

**Advanced
Trauma
Counseling
&
Attachment
Theory**



CORE WELLNESS

**Joseph Tropper,
MS, LCPC, CCTP**





CORE WELLNESS

About Core Wellness

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About the Presenter

Joseph Tropper, MS, LCPC holds a Master's degree 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 ad 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.



Course Schedule

Advanced Trauma Counseling & Attachment Theory

General Schedule

Part 1: Intro to Advanced Skills

Part 2: Attachment Theory

Part 3: Evidence Based Interventions

LUNCH

Part 4: Personality Disorders

Part 5: Creative Interventions

Part 6: TX Plan, Practice, Q & A



Get to Know This Icon

Think and Share: Take a moment to consider your experiences and kindly share with us.

Course Schedule

Advance Trauma Counseling & Attachment Theory

General Schedule

Part 1: Intro to Advanced Skills

Part One: Intro to Advanced Skills

Part 1 - Ice Breaker, Trauma Background

Can you please introduce yourself:

Name, credentials and licensure

What brings you here today?

Part One: Understanding Trauma:

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

Experience



Part One: Intro to Advanced Skills

About the Presentation

5 Goals Today:

1. Learn advanced principles of neurobiology and trauma
2. Learn 5 techniques for diagnosing and treating trauma
3. Understand Attachment Theory and Trauma Treatment Models
4. Understand How Trauma Manifest and creates mental health issues
5. Stabilize client and move them towards self-direction and wellness

Important Note

Many items may be triggering today, let's go over our own grounding plan

Bring yourself into the present moment



Your Role As Therapist

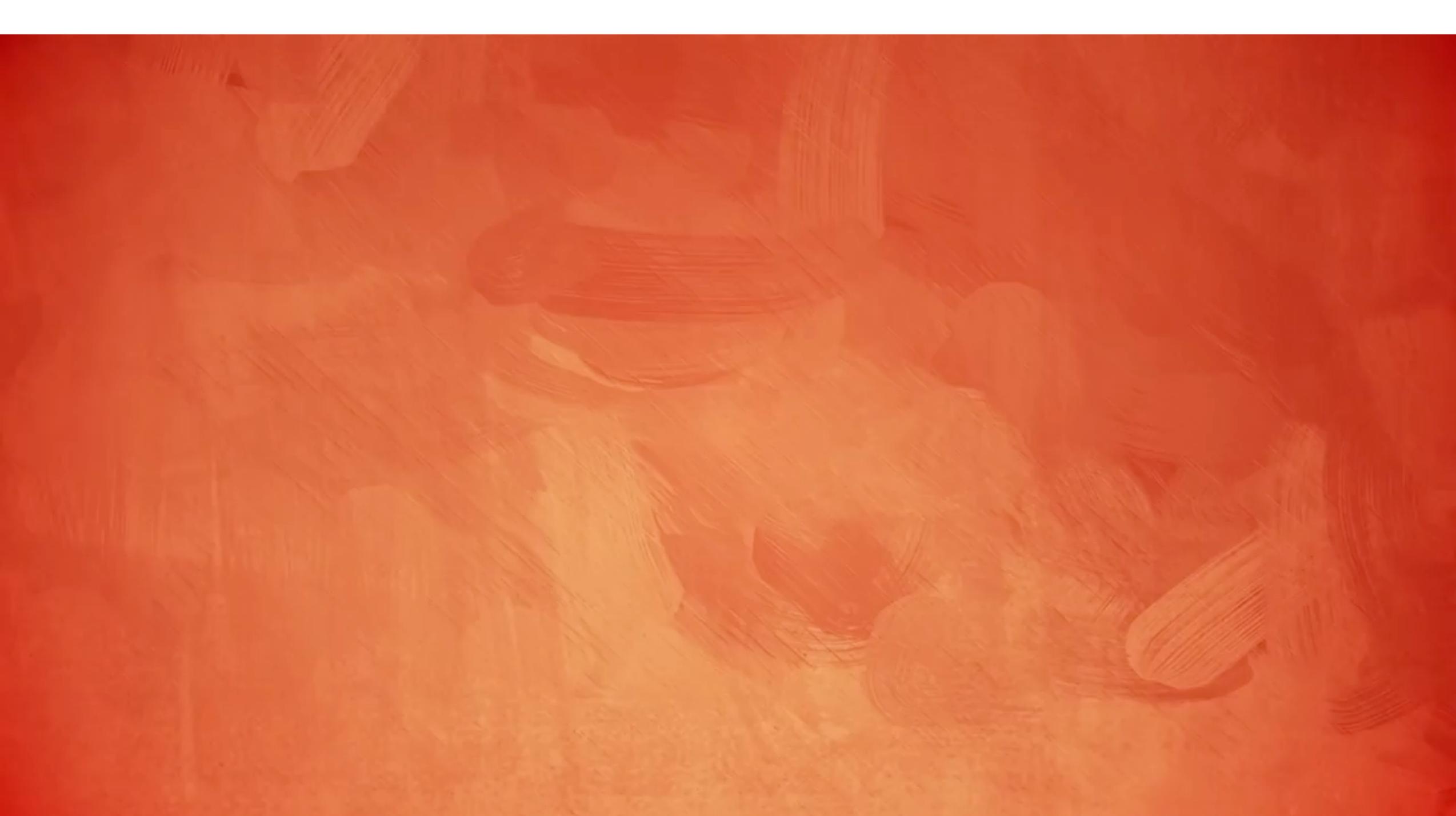
**Grounding
Resources
Education
Validation
Support**



Your Role As Therapist

Be: PRESENT, POSITIVE & PROACTIVE





Think and Share Exercise: What Has It Been Like For You To Work With Trauma Clients?



What Is Trauma?

What do we mean by trauma? How does trauma effect people?

What do you learn from speaking with those who have experienced trauma?

What Is Trauma?

It is estimated that between 46 to 97% of all people experience trauma in their lifetime.

It really comes down to how trauma is defined.

What Is Trauma?

What do you think?



What Is Trauma?

Peter Levine- all trauma has two ingredients:

- 1- Extreme overwhelm
- 2- Paralysis/ helplessness

What Is Trauma?

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

What Is Trauma?

Aspects of Trauma

- Helplessness
- Powerlessness
- Overwhelm
- Guilt
- Anger
- Sadness

What Is Trauma?

Physical, emotional and/or sexual abuse in childhood or adulthood

In Childhood

neglect or abandonment (food insufficiency, lack of money to meet basic needs, homelessness)

death of a parent

divorce

family life that includes drug addiction, alcoholism, parental incarceration, violence

Rape

Serious medical illness or disease (disabling conditions, loss of function, invasive and distressing procedures)

War, combat and civil unrest conditions including torture affecting soldiers and refugee civilians

What Is Trauma?

Catastrophic losses of one's home, livelihood,
people, pets due to flood, tornado, hurricane or other
disasters of nature

Involved in or witnessing horrific events involving violence, gruesome
accidents or death/serious injury

Trauma Effects

The Impact of Trauma on Children

Short Term Effects:

Acute Disruptions in Self Regulation

- Eating
- Sleeping
- Toileting
- Attention & Concentration
- Withdrawal
- Avoidance
- Fearfulness
- Re-experiencing /Flashbacks
- Aggression; Turning passive into active
- Relationships
- Partial memory loss



Adverse Childhood Experience (ACE) Questionnaire
Finding your ACE Score ra hbr 10 24 06

What Is Trauma?

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____

2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____

3. Did an adult or person at least 5 years older than you **ever** ...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____

4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____

5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____

6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____

7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____

8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____

9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____

10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

What Is Trauma?

Physical, emotional and/or sexual abuse

Neglect or abandonment

Divorce

Alcoholism or drug addiction in the family

Family violence

Poverty, homelessness, lack of food and basic needs

Family member in prison

Family member with mental illness

What Is Trauma?

Of the 17,000 respondents

1 in 4 exposed to **2** categories of ACEs

1 in 16 was exposed to **4** categories.

22% were sexually abused as children.

66% of the women experienced abuse, violence or family strife in childhood.

Women were **50%** more likely than men to have experienced 5 or more ACEs

What Is Trauma?

Anxiety problems and fears

>Avoiding people, places and things that are similar to or reminders of the traumatic event(s)

Physical health problems

Sleep problems

Emotional problems such as feeling numb

and/or disconnected from oneself or environment

Memory problems

Flashbacks

What Is Trauma?

Alcoholism and alcohol abuse, substance use/abuse

Obesity

Respiratory difficulties

Heart disease

Multiple sexual partners

Poor relationships with others

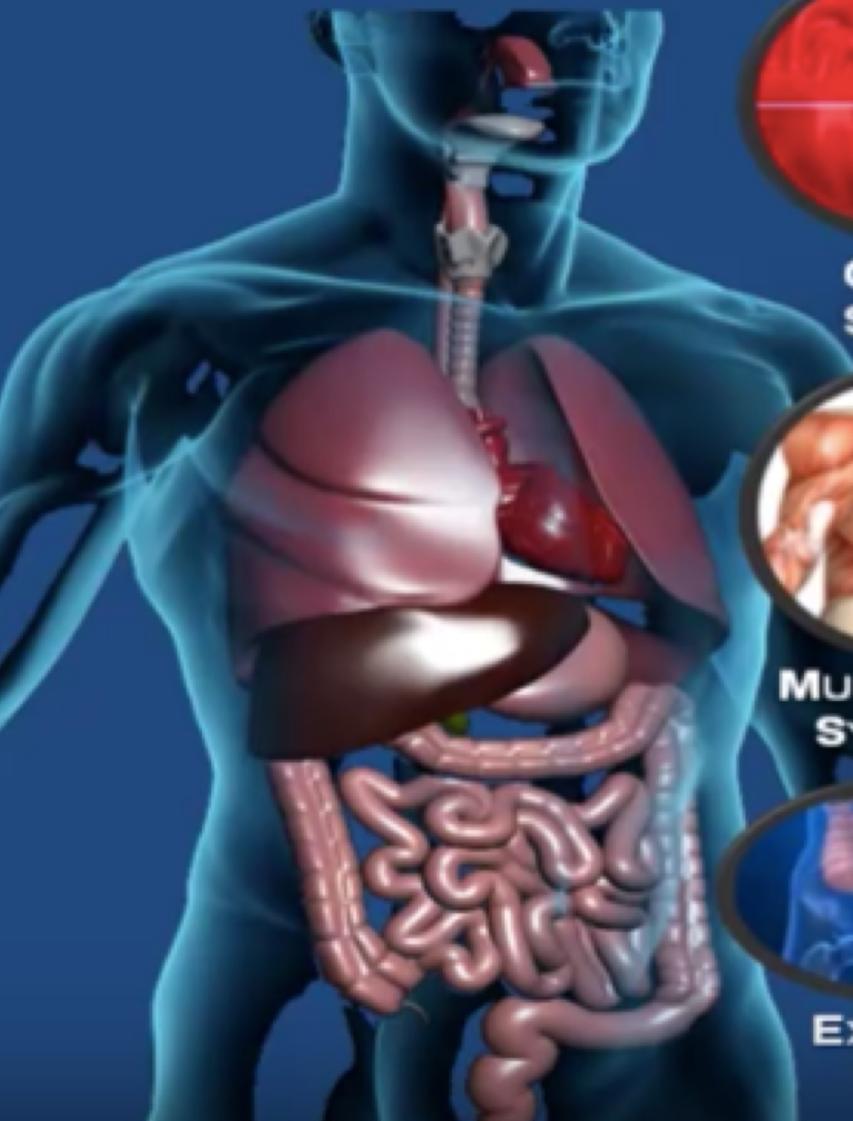
Smoking

Suicide attempts

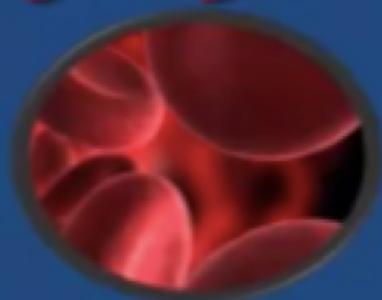
Unintended pregnancies

& Performance

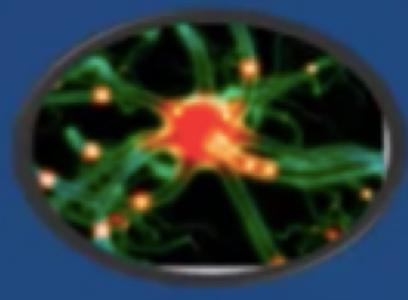
...Also Controls Every System in Your Body!



