

# Advanced Trauma Counseling & Attachment Theory



CORE WELLNESS

Joseph Tropper,  
MS, LCPC, CCTP





## CORE WELLNESS

## About Core Wellness

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## About the Presenter

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**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**

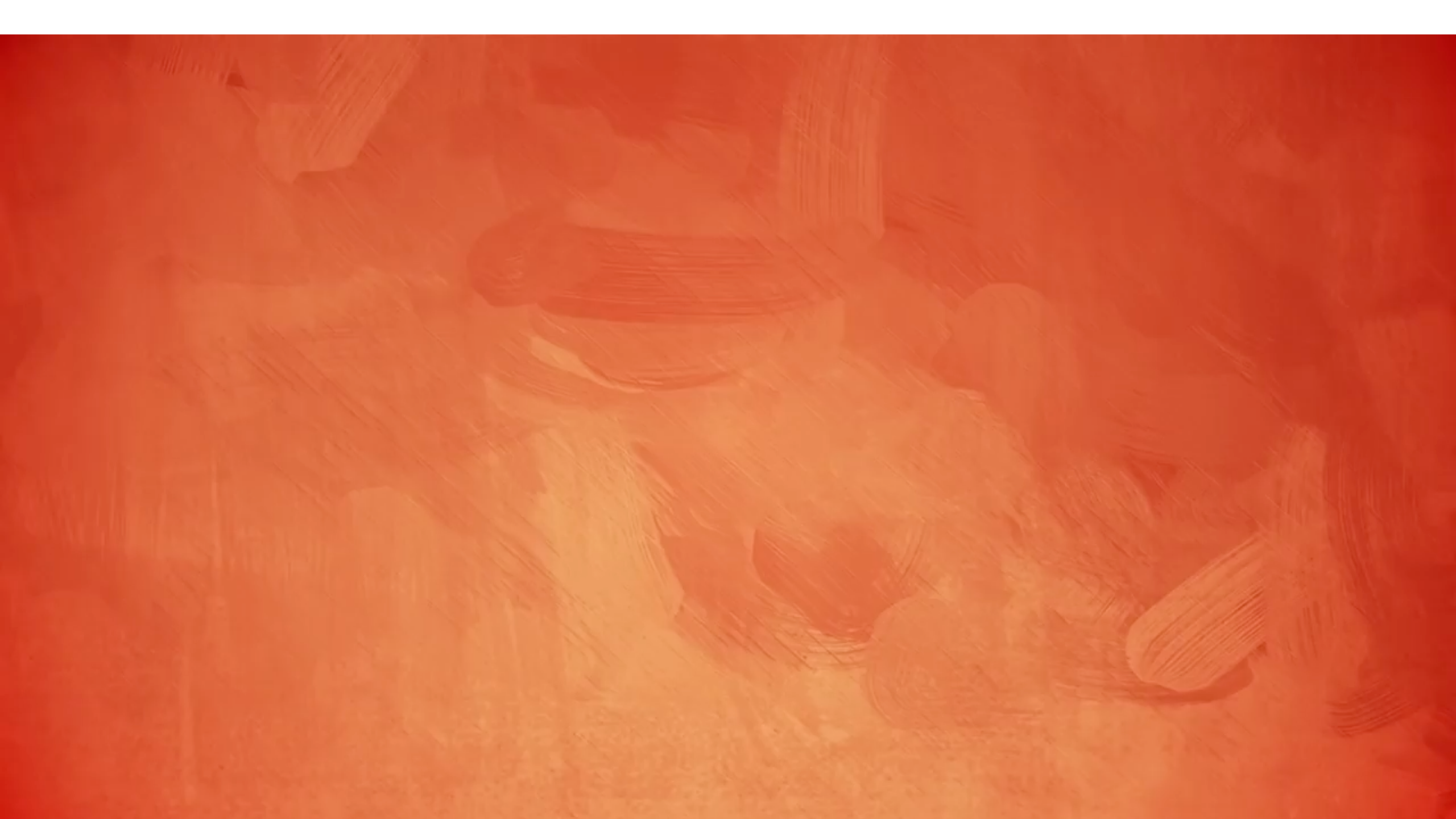


## Your Role As Therapist

**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

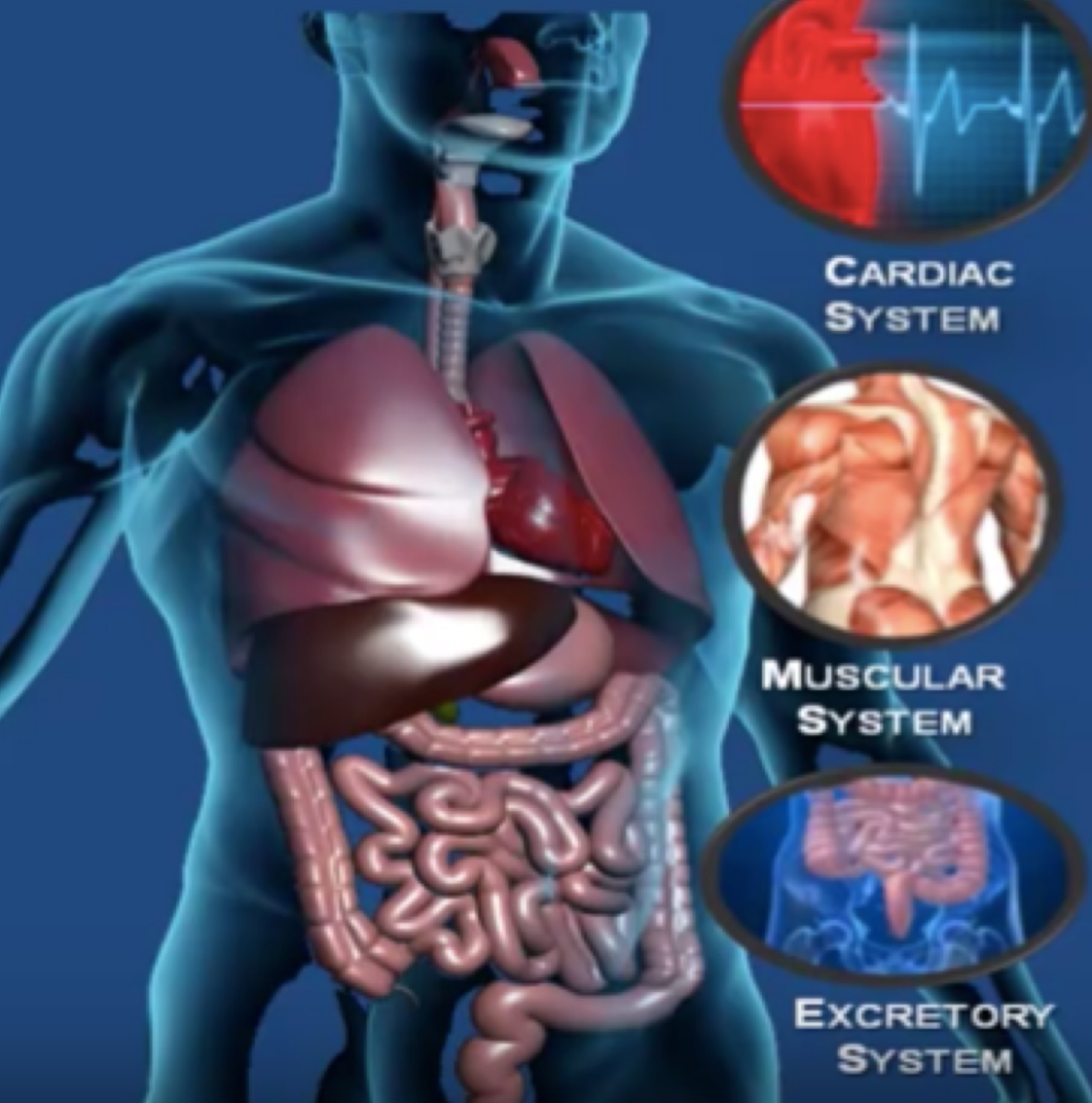
Suicide attempts

Unintended pregnancies



& Performance

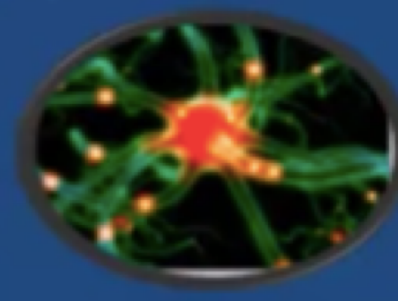
# ...Also Controls Every System in Your Body!



