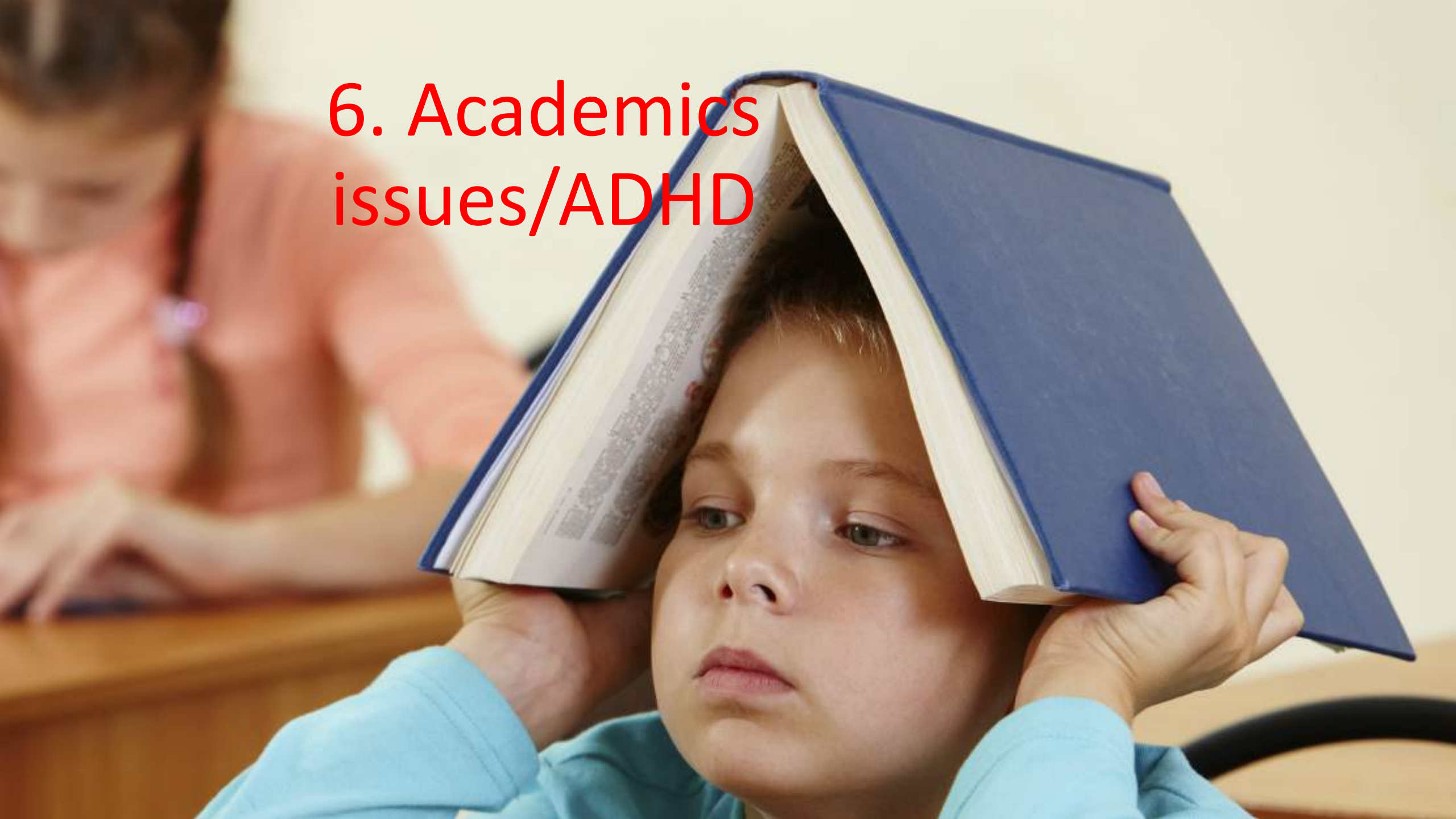
4. Substance abuse





5. Psychosis

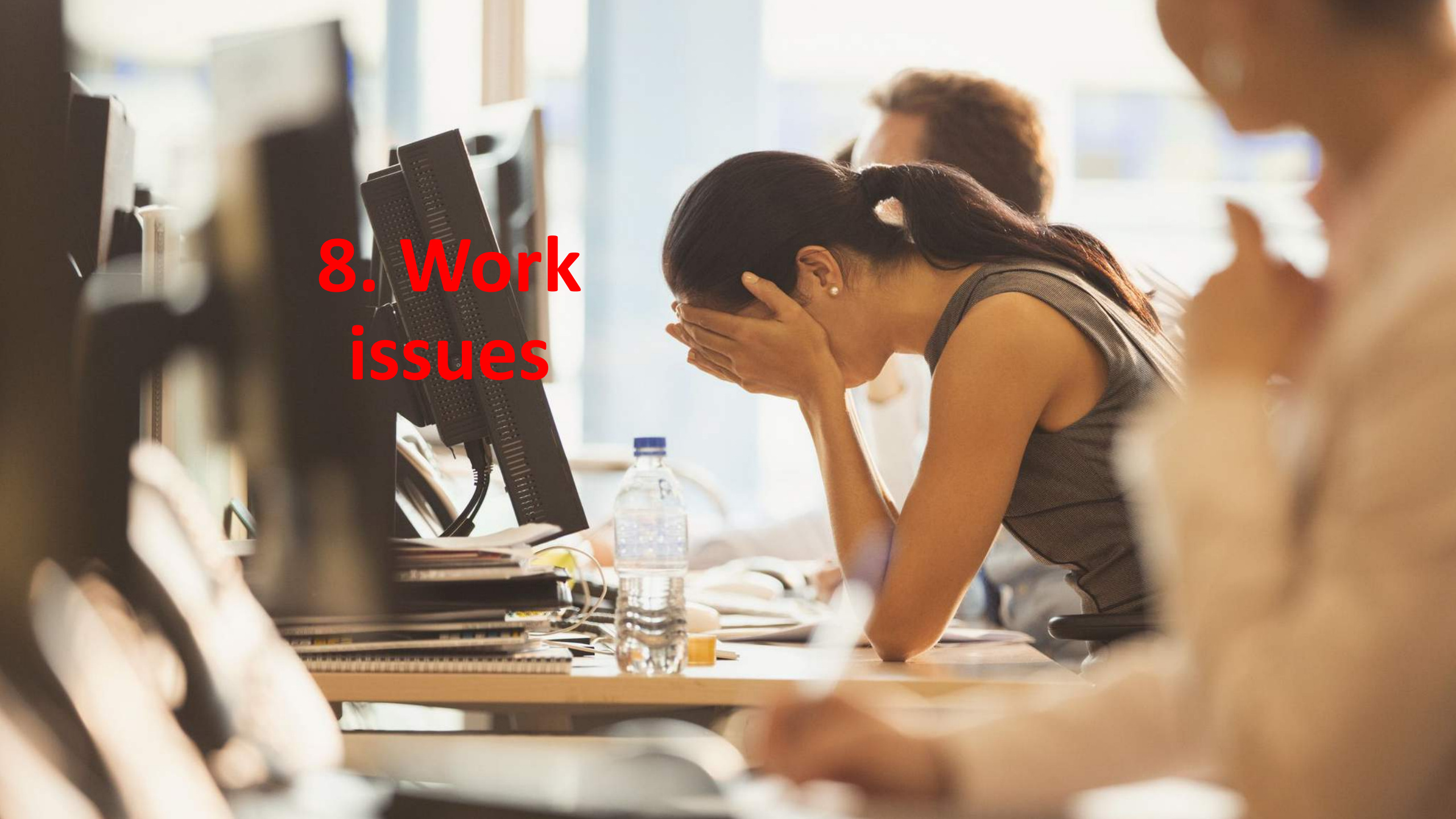
6. Academics issues/ADHD





7. Relationship issues

8. Work issues



9. Personality disorders





10. Chronic pain

Course Schedule

Ten Faces of Trauma: 1 CE

Part Two: Opening up Treatment for The Ten Faces

Q & A, Resources

A blurred background image showing two women in a therapy session. The woman on the left, with long brown hair and wearing a beige cardigan, is gesturing with her hands while speaking. The woman on the right, with brown hair in a bun and wearing a grey sweater, is listening. The text is overlaid in the center in a large, bold, red font.

**4 Effective Methods
for engaging clients to discuss
and agree to treat their trauma**

A man with dark, curly hair is walking on a gravel path that curves through a field of tall, golden-brown grass. He is wearing a light blue button-down shirt over a teal t-shirt and dark grey cargo pants. He is looking off to the side with a thoughtful expression. The background is a dense line of green trees under a bright sky.