CARDIAC SYSTEM



CIRCULATORY SYSTEM



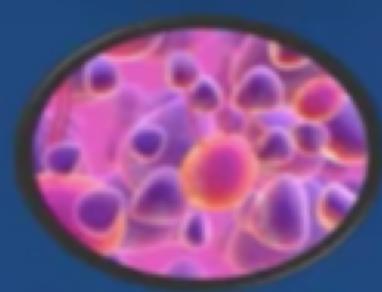
NERVOUS SYSTEM



RESPIRATORY SYSTEM



MUSCULAR SYSTEM



REPRODUCTIVE SYSTEM



SKELETAL SYSTEM



DIGESTIVE SYSTEM



EXCRETORY SYSTEM



ENDOCRINE SYSTEM (HORMONES)



IMMUNE SYSTEM



INTEGUMENTARY SYSTEM (SKIN)

Fight or Flight Response



FIGHT

or

Flight



Uncertainty, Paralysis,
Powerlessness, Avoidance



azi / Barcroft Animals





azi / Barcroft Animals

FREEZE



1. Play dead to be left alone
2. Rest to regain escape strength
3. Zone out of pain

This is disassociation and paralysis

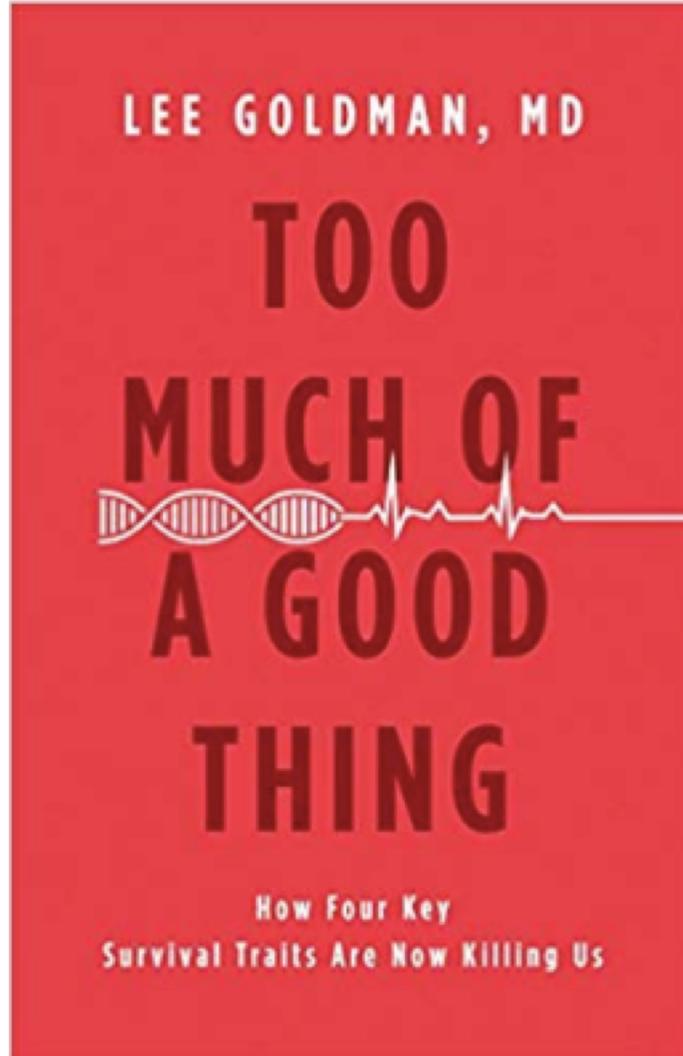
The Adaptive System

The Adaptive System



The Adaptive System

Too Much of a Good Thing
Lee Goldman, MD



The Adaptive System

Milk's sugar called lactose is indigestible until broken down. Lactase is an enzyme that breaks it down, all mammals lose this after infancy. To preserve milk for babies and eliminate competition. As people moved away they gained tolerance and the lactase continued. Africans did not move and thus have higher intolerance.

Hunger food versus obesity and diabetes

Water salt and high blood pressure

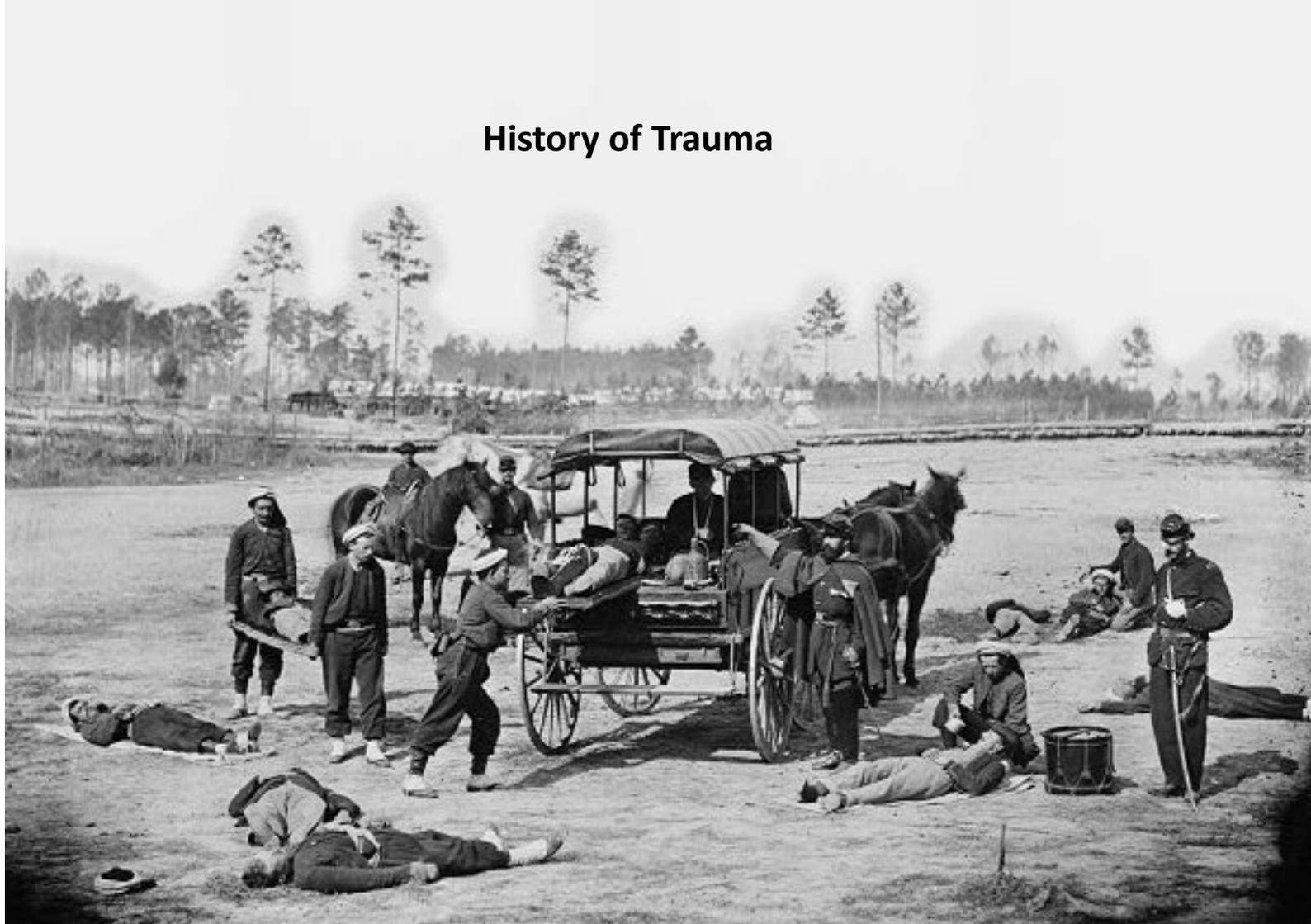
Danger, memory, fear and anxiety and depression

Bleeding, clotting and heart disease and stroke.

The Adaptive System

Trauma is an adaptive response on steroids set up to protect while often working on overkill. Most maladaptive feelings, emotions and behaviors are simply a misplaced defense mechanism gone awry. It is an attempt to control, maintain or improve, with an inappropriate usage and application.

History of Trauma



During the Civil War, President Abraham Lincoln drove creation of the first trauma manual, which was the first time processes to care for injured patients were formally documented.

War syndromes characterized by unexplained medical symptoms

Pre-1914

Soldier's heart, irritable heart, palpitation, Da Costa's syndrome, disordered action of the heart, nostalgia, wind contusion

First World War (1914–18)

Shell shock, effort syndrome, neurocirculatory asthenia, war neurosis, gas hysteria, neurasthenia

Second World War (1939–45)

Effort syndrome, non-ulcer dyspepsia, psychoneurosis, battle exhaustion

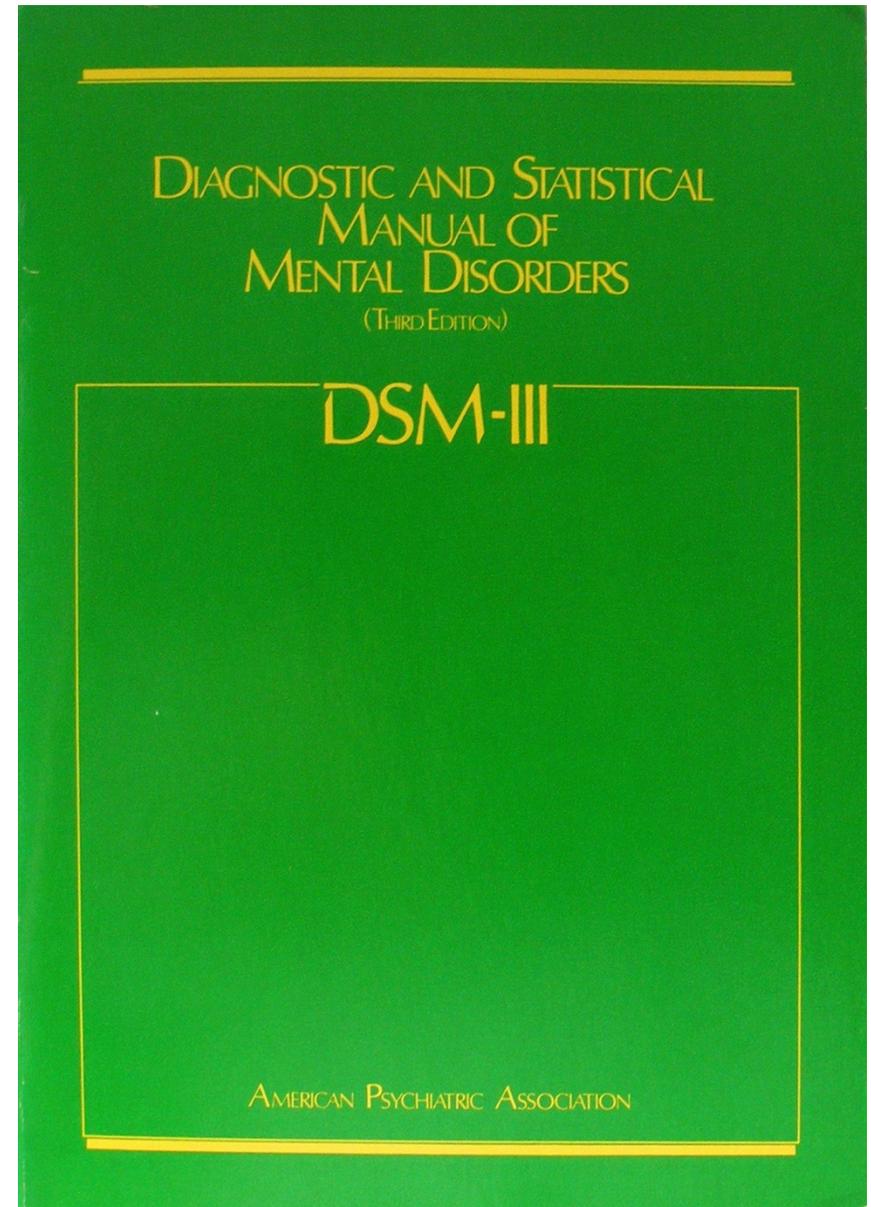
Vietnam War (1965–74)

Effects of Agent Orange

Gulf War (1991)

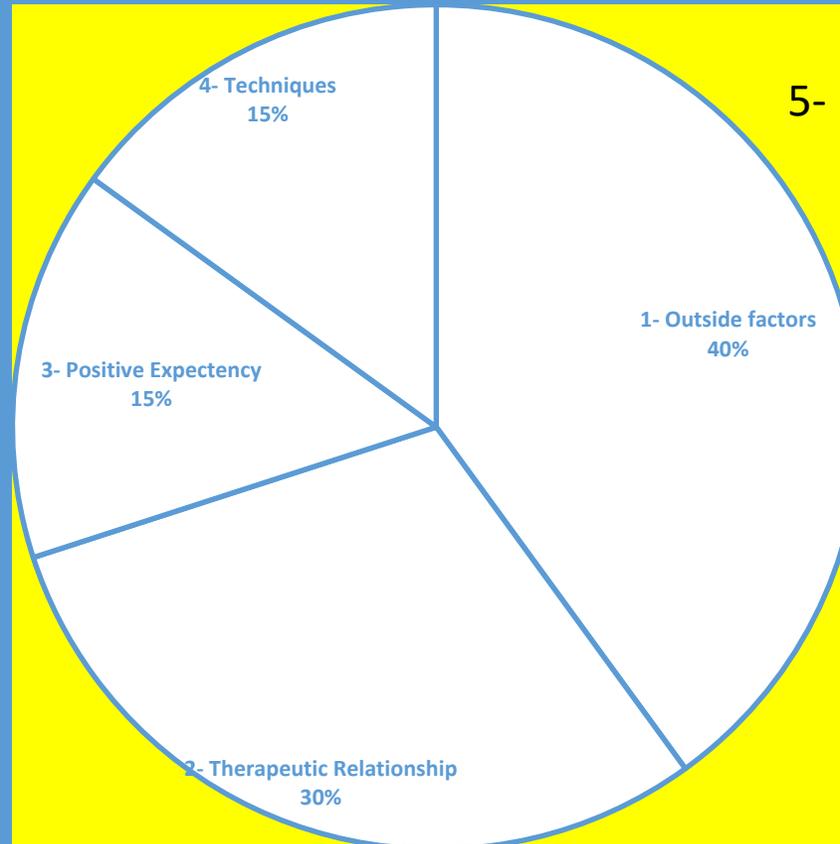
Desert Storm syndrome, Gulf War syndrome, Gulf-related illness

In **1980**, the American Psychiatric Association (APA) added PTSD to the third edition of its Diagnostic and Statistical Manual of Mental Disorders (DSM-III) nosologic classification scheme (2). Although controversial when first introduced, the PTSD diagnosis has filled an important gap in psychiatric theory and practice.