**CARDIAC  
SYSTEM**



**CIRCULATORY  
SYSTEM**



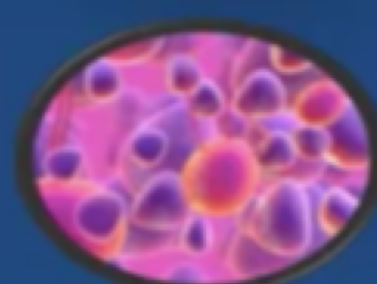
**NERVOUS  
SYSTEM**



**RESPIRATORY  
SYSTEM**



**MUSCULAR  
SYSTEM**



**REPRODUCTIVE  
SYSTEM**



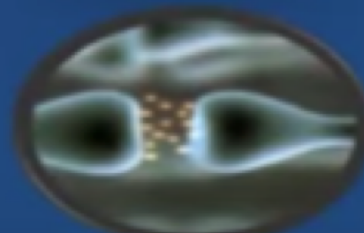
**SKELETAL  
SYSTEM**



**DIGESTIVE  
SYSTEM**



**EXCRETORY  
SYSTEM**



**ENDOCRINE SYSTEM  
(HORMONES)**

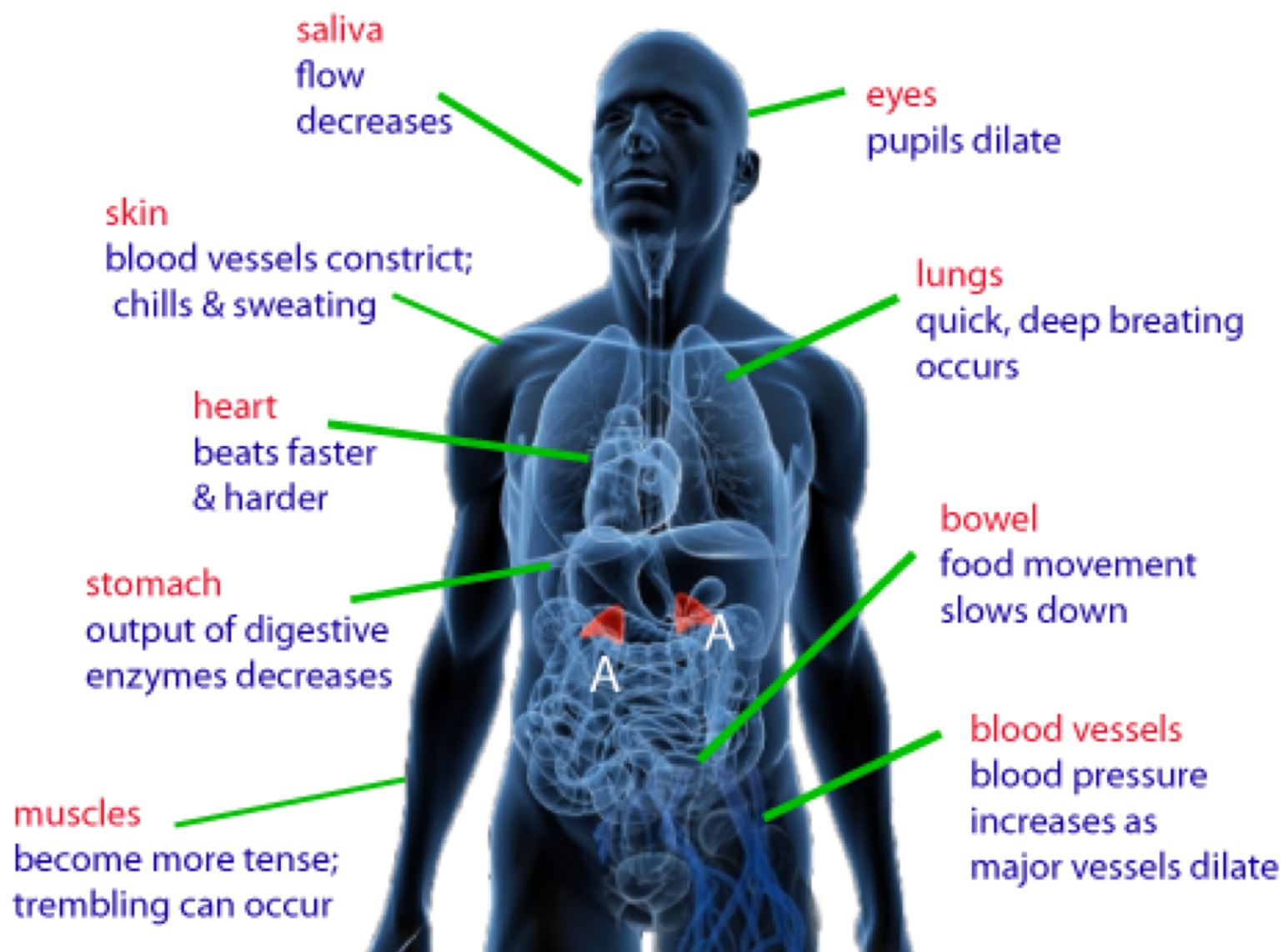


**IMMUNE  
SYSTEM**



**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

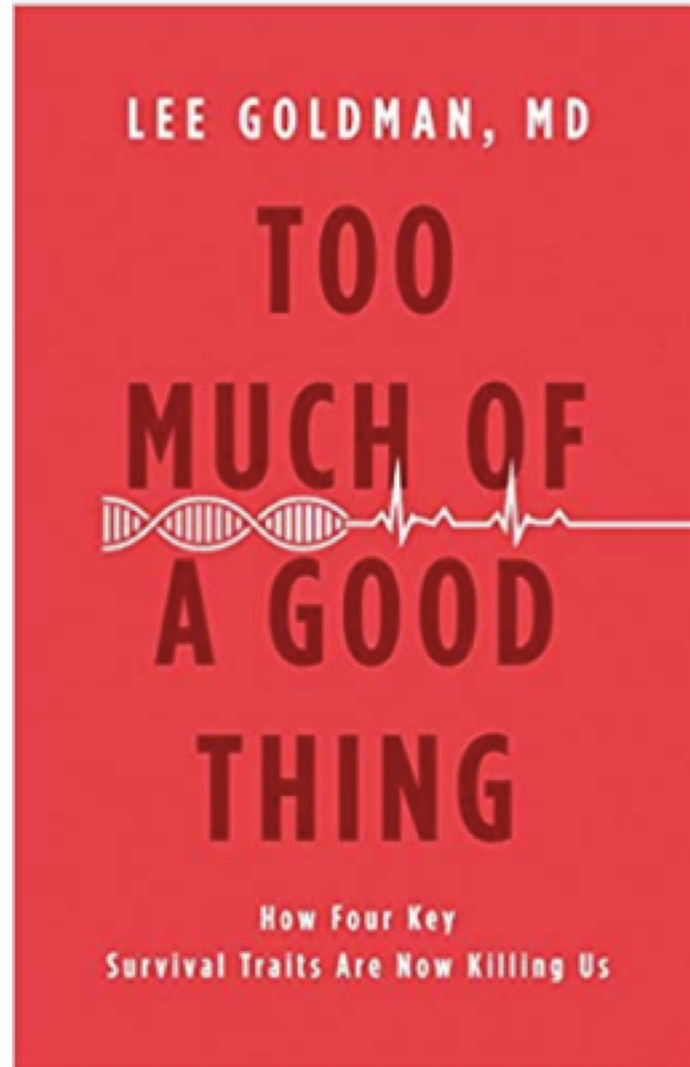
# **The Adaptive System**

# 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

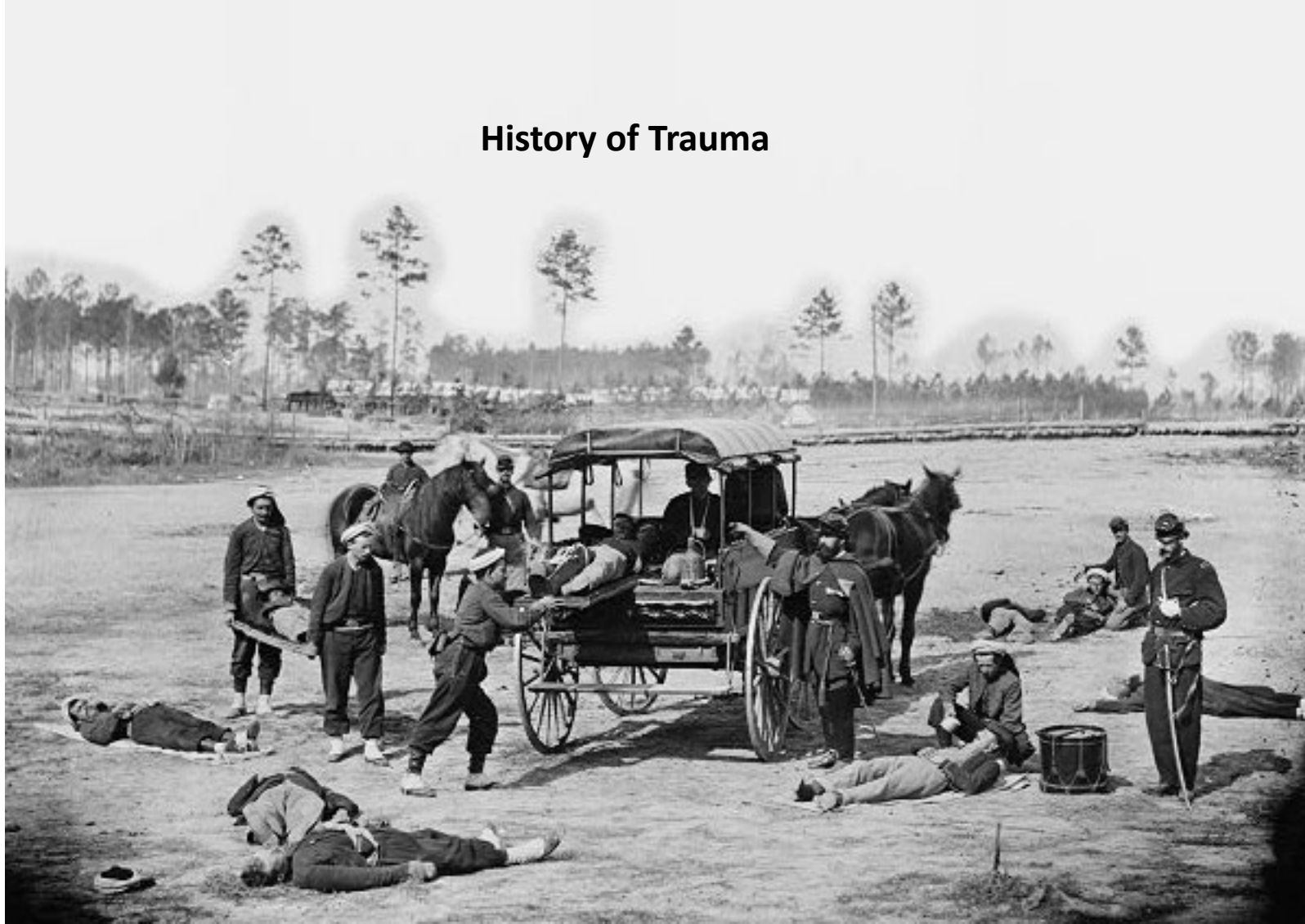
Bleeding, clotting and heart disease and stroke.