1. Normalize but don't minimize



**2. Summarize but
don't over-simplify**

**3. Focus on
Cause while
Learning
from symptoms**

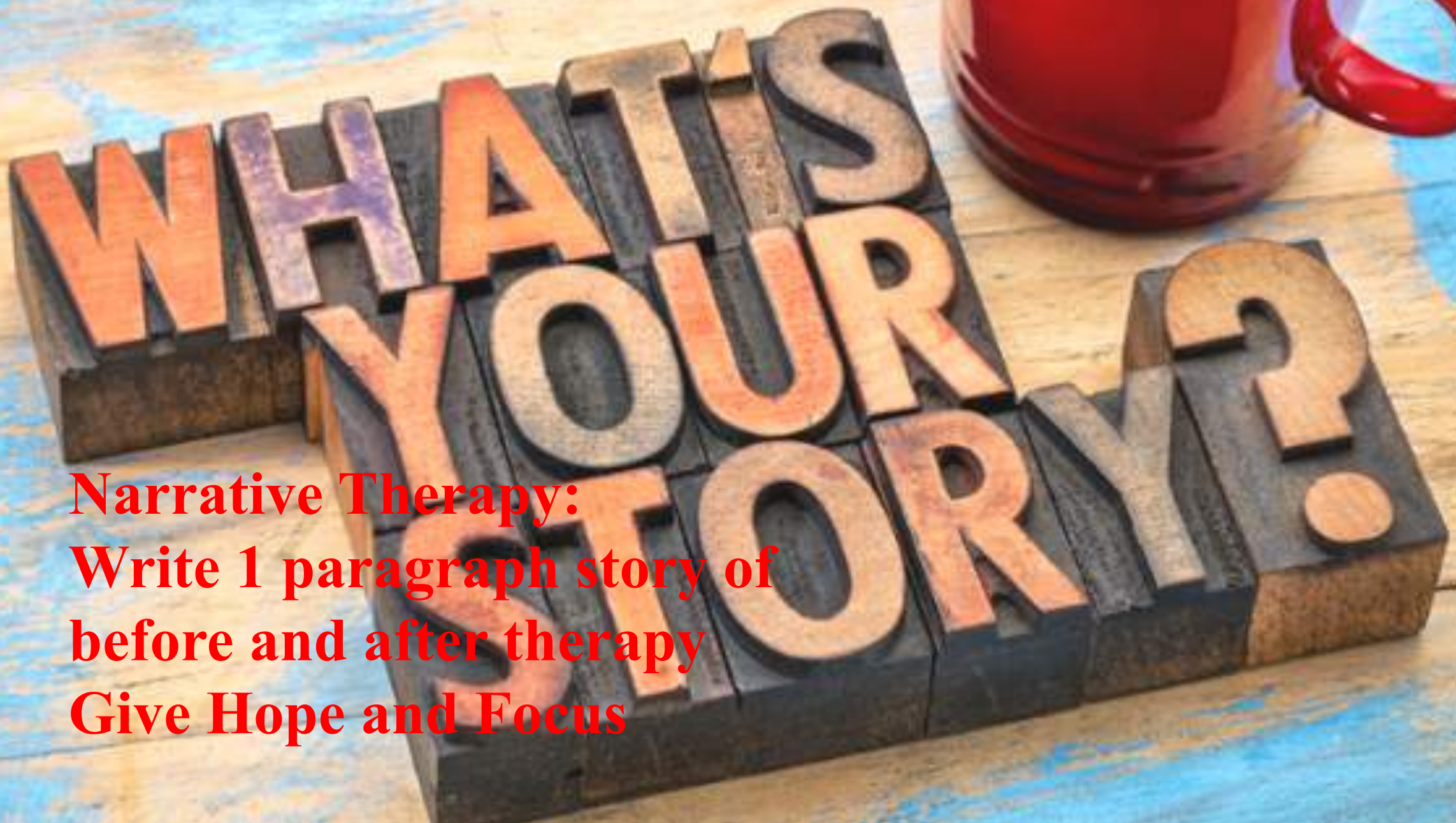




**4. Accentuate Strengths and Resilience.
Teach them to play smarter not harder**



2 Evidence-based Interventions for beginning the trauma treatment process.



Narrative Therapy:
Write 1 paragraph story of
before and after therapy
Give Hope and Focus

A top-down view of a person's bare feet standing on a thick, textured layer of brown pine needles. The needles are densely packed, creating a complex, organic pattern. The feet are positioned in the lower right quadrant of the frame, with the toes pointing slightly towards the center. The lighting is natural, highlighting the texture of the needles and the skin of the feet.

Grounding and Support
Teach grounding methods
Prepare list of support
system and game plan

Questions?



Resources

Peter Levine Trauma Treatment. (n.d.). Retrieved from <https://www.youtube.com/watch?v=nmJDkzDMllc>

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma [Bessel van der Kolk M.D.](#) *Classic book on general topic of trauma and its treatment*

Waking the Tiger: Healing Trauma (1997)
[Peter A. Levine](#) *Amazing book, layman style about treating trauma*

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness (2010) [Peter A. Levine](#) *Advanced more elaborate intermediate level book building on Waking The Tiger*

Trauma and Recovery: The Aftermath of Violence--From Domestic Abuse to Political Terror [Judith L. Herman](#) *Groundbreaking first book to eloquently define developmental trauma*