Complex post-traumatic stress disorder (**C-PTSD**; also known as **complex** trauma disorder) is a psychological disorder that can develop in response to prolonged, repeated experience of interpersonal trauma in a context in which the individual has little or no chance of escape.

5 INGREDIENTS



5- Mindfulness

Trauma Competency:
An Active Ingredients Approach to Treating PTSD
(Gentry, Baranowsky & Rhoton, 2016)

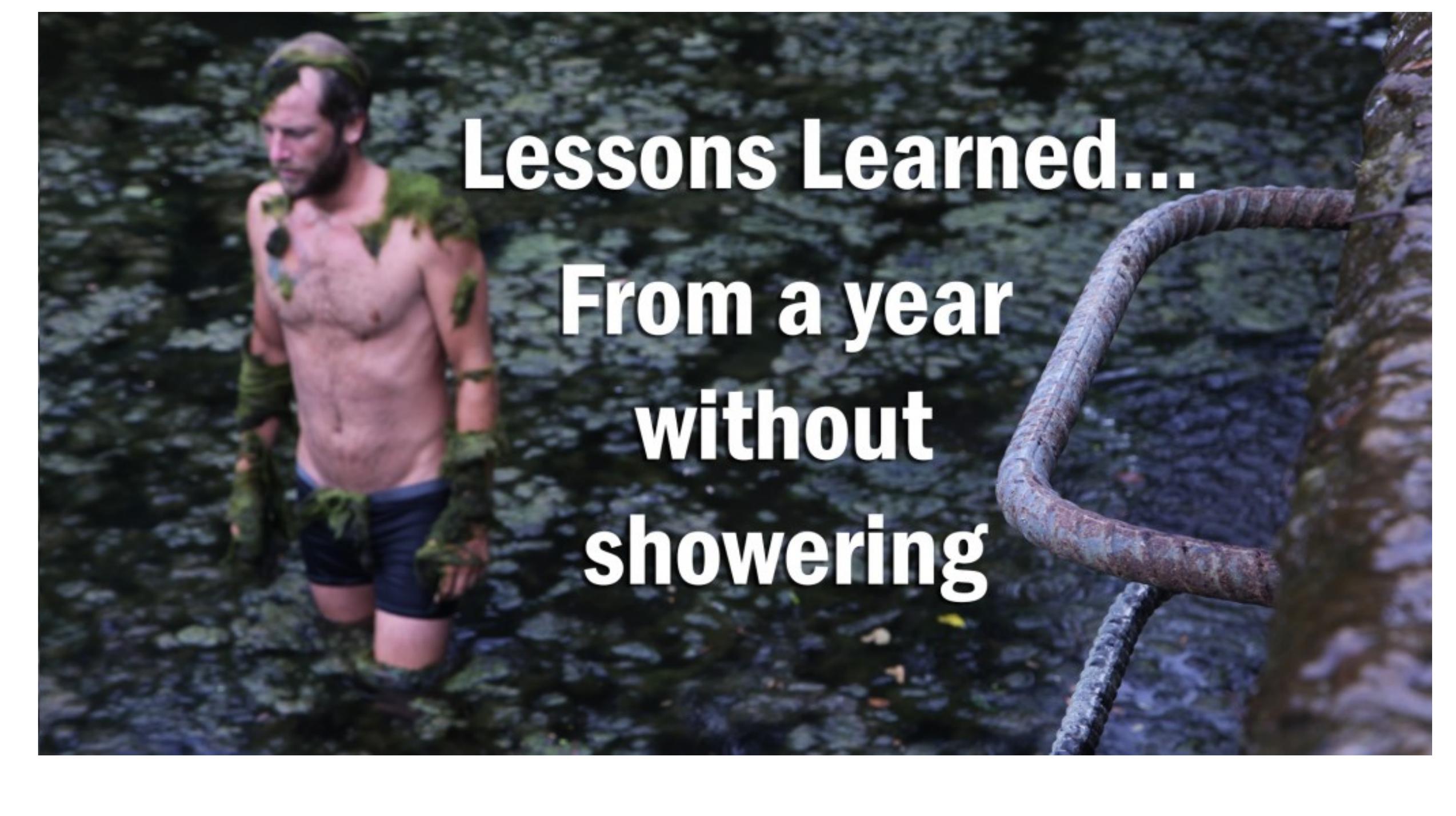
Forward-Facing Trauma Therapy: Healing the Moral Wound Paperback – September 20, 2016
by [J. Eric Gentry PhD](#) (Author)

Top 10 Worst Items Said to Person Who Experienced Trauma

- 1 – You're a liar!
- 2 – It's your fault!
- 3 – You wanted it!
- 4 – Why did you go there?
- 5 – Why didn't you tell me earlier?
- 6 – You poor victim
- 7 – What's wrong with you?
- 8 – Happened to me, just get over it
- 9 – That's not a big deal
- 10 – Tell me all the details

Rob Greenfield



A man with a beard and short hair is standing in a shallow stream. He is covered in green moss and algae, particularly on his head, shoulders, and arms. He is wearing dark shorts. The water is clear and reflects the surrounding greenery. The background is a dense forest with many green leaves.

Lessons Learned...

**From a year
without
showering**









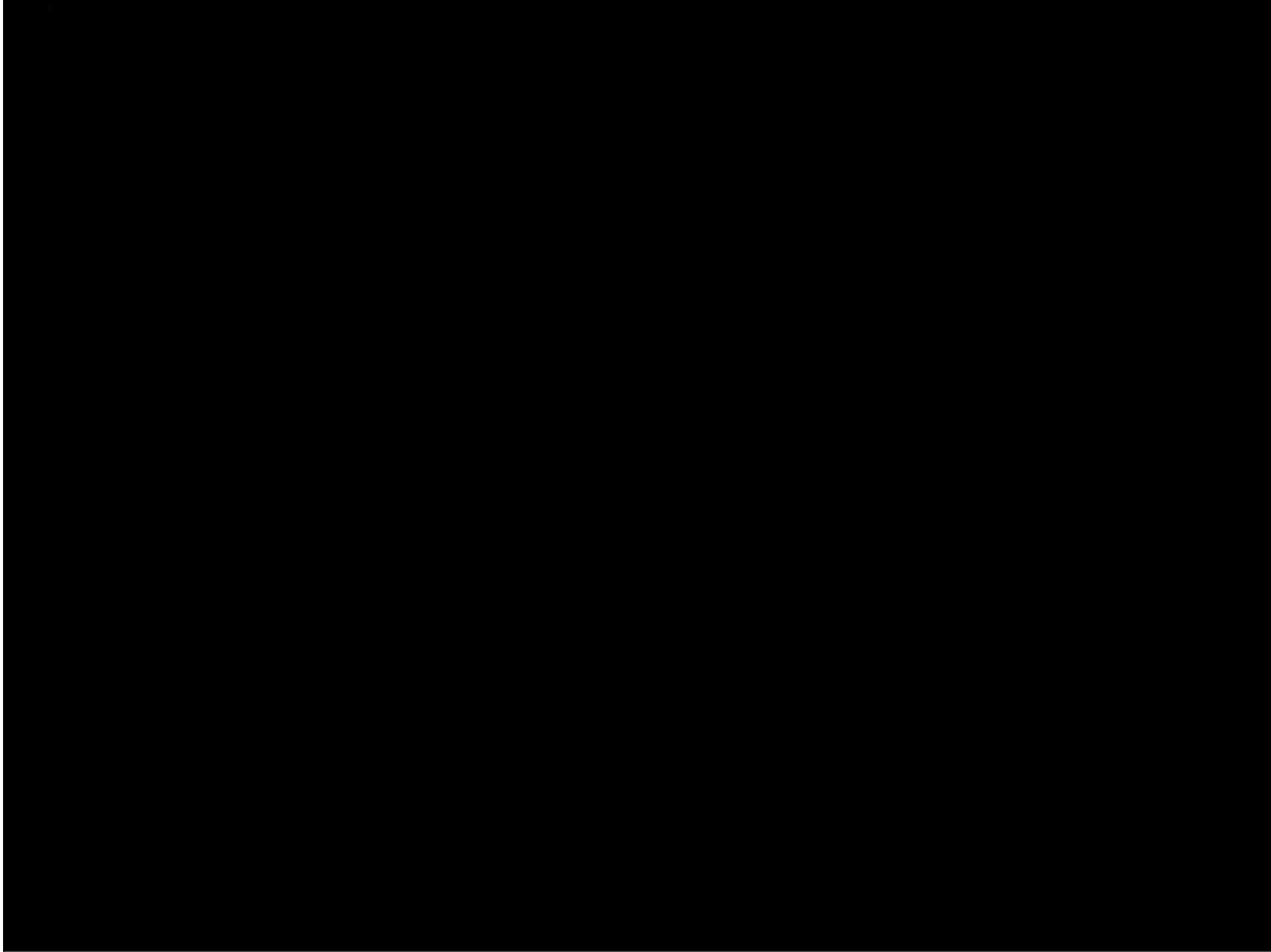


Course Schedule

Advance Trauma Counseling & Attachment Theory

General Schedule

Part 2: Attachment Theory







PSYCHOTHERAPY



PSYCHALIVE

Features

Dr. Dan Siegel

Mirror Neurons in Depth

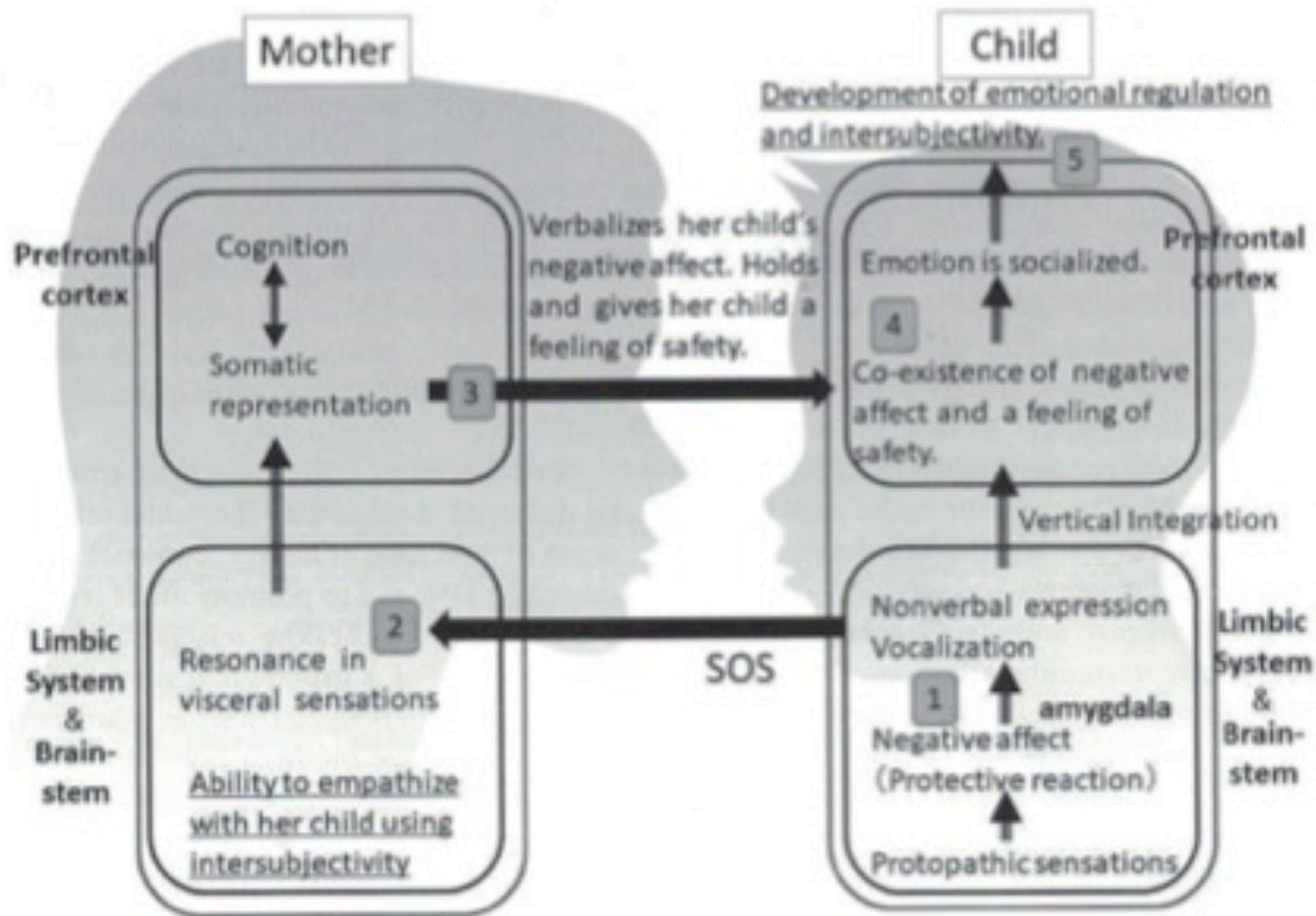


FIGURE 1. Functional interaction system between the biological mother and her child.