# **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

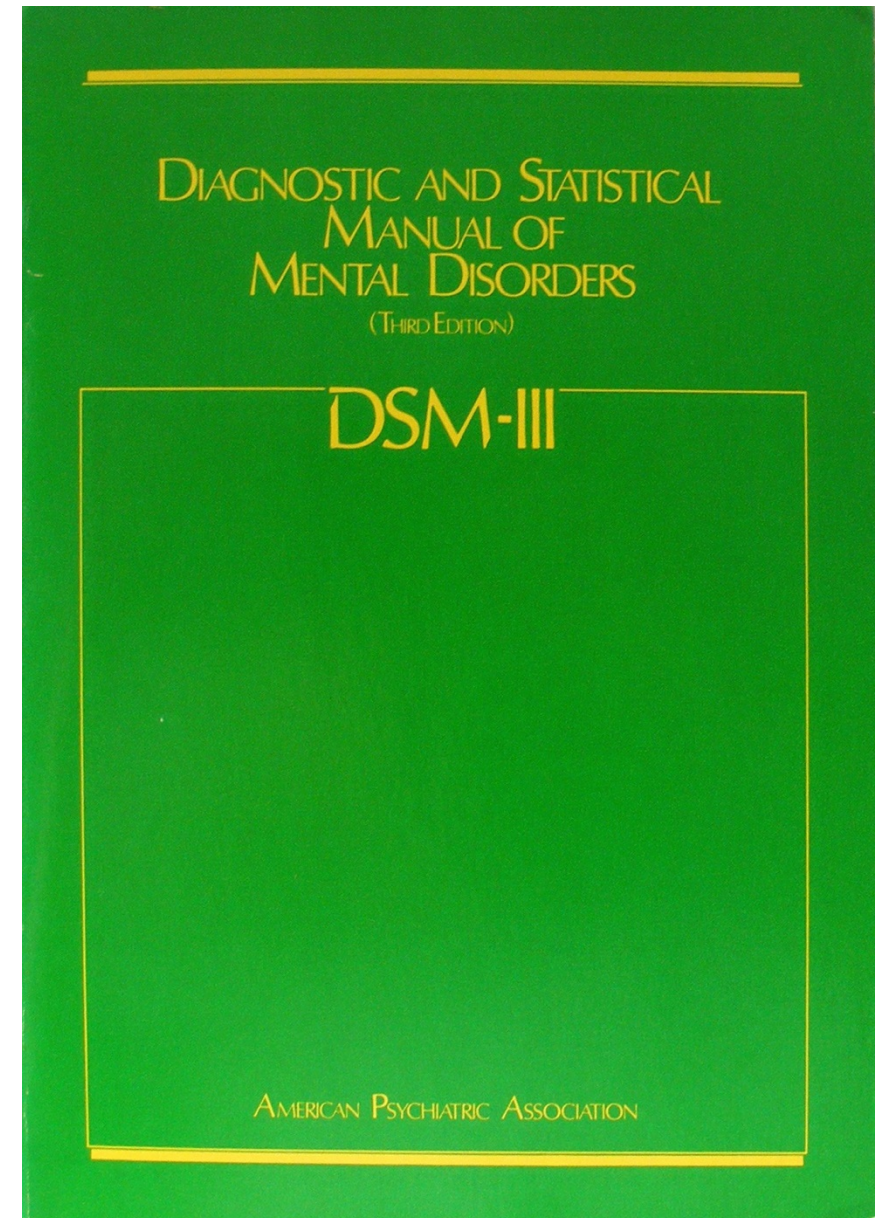
### **Vietnam War (1965–74)**

Effects of Agent Orange

### **Gulf War (1991)**

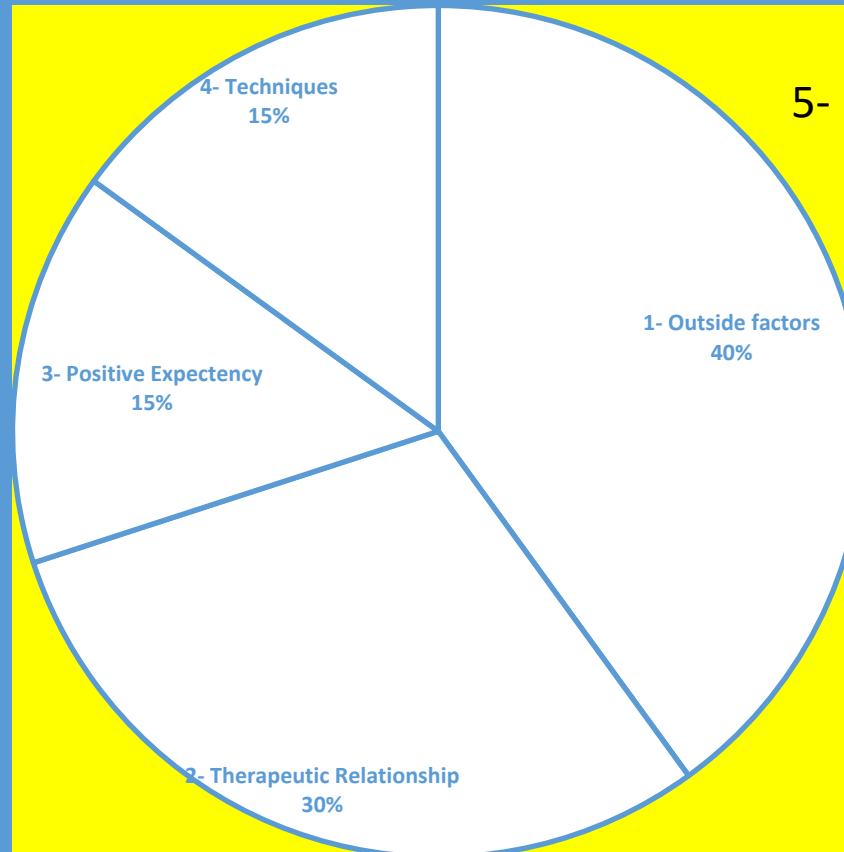
Desert Storm syndrome, Gulf War syndrome, Gulf-related illness

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 dark and rippling. To the right, there is a large, curved, moss-covered log or branch. The background is a dense forest with green foliage.