Getting Past Your Past: Take Control of Your Life with Self-Help Techniques from EMDR Therapy (2013) [Francine Shapiro](#) *Powerful layman book introducing how EMDR works*

The Pocket Guide to the Polyvagal Theory: The Transformative Power of Feeling Safe [Stephen W. Porges](#) *Masterpiece introducing how we learn and connect with others*

Trauma and the Body: A Sensorimotor Approach to Psychotherapy
[Pat Ogden](#) *Scholarly book about releasing trauma from body and spirit*

The Complex PTSD Workbook: Mind-Body Approach to Regaining Emt. Control & Becoming Whole (2017) [Arielle Schwartz](#) *Powerful workbook dedicated to breaking down the recovery process*

The PTSD Relationship: How to Support Your Partner & Keep Your Relationship Healthy (2009) [Diane England](#) *Very useful information about PTSD and relationship tips*

Affect Dysregulation and Disorders of the Self Hardcover (2003)
[Allan N. Schore Ph.D.](#) *Highly scholarly work on affect and attachment*

Developmental Trauma

The Drama of the Gifted Child: The Search for the True Self (1996) [Alice Miller](#)
Understanding how childhood influences our self-concept and how to heal

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are, How to End Cycle [Mark Wolynn](#)

The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook— What Traumatized Children Can Teach Us About Loss, Love, and Healing [Bruce D. Perry](#)

Running on Empty: Overcome Your Childhood Emotional Neglect (2012) [Jonice Webb](#)

Esther Perel Podcast: Where Should We Begin?