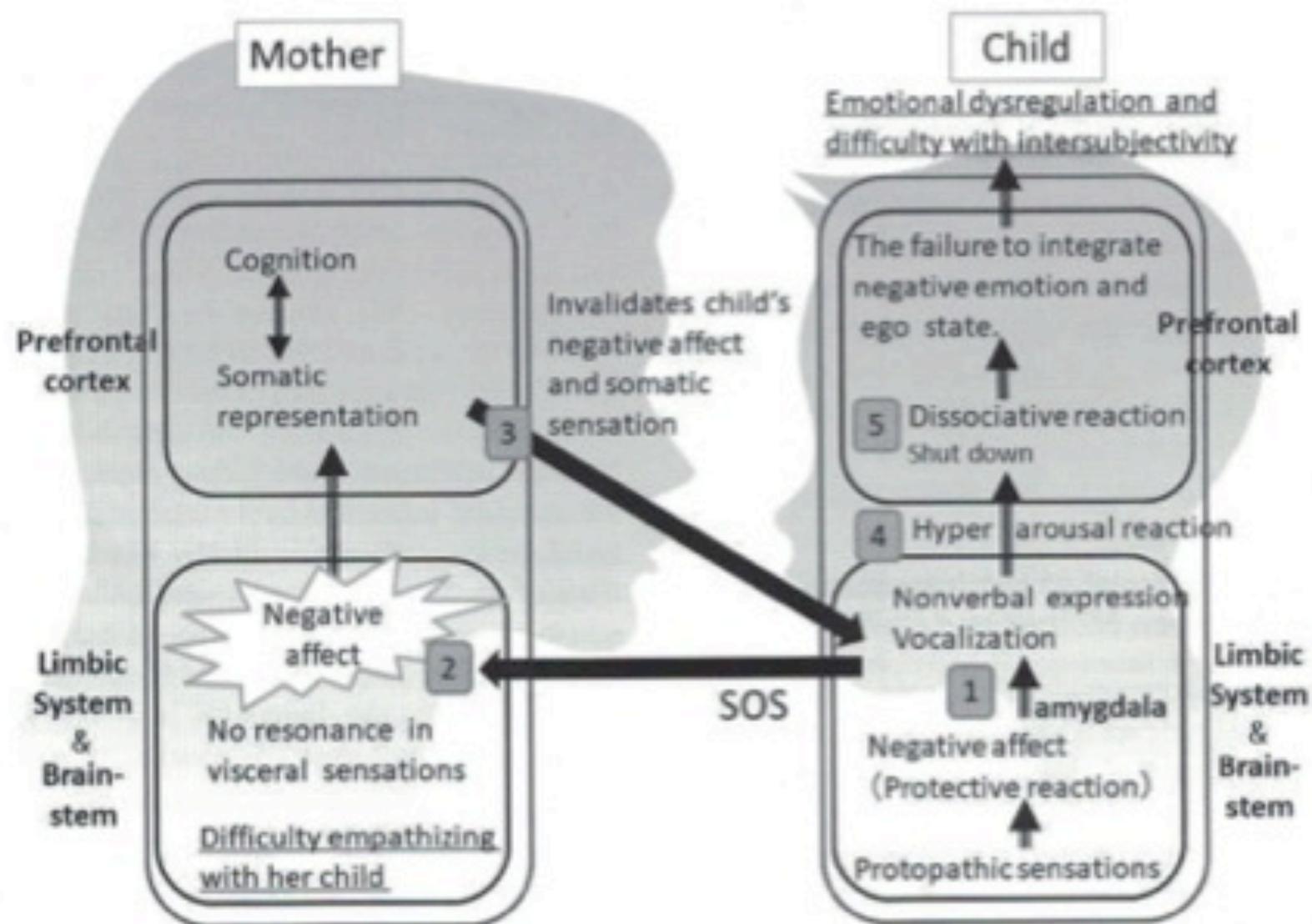


FIGURE 2. Dysfunctional interaction system between the biological mother and her child.

Healthy Attachment



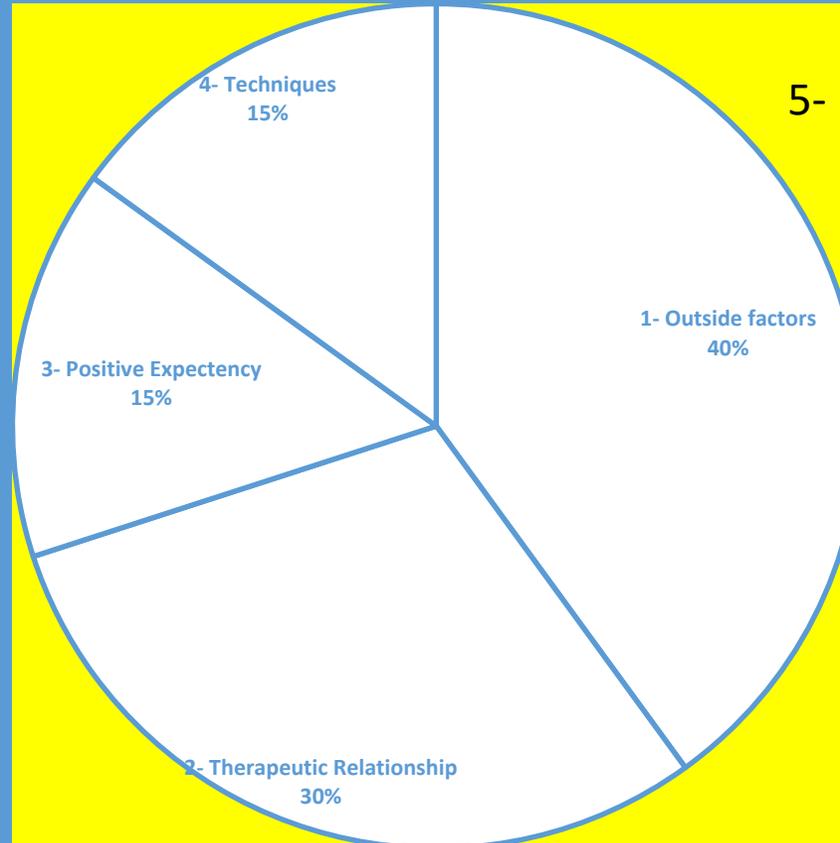
Course Schedule

Advance Trauma Counseling & Attachment Theory

Schedule

Part 3: Evidence Based Interventions

5 INGREDIENTS



5- Mindfulness

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Titration

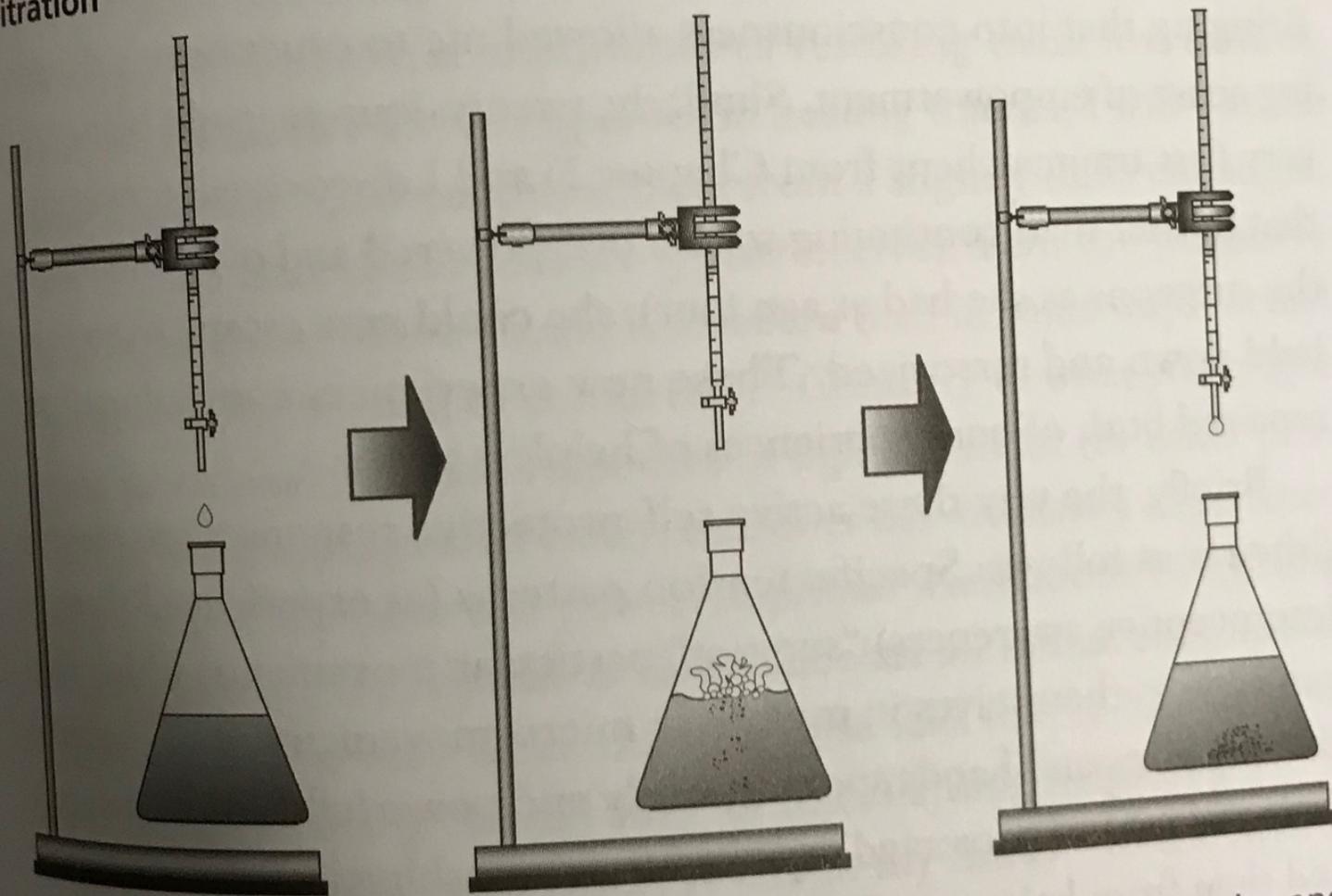


Figure 5.3 Titration in the chemistry lab is a way of combining two corrosive and potentially explosive substances in a controlled mixing that transforms the reactants gradually.

Hydrochloric Acid (HCl) mixed with lye (NaOH) causes severe burning



However....

Hydrochloric Acid (HCl) slowly mixed with lye (NaOH) creates:

$\text{NaCl} + \text{H}_2\text{O}$





PLAIN
OPEN HERE



MORTON[®] SALT

THIS SALT DOES NOT SUPPLY IODIDE, A NECESSARY NUTRIENT.