**Lessons Learned...**

**From a year  
without  
showering**



















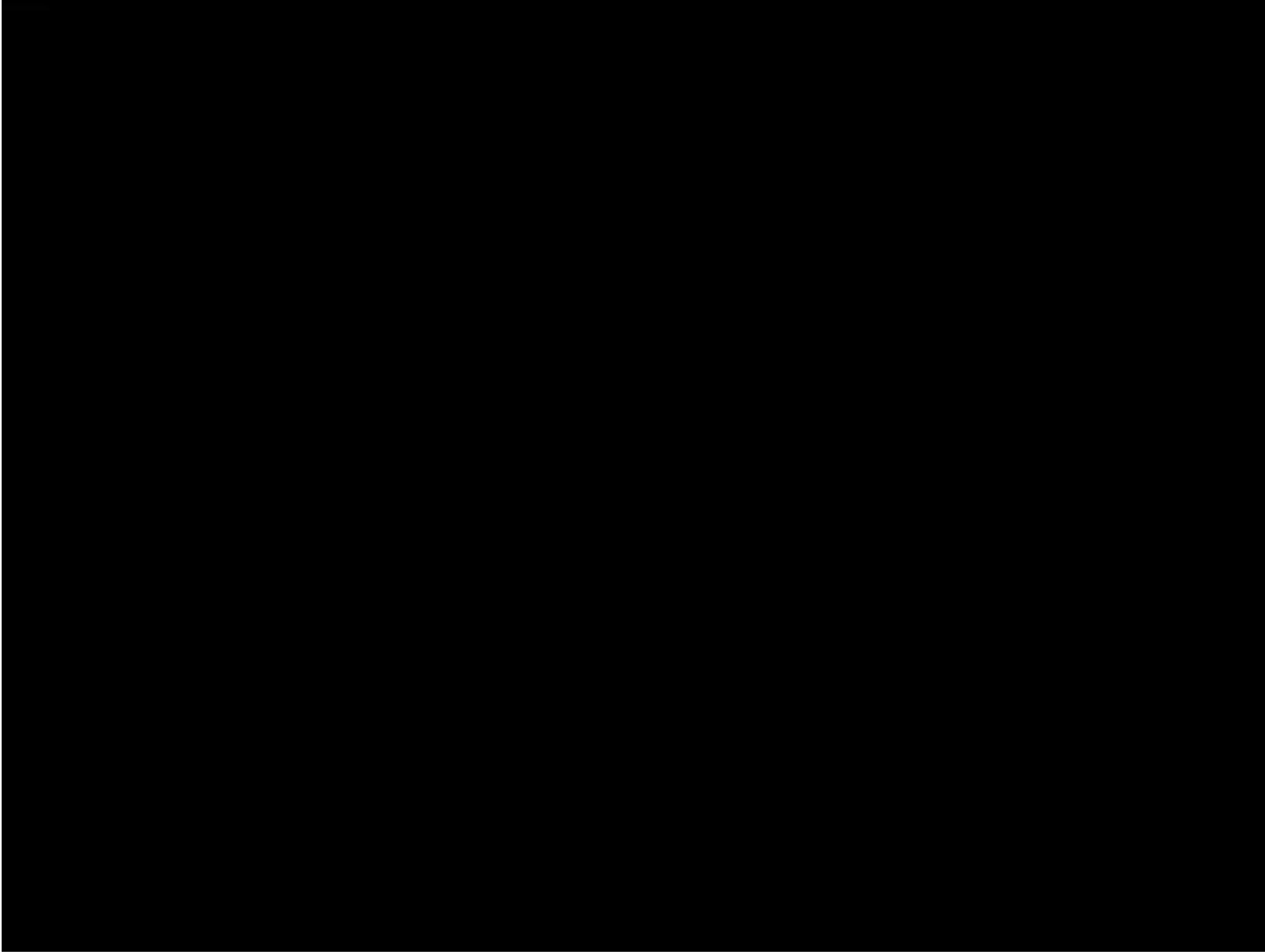



# Course Schedule

## Advance Trauma Counseling & Attachment Theory

### General Schedule

#### Part 2: Attachment Theory



A black and white photograph of a vintage television set. The screen displays a close-up of a man's face, looking slightly to the side with his hand near his chin. The word "CONQUEST" is superimposed in white, bold, sans-serif capital letters across the center of the screen. The television has a dark, rounded frame and a light-colored base with two circular knobs on either side of a central panel. The background is a plain, light-colored wall.

**CONQUEST**





**PSYCHOTHERAPY**







# PSYCHALIVE

Features

Dr. Dan Siegel

Mirror Neurons in Depth

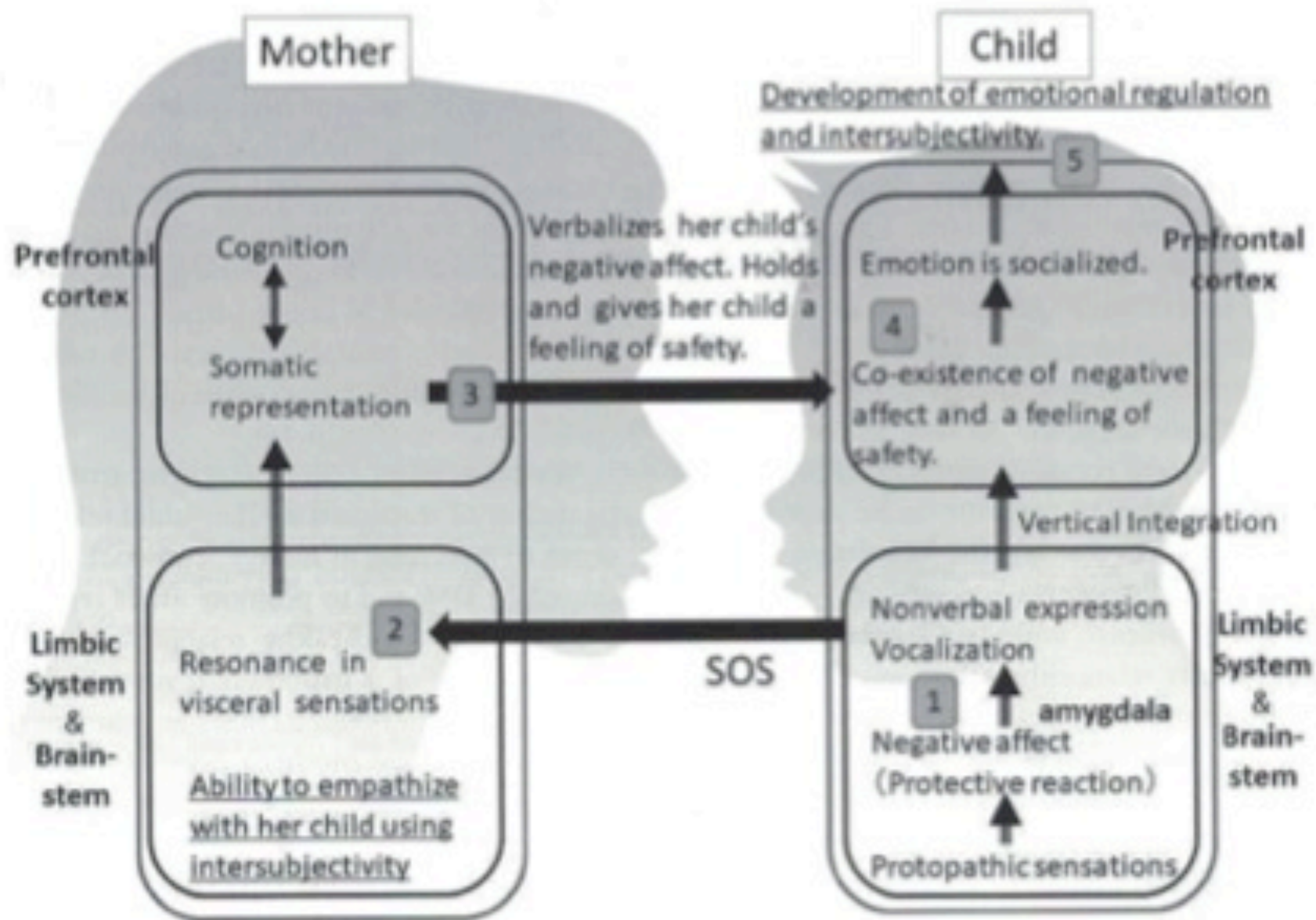


FIGURE 1. Functional interaction system between the biological mother and her child.