Guy Macpherson, PhD, Trauma Therapist Podcast

A NEW YORK TIMES BESTSELLER

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY
IN THE HEALING OF TRAUMA



BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

TRAUMA AND MEMORY

BRAIN AND BODY IN
A SEARCH FOR THE LIVING PAST

*A Practical Guide for
Understanding and Working
with Traumatic Memory*



PETER A. LEVINE, PH.D.

Author of *In an Unspoken Voice* and *Waking the Tiger*

FOREWORD BY BESSEL A. VAN DER KOLK, MD



TRAUMA
The Art & Science of Trauma Counseling 6
CEUs



Mindfulness Client Care Interventions May
1/16/20



ACT, HOME STUDY
The ACTs of ACT Interventions: 3 Home Study
CEUs



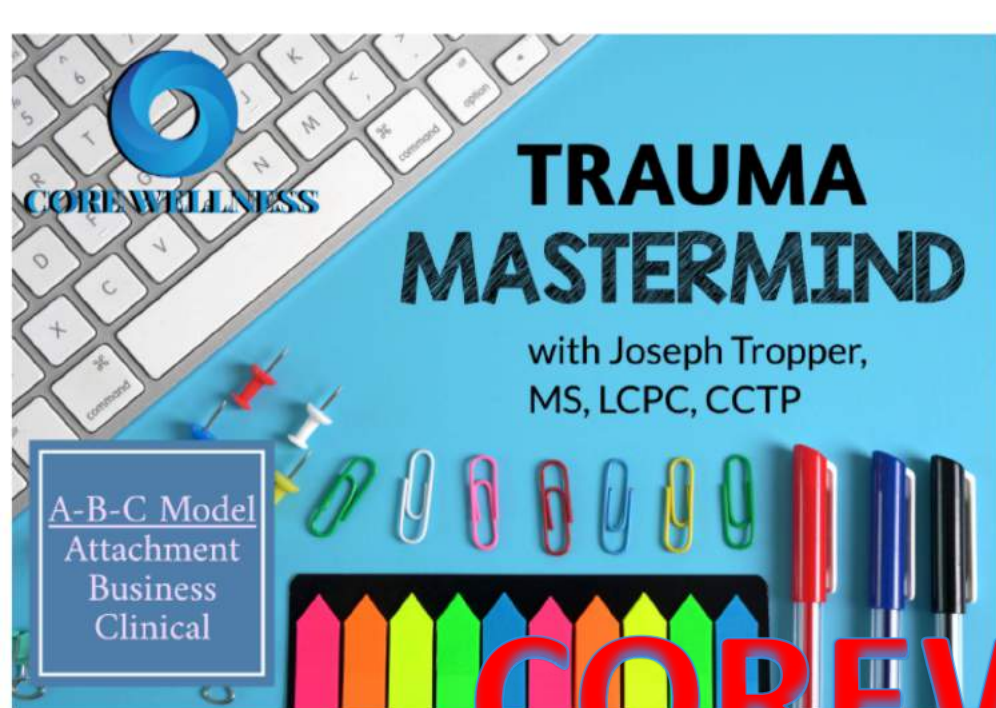
TRAUMA
Advanced Trauma Counseling and Attachment
Theory June: 6 CEUs



Trauma, Webinar
★★★★★ Based on
Advanced Trauma Counseling & Attachment Theory
3 CE Monday, Dec 16, 2019
Via Live Interactive Webinar Only



Trauma



**TRAUMA
MASTERMIND**

with Joseph Tropper,
MS, LCPC, CCTP

A-B-C Model
Attachment
Business
Clinical

COREWELL



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We Offer Two Options

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 **Core Home Study**



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