NET WT. 26 OZ. (1 LB., 10 OZ.) 737 g

Titration

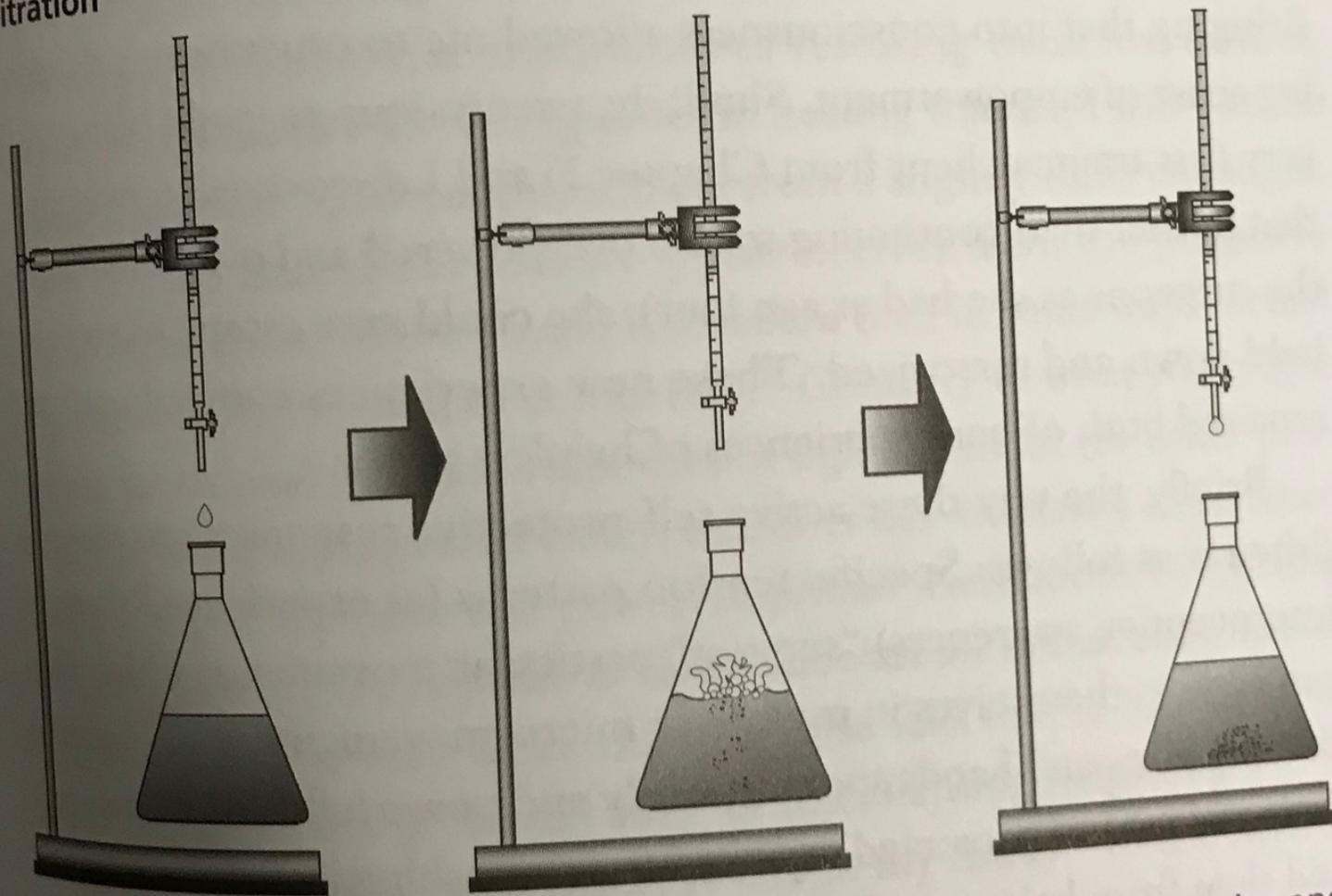


Figure 5.3 Titration in the chemistry lab is a way of combining two corrosive and potentially explosive substances in a controlled mixing that transforms the reactants gradually.

Diagnosis

Adverse Childhood Experience (ACE) Questionnaire Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

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or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
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Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
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Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

Diagnosis

The Trauma Screening Questionnaire¹ (TSQ) is a brief 10-item self-report measure designed to screen for posttraumatic stress disorder (PTSD). Each item is derived from the DSM-IV² criteria and describes either a reexperiencing symptom of PTSD (items 1 through 5) or an arousal symptom of PTSD (items 6 through 10). Avoidance and numbing symptoms, though also listed in the DSM-IV criteria, were not included in the TSQ in keeping with the authors' goal of creating a useful screening instrument that was "short and contain[ed] the minimum number of items necessary for accurate case identification."¹ The lead author states that "what the TSQ gains in simplicity and clarity more than compensates for the absence of symptoms that may be difficult to understand and judgements that may be difficult to make."³ Preliminary psychometric data⁴ from 2 samples (rail crash survivors and crime victims) indicate that, for PTSD screening purposes, the TSQ enables excellent levels of prediction (see Scoring and Interpretation, below).

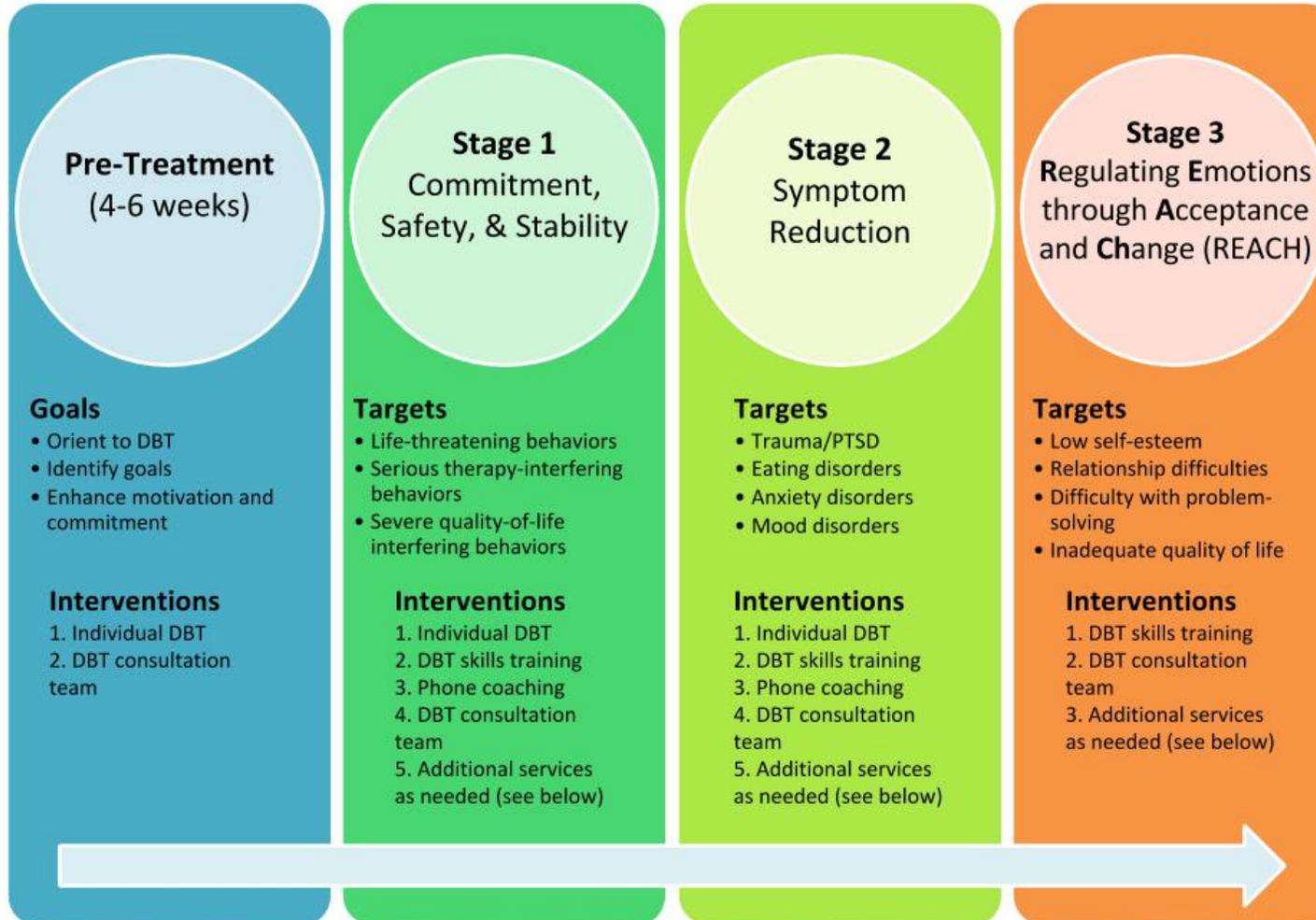
Trauma Screening Questionnaire

Your Own Reactions Now to the Traumatic Event

Please consider the following reactions which sometimes occur after a traumatic event. This questionnaire is concerned with your personal reactions to the traumatic event which happened a few weeks ago. Please indicate whether or not you have experienced any of the following AT LEAST TWICE IN THE PAST WEEK:

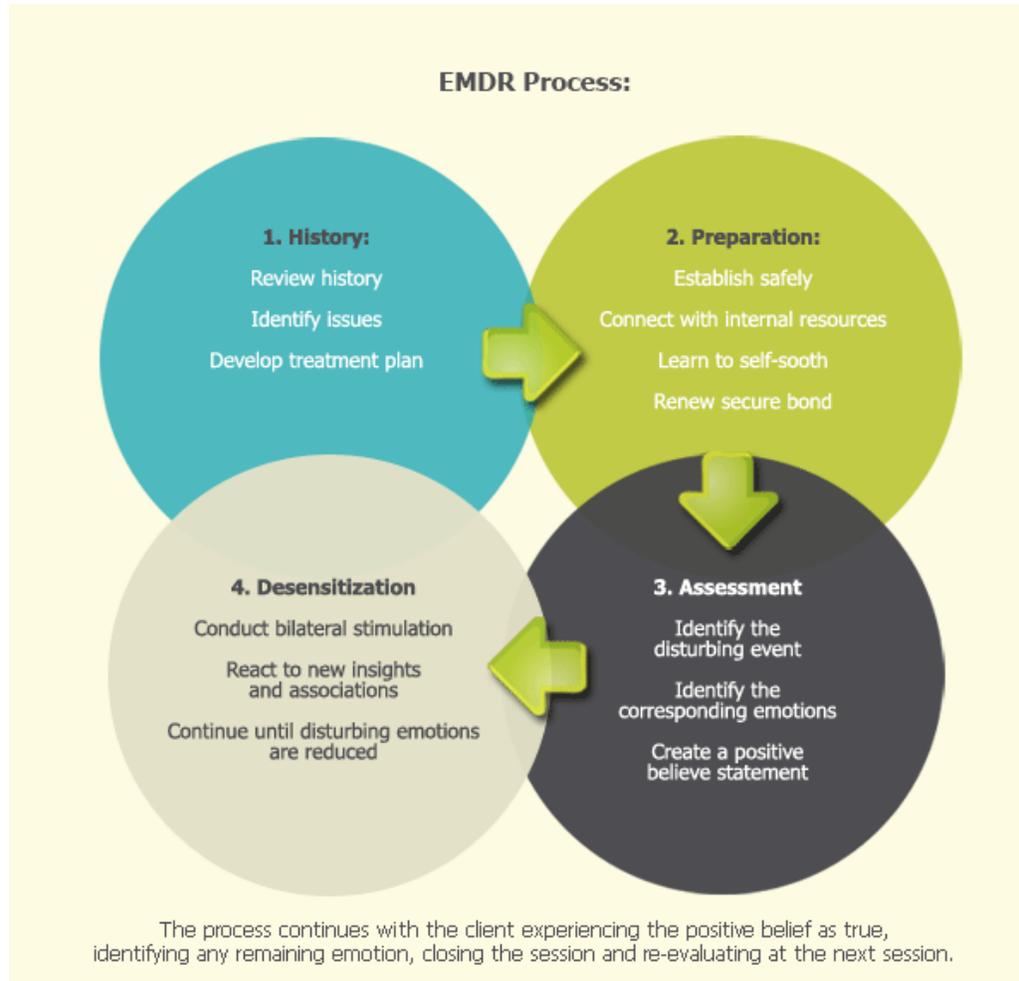
| | YES, AT LEAST TWICE IN THE PAST WEEK | NO |
|--|--------------------------------------|----|
| 1. Upsetting thoughts or memories about the event that have come into your mind against your will | | |
| 2. Upsetting dreams about the event | | |
| 3. Acting or feeling as though the event were happening again | | |
| 4. Feeling upset by reminders of the event | | |
| 5. Bodily reactions (such as fast heartbeat, stomach churning, sweatiness, dizziness) when reminded of the event | | |
| 6. Difficulty falling or staying asleep | | |
| 7. Irritability or outbursts of anger | | |
| 8. Difficulty concentrating | | |
| 9. Heightened awareness of potential dangers to yourself and others | | |
| 10. Being jumpy or being startled at something unexpected | | |

Modalities - DBT





Modalities - EMDR



Modalities EMDR

Eye Movement Desensitization & Reprocessing (EMDR)



- Francine Shapiro (1987)
- over 60,000 licensed mental health therapists in 52 countries

- ✗ An integrated model that draws from behavioral, cognitive, psychodynamic, body-based, and systems therapies, EMDR provides profound and stable treatment effects in a short period of time.
- ✗ an eight-phase treatment that includes the use of eye movements or other bi-lateral (i.e., left-right) stimulation
- ✗ There are more controlled studies to date on EMDR than on any other method used in the treatment of trauma.
- ✗ EMDR is the only well-researched treatment model capable of addressing multiple incidents of trauma simultaneously

Modalities EMDR

EMDR

8 Phases – 11 Steps

EMDR's effectiveness, like all psychotherapies, is contingent upon the development and maintenance of a good therapeutic relationship

EMDR Institute, Inc.
PO Box 51010
Pacific Grove
CA 93950-6010 USA
Tel: 831-372-3900
Fax: 831-647-9881
<http://www.emdr.com>
email: inst@emdr

Eight Phases

Treatment using EMDR is a highly structured form of psychotherapy organized into eight (8) discreet phases.

The EMDR protocol utilizes 11 steps.