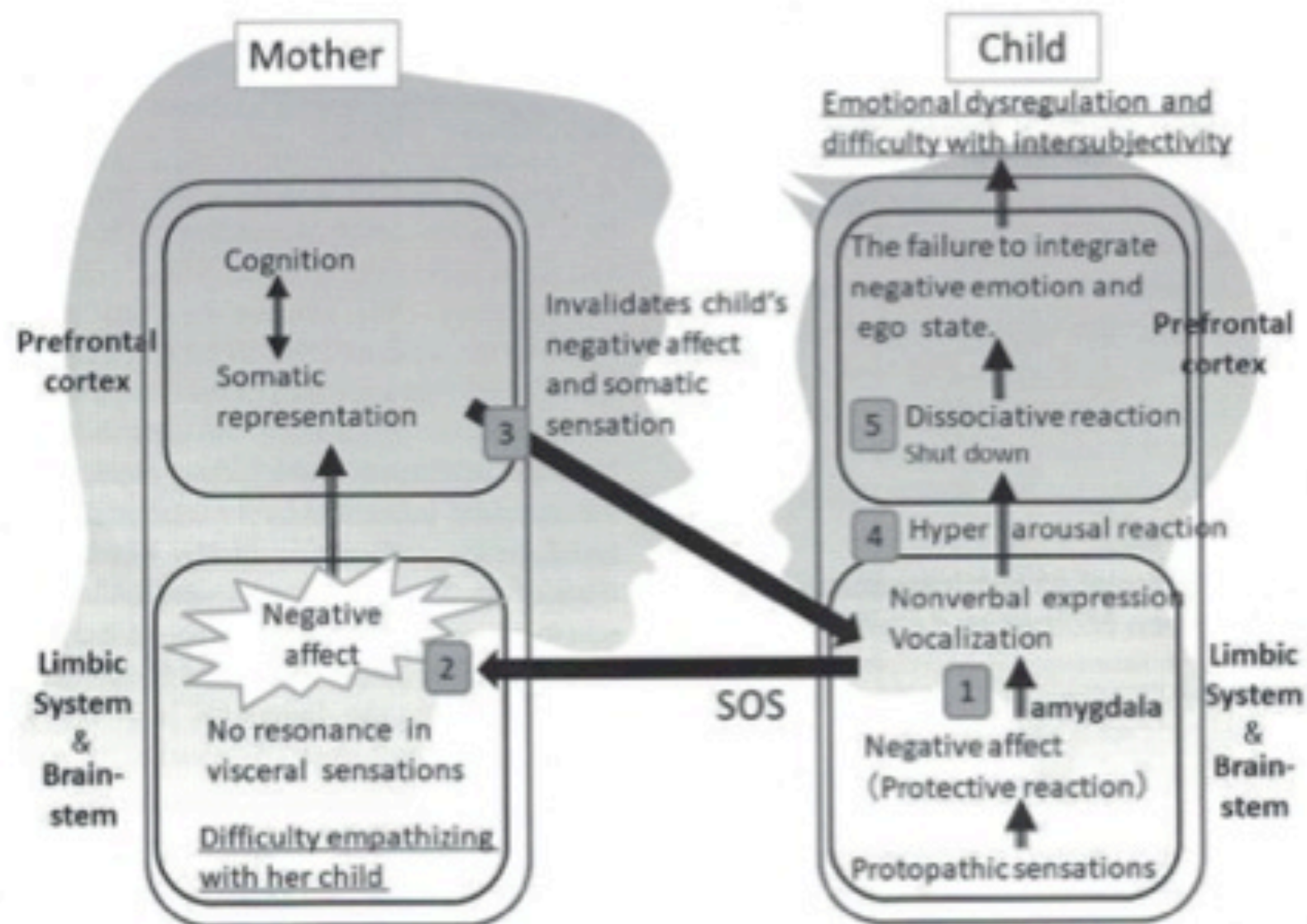


FIGURE 2. Dysfunctional interaction system between the biological mother and her child.