- +1. Client History/Treatment Plan
- +2. Preparation
- +3. Assessment
- +4. Desensitization
- +5. Installation
- +6. Body Scan
- +7. Closure
- +8. Reevaluation

Modalities EMDR

CORE BELIEF CLUSTERS: Developmental Plateaus

NEGATIVE

*I am abandoned.
I am alone.
It's not safe to feel.
I am unimportant.
I am invisible.*

SURVIVAL

*I can survive / exist / get my needs met.
I can survive / exist / get my needs met.
I can begin to learn when and how to...
I have value regardless.
I can get my needs met.*

ADAPTIVE

RESPONSIBILITY

Control

*I am powerless / helpless / trapped.
I have to be in control.
I am responsible.
I should have done something.*

*I can control what I can in ...
I can safely let go of some control.
I can recognize appropriate responsibility.
I did what I could.*

Shame

I am... (core sense of self)

*I am unlovable / undeserving.
I am worthless / defective.
I am bad / selfish.
I am not good enough.
I am inadequate.
I am responsible.*

*I am okay as I am.
I am okay as I am.
I can accept myself.
I am good enough.
I can accept myself.
I can recognize appropriate responsibility.*

Guilt

I did... (self-evaluation of behaviors)

*I am bad.
I am a failure.
I am responsible.
I have to be in control.*

*I can learn from my mistakes.
I did the best I could.
I can recognize appropriate responsibility.
I can recognize what I can and cannot control.*

*I am powerless / helpless / trapped.
I should have done something.*

*I can control what I can.
I did what I could.*

VULNERABILITY

*I am vulnerable.
I am powerless.
I am helpless.
I am trapped.*

*I can protect myself.
I can control what I can.
I can control what I can.
I can control what I can.*

JUDGMENT

I can't trust my judgment.

I can learn how to trust my judgment.

PTSD ("T" trauma—child or adult onset)

*I am going to die.
I am in danger.
I am overwhelmed.*

*I survived.
I can survive.
I can get through it.*

Modalities EMDR

Timeline Usage

Negative Belief:

Subjective Units of Distress: 0-9

Adaptive Belief: 1-7

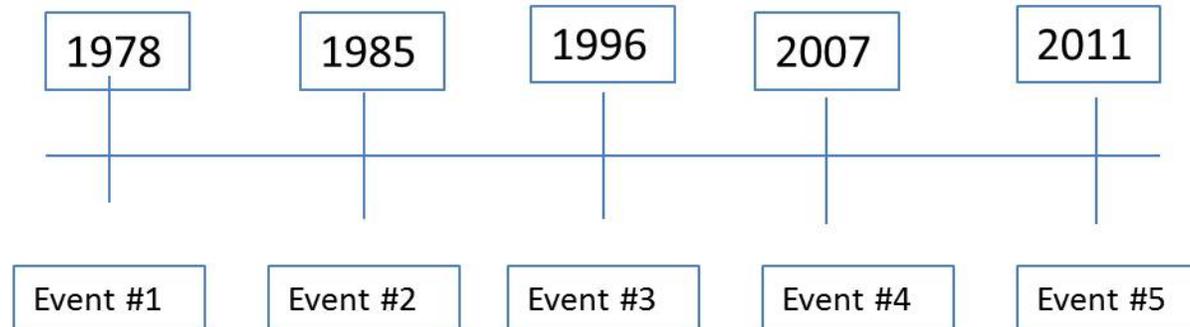
Modalities EMDR

Time Line Usage

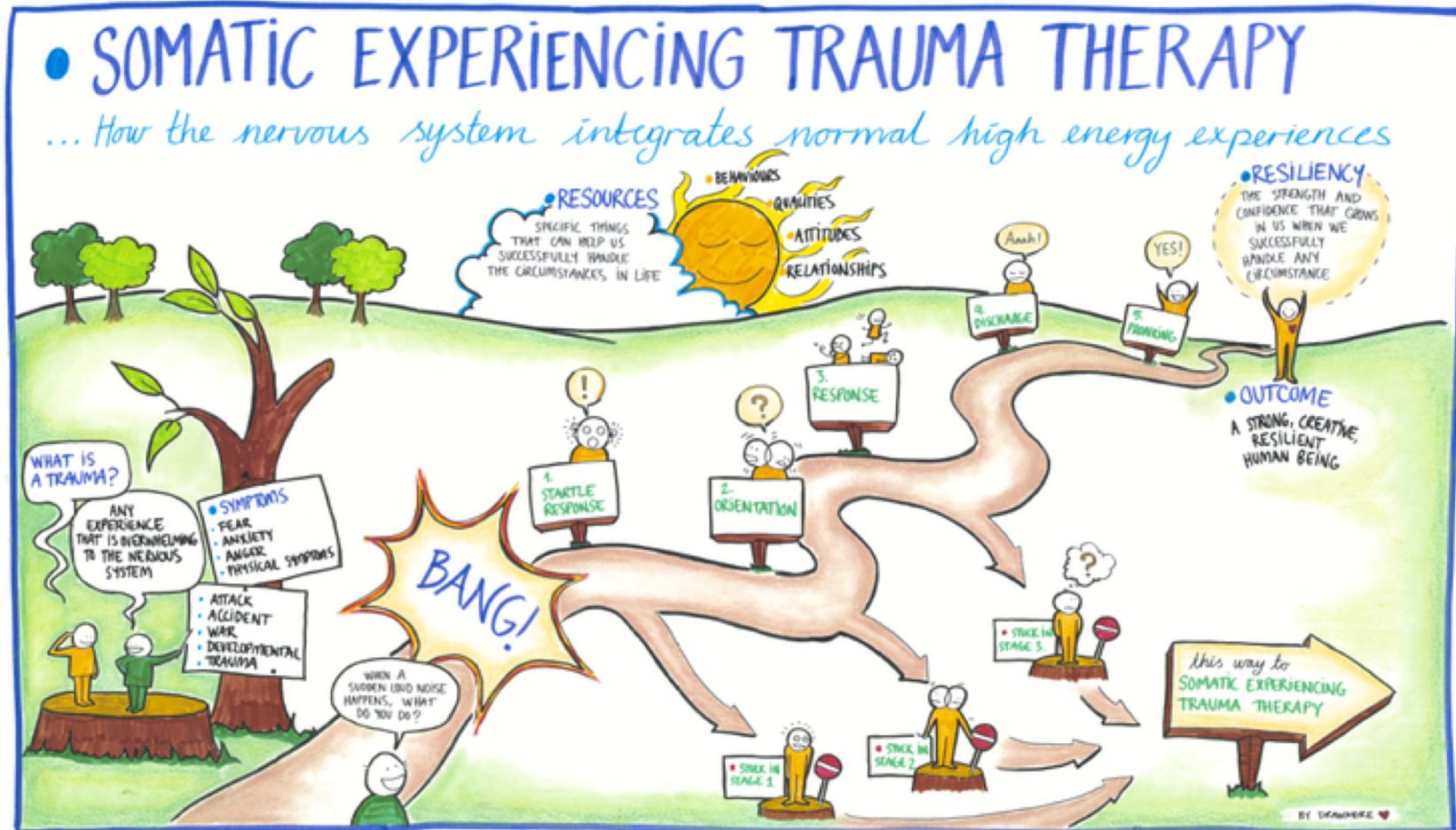
Draw timeline of life events

Client can use space-filler if they don't want to elaborate

Age 12 (1992): Undisclosed event



Modalities SE





Modalities – 4 - SE

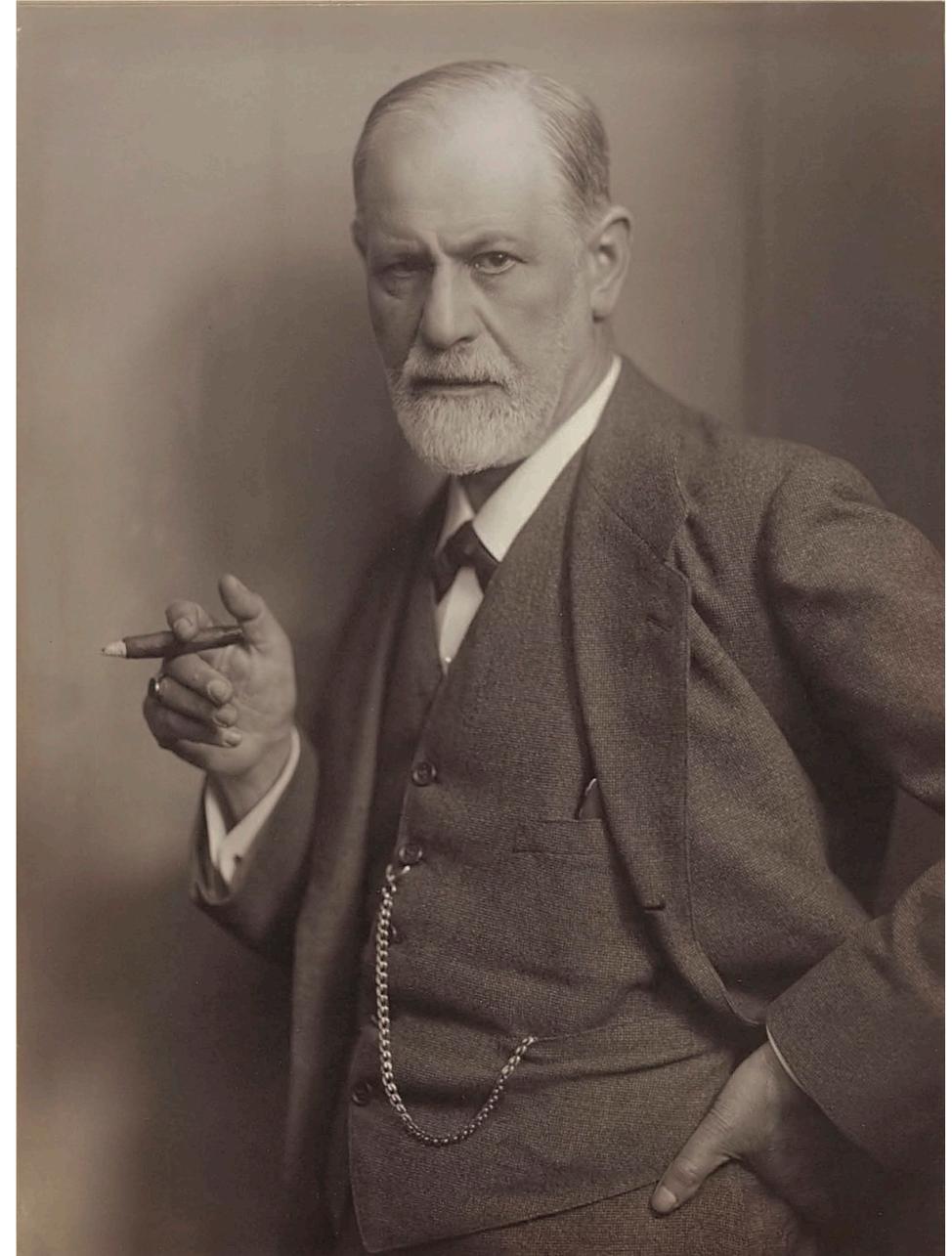
Somatic Experiencing

- Ron Kurtz
- Pat Ogden
- Babette Rothschild
- Peter Levine
- Bob Scaer
- Dave Bercelli
- Helps the survivor access, regulate and express the physiological effects of trauma.
- Body-centered
- Regulation and expression first, cognitive second
- Trauma Releasing Exercises (non-verbal)



Modalities SE

“What the mind has forgotten,
the body has not... thankfully.”
-Sigmund Freud



Modalities SE

Neurobiological Foundations for EMDR Practice by:
Uri Bergmann

Panksepp (1998) posits that man has 4 main neural systems.

The seeking system looks for exploring environment to find food, shelter, sex. This is simply called curiosity

Fear system- flight or freeze

Rage system- fight

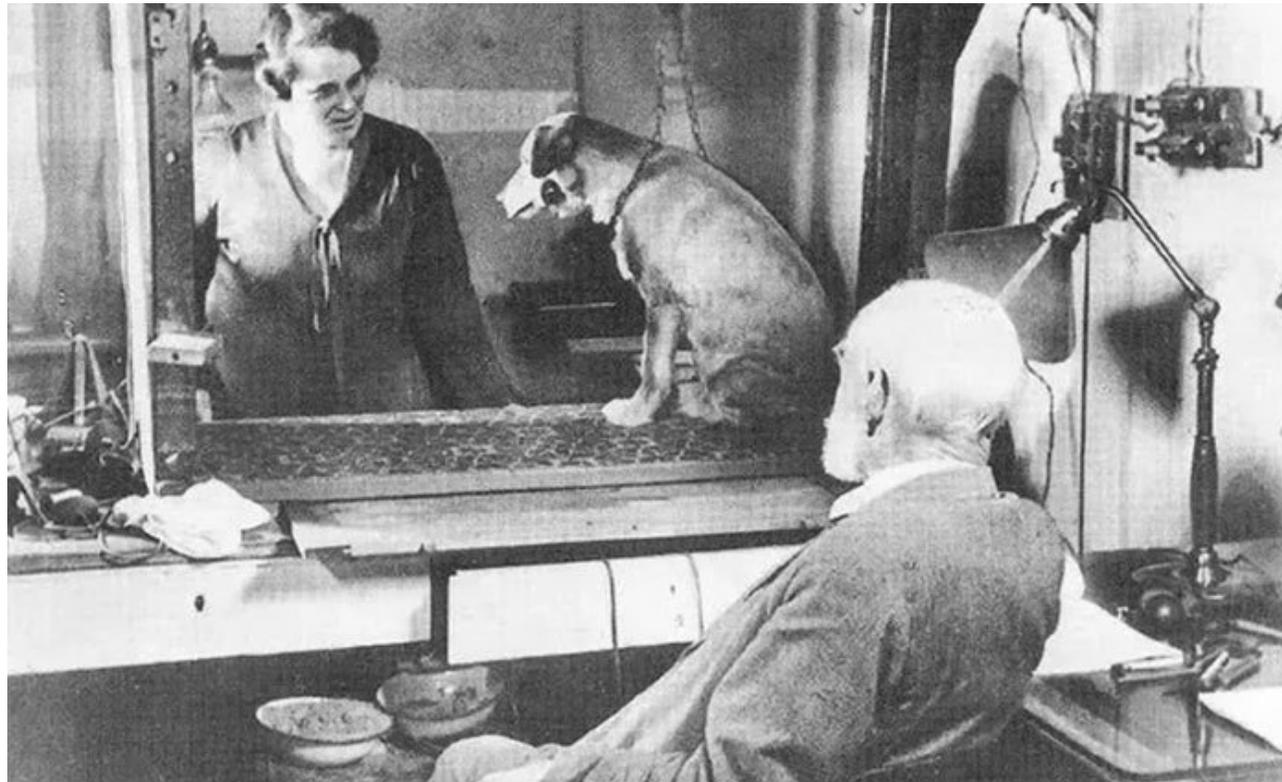
Panic system- distress vocalization and social attachment

Modalities - SE

The pneumo-gastric nerve of Darwin is the vagus nerve that connects brain with most internal organs, the enteric gutt brain actually does 9:1 compared to brain.

Modalities SE

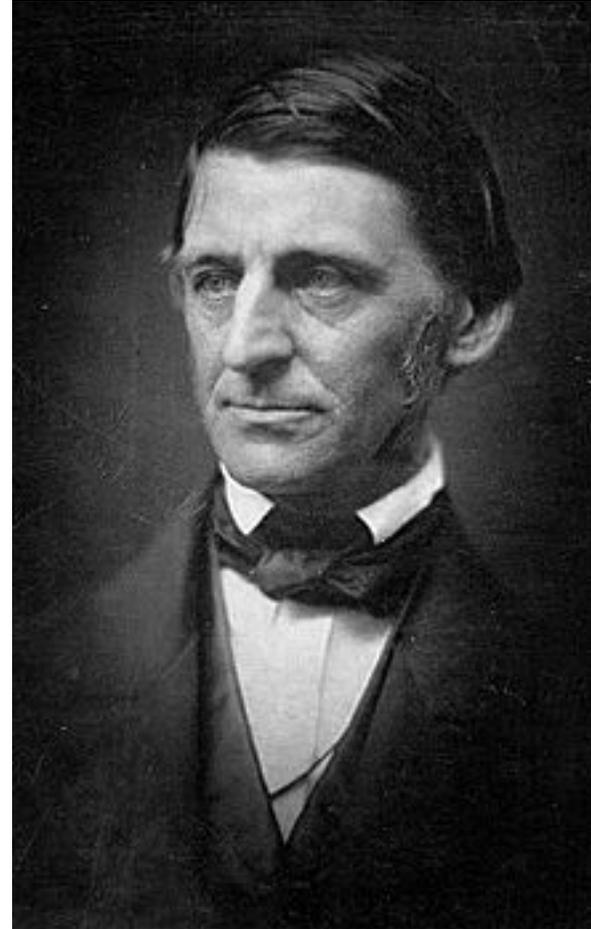
Pavlov's dogs stuck in flood and were traumatized in October 1916. He wrote about 3 stages: equivalent stage- they responded to innocent stimuli with traumatic response as if danger. Paradoxical phase- responded to weak more than to strong! Ultra-paradoial or transmarginal- shutdown. Neural overload.



Modalities – 4 - SE

What lies behind us and what
lies before us are tiny matters
compared to what lies within us.

-Ralph Waldo Emerson



Modalities – Sensorimotor

Sensorimotor Psychotherapy

“Trauma treatment must restore a sense of safety in the body and complete the unfinished past.” – van der Kolk

Model specifically designed to treat effects of PTSD and complex trauma, as well as associated attachment and developmental disturbances via somatic and cognitive interventions.

Therapist carefully attends to client’s narrative, empathically interrupting tendencies toward hyper- or hypo-arousal before either causes dysregulation, and encouraging alternative physical actions that challenge habitual, trauma-related reactions.

Over time, the trauma-related feelings and cognitions begin to reorganize as clients experience new physical responses and the sense of mastery in physical control.

Modalities – Sensorimotor

Trauma and Memory – Dr. Pat Ogdan

“The priming function becomes maladaptive for traumatized individuals who repeatedly notice and take in sensory cues that are reminiscent of past trauma, often failing to notice... that current reality is not dangerous.” Thus they become self-perpetuating falsehoods. (p. 18)

Infants playfully experiences pee a boo and learns to have positive affect regulation, to be curious and to explore. Expanding their window of tolerance. (p. 46)

The attachment system is the foundation of all other systems because of its role in detecting safety. Thus, it controls: defense, attachment, exploration, energy regulation, caregiving, sociability, play and sexuality. (P. 111)

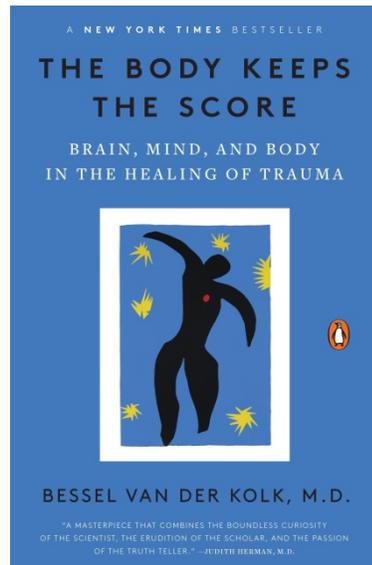
Like the caregiver, the therapist must provide ability to weather the storm and bring interactive repair when the inevitable empathic failures occur. P. 117

One’s self-state remains fixated on defense against threat. P. 135

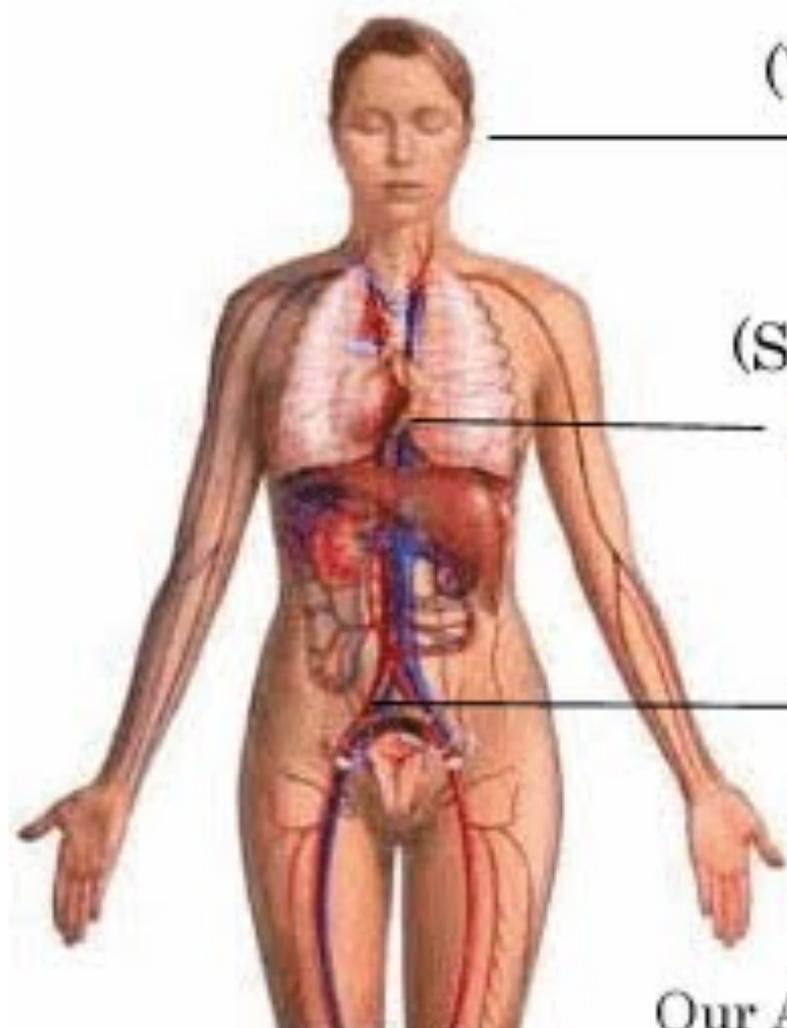
Dr. Bessel Van Der Kolk, MD

**Has eloquently argued to include
Developmental Trauma Disorder (DTD) into the DSM 5**

**He is a work famous Trauma Expert and runs the Trauma
Center in Boston.**







(VVC) Ventral Vagal Complex: Signaling System for motion, emotion & communication. (Our Social Engagement System)

(SNS) Sympathetic Nervous System: Mobilization System for Flight or Fight Behaviors. (Our Aggressive Defense System)

(DVC) Dorsal Vagal Complex: Immobilization System for Conservation Withdrawal. (Our Passive Defense System)

Our Autonomic Nervous System fires muscular tensions triggered by feedback signals from the external & internal world at millisecond speeds below conscious awareness. These muscles tensions fire our Thoughts?





AFFECT DYSREGULATION

AND DISORDERS OF THE SELF

ALLAN N. SCHORE





Features
Dr. Alan Schwab

REVOLUTIONS

Features

Dr. Alan Schore



Exposure Therapy



Advance Trauma Counseling & Attachment Theory

**Course
Schedule**

Lunch

A yellow sticky note is placed on a laptop keyboard. The note has the text "GONE FOR LUNCH" written in orange marker. The word "LUNCH" is underlined. The keyboard keys are white with black and red characters, including Cyrillic letters. The laptop is silver.

GONE FOR
LUNCH

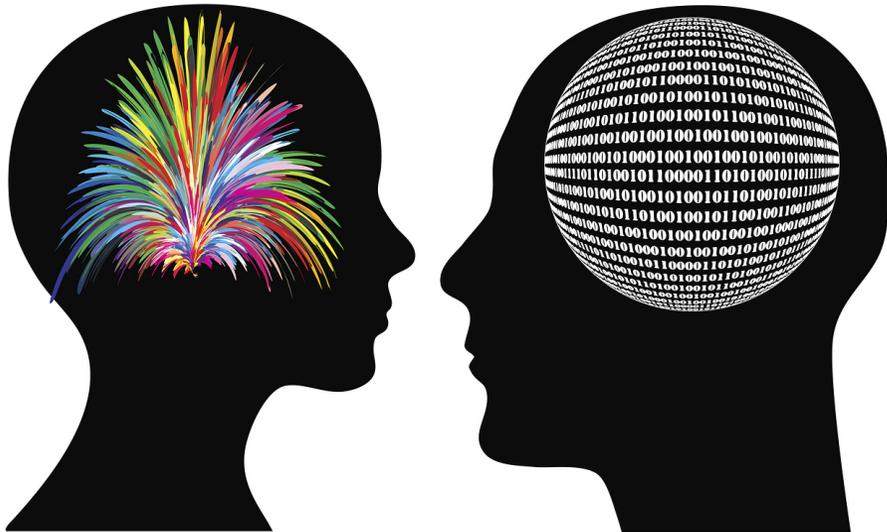
Advance Trauma Counseling & Attachment Theory

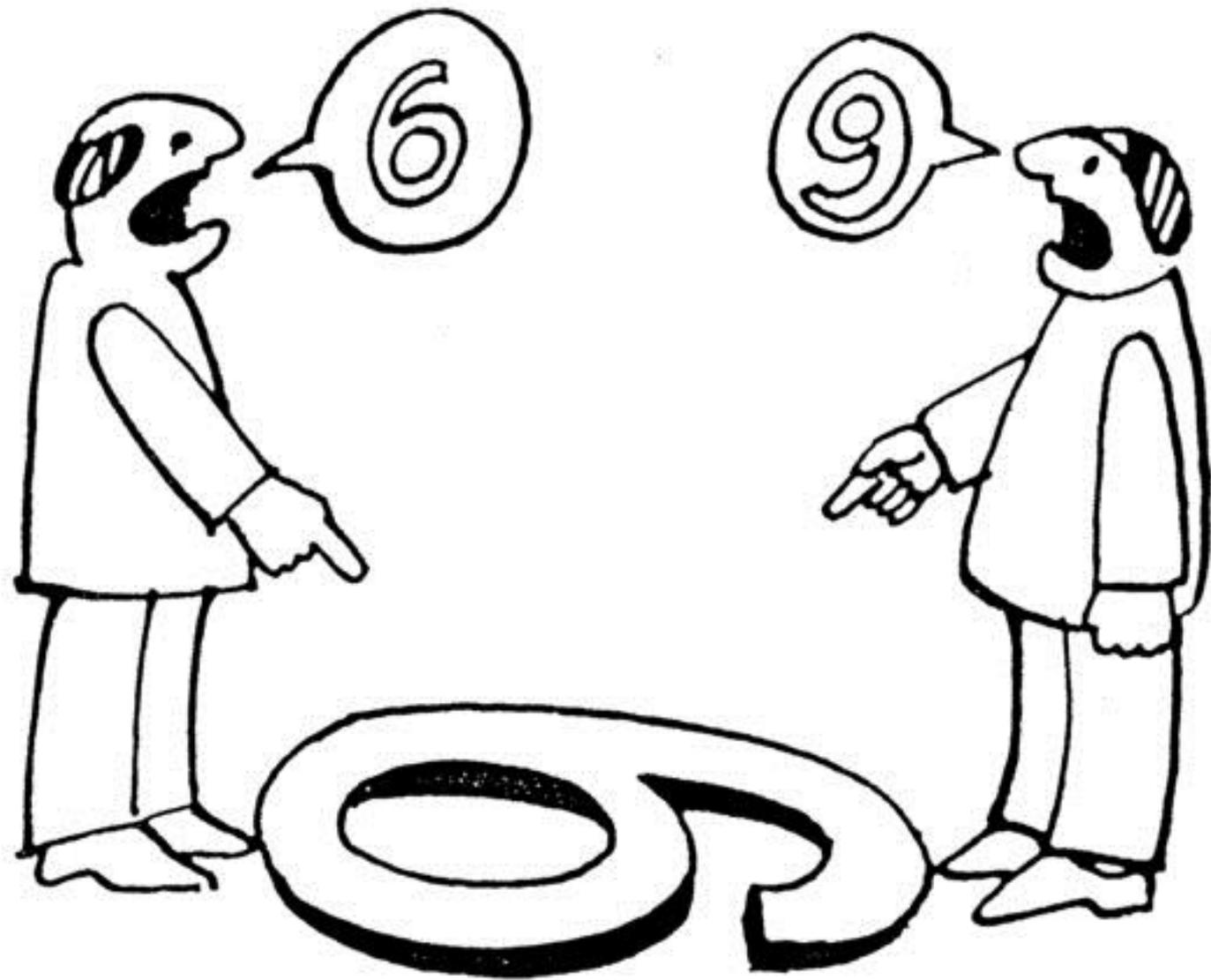
**Course
Schedule**

Part 4: Personality Disorders

What is reality?

Inner World of Thoughts, Feelings and Words







Core Self in the Aftermath of Trauma

Feelings as all-or-nothing - Discontinuity and fragmentation

- Extreme primary emotions: fear and rage
- Extreme secondary emotions and feelings: shame, guilt, sadness, etc.
- "Never knowing just what might happen or how it will feel"

Emotions without feelings - Attenuation and obliteration

- Numbing and alexithymia
- Bodily reactions and behaviors without feeling, knowledge or agency
- "Little or no feeling of what happens"

Tortured embodiment and core self

- Constantly confronted with the inescapable "enemy within"
- Feelings are not information to be used; lack of agency
- "The feeling of what happens is often horrible and overwhelming"



The National Bestselling Classic
Completely Revised and Updated

**I Hate
You—**

Don't Leave Me

Understanding the
Borderline Personality

Jerold J. Kreisman, MD, and Hal Straus



Demi Lovato

I Hate You, Don't Leave Me

[Demi Lovato](#)

Hey, yeah yeah
I hate you, don't leave me
I feel like I can't breathe
Just hold me, don't touch me
And I want you to love me
But I need you to trust me
Stay with me, set me free
But I can't back down
No, I can't deny
That I'm staying now
'Cause I can't decide
Confused and scared
I am terrified of you
I admit I'm in and out of my head

Confused and scared
I am terrified of you
I admit I'm in and out of my head
Don't listen to a single word I've said
Just hear me out before you run away
'Cause I can't take this pain
I hate you, don't leave me
I hate you, don't leave me
'Cause I love when you kiss me
I'm in pieces, you complete me
But I can't back down
No, I can't deny
That I'm staying now
'Cause I can't decide
Confused and scared
I am terrified of you
I admit I'm in and out of my head
Don't listen to a single word I've said
Just hear...

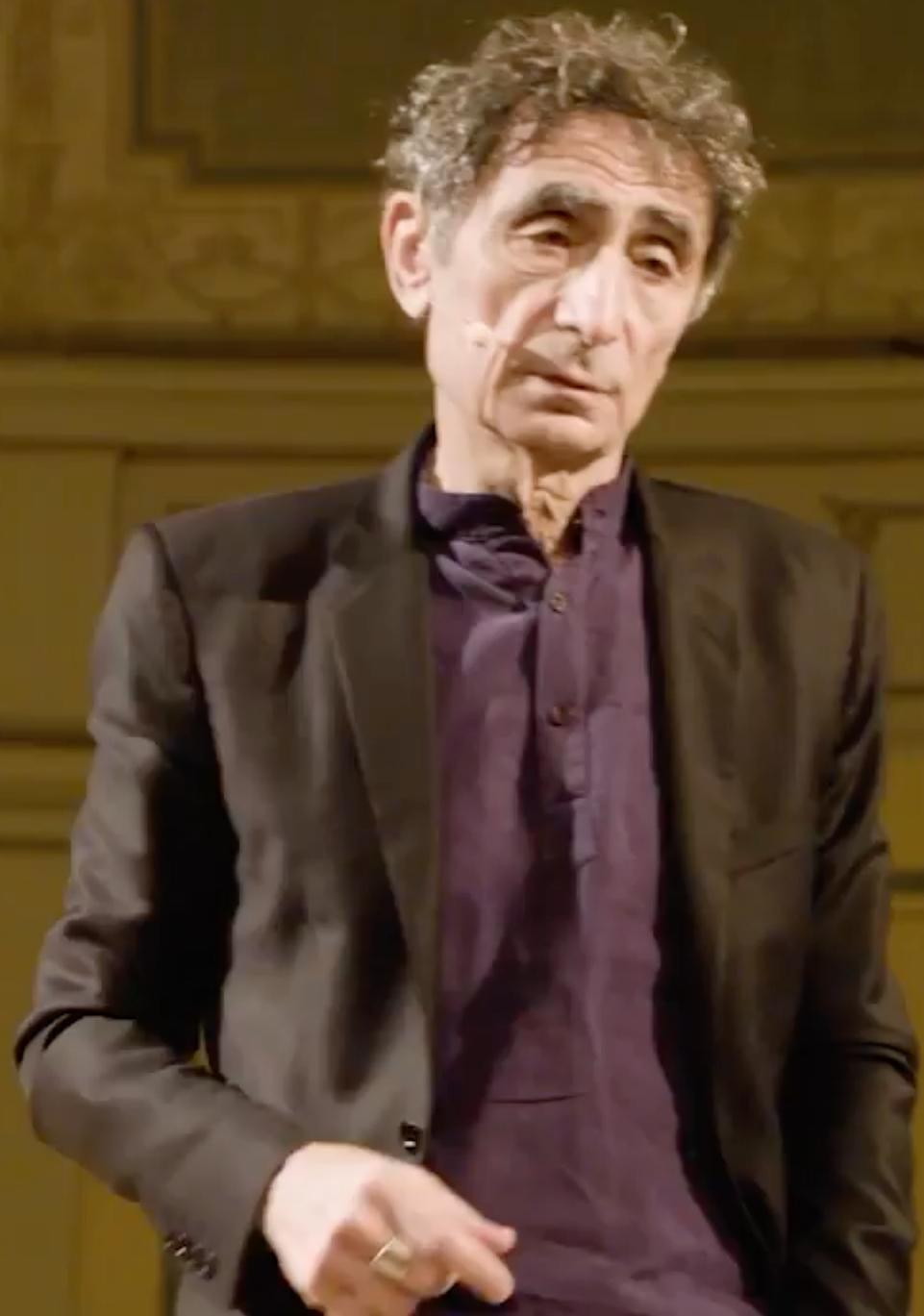
Relationship Repair

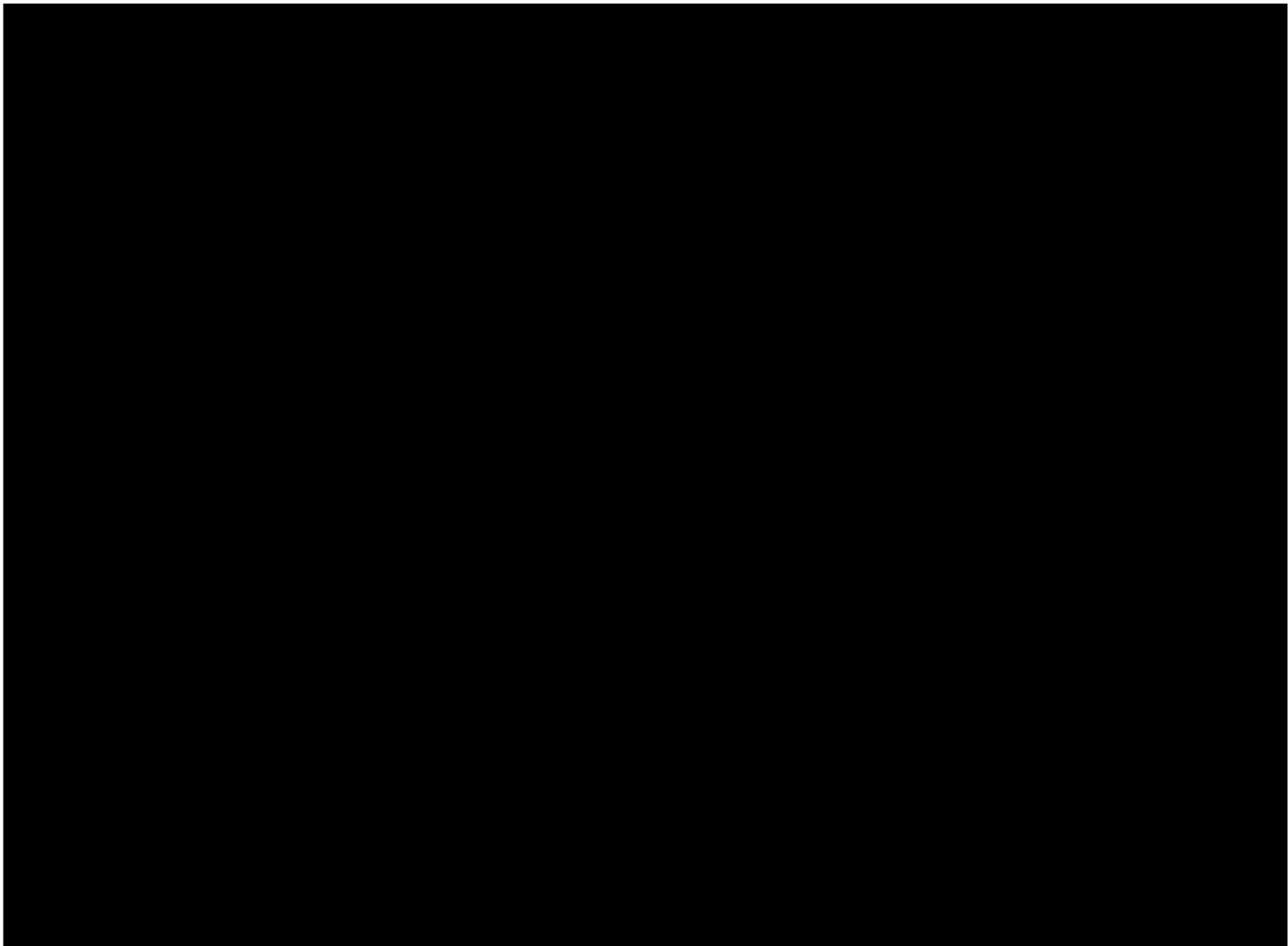


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Part 5: Creative Interventions





What do you think?



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Part 6: Treatment Plan, Practice, Q & A



Treatment Plan

- 1. Establish Rapport/trust/hope**
- 2. Define events/themes to target**
- 3. Identify physical, emotional psychological triggers**
- 4. Teach stabilization**
- 5. Interventions/Release, Rewiring**
- 6. Trouble-shoot**
- 7. Maintenance**
- 8. Follow-up**

Your Role As Therapist

Grounding
Resources
Education
Validation
Support

Be: PRESENT, POSITIVE & PROACTIVE

Q & A – Wrap Up

We will give out Completion Certificates. If any issues we will fix them either now, or we can email it to you. Thank you!



**Congratulations, you are now
a trauma informed attachment therapist!**

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](#)

Thank you for attending and contributing!

Advanced Trauma Counseling & Attachment Theory

Joseph Tropper,
MS, LCPC, CCTP
443-929-1801
josephtropper@gmail.com