# **Healthy Attachment**



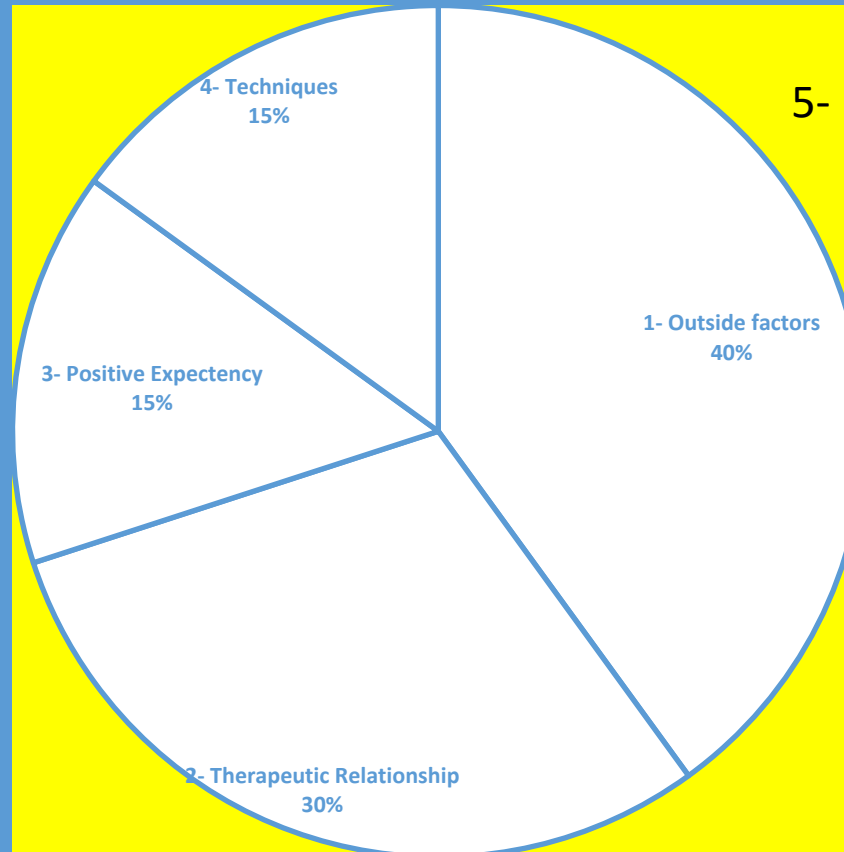
# Course Schedule

## Advance Trauma Counseling & Attachment Theory

### Schedule

#### Part 3: Evidence Based Interventions

## 5 INGREDIENTS



5- Mindfulness

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**Forward-Facing Trauma Therapy: Healing the Moral Wound** Paperback – September 20, 2016  
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## Titration

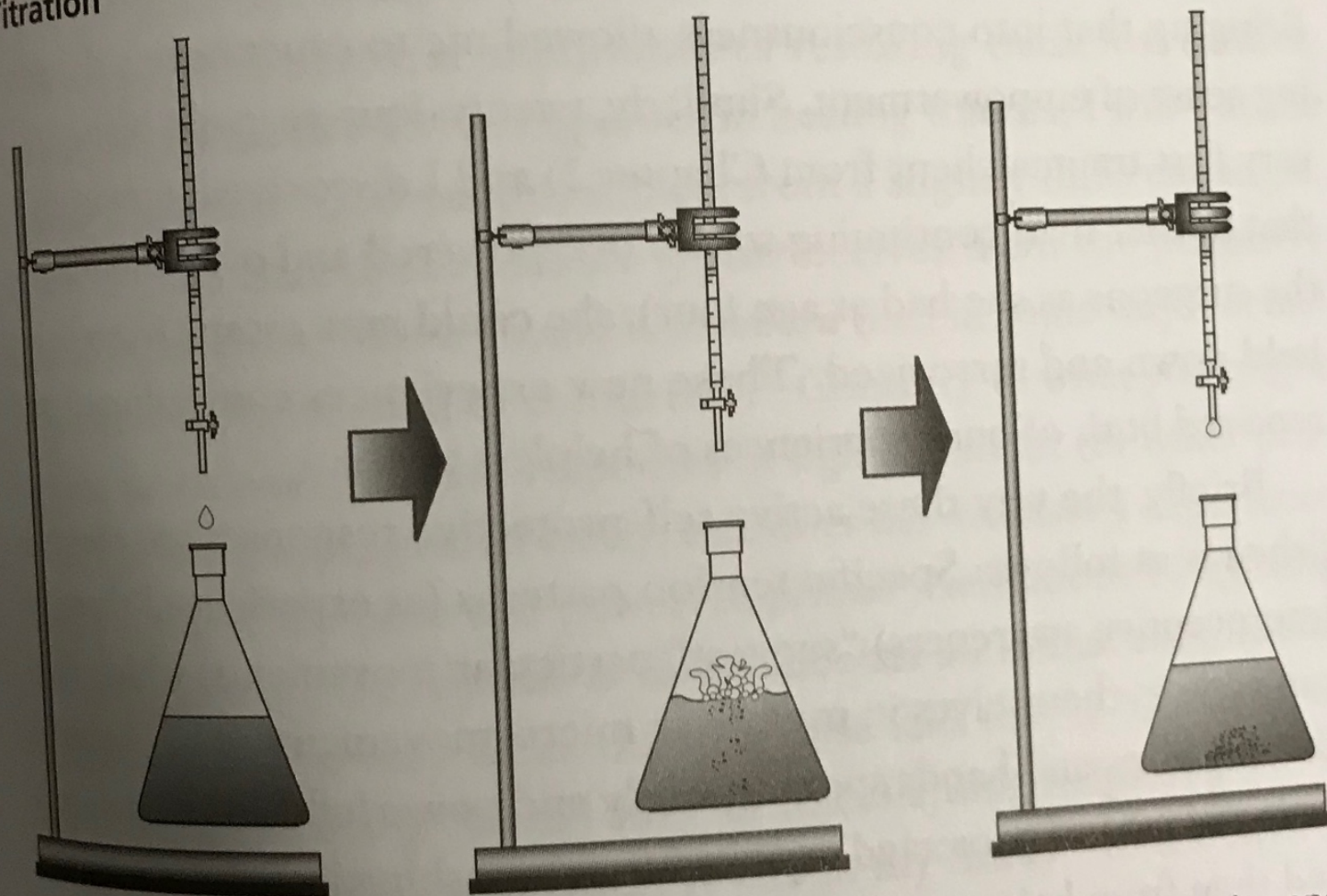


Figure 5.3 Titration in the chemistry lab is a way of combining two corrosive and potentially explosive substances in a controlled mixing that transforms the reactants gradually.



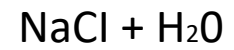
Hydrochloric Acid (HCl) mixed with lye (NaOH) causes severe burning





However....

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





## Titration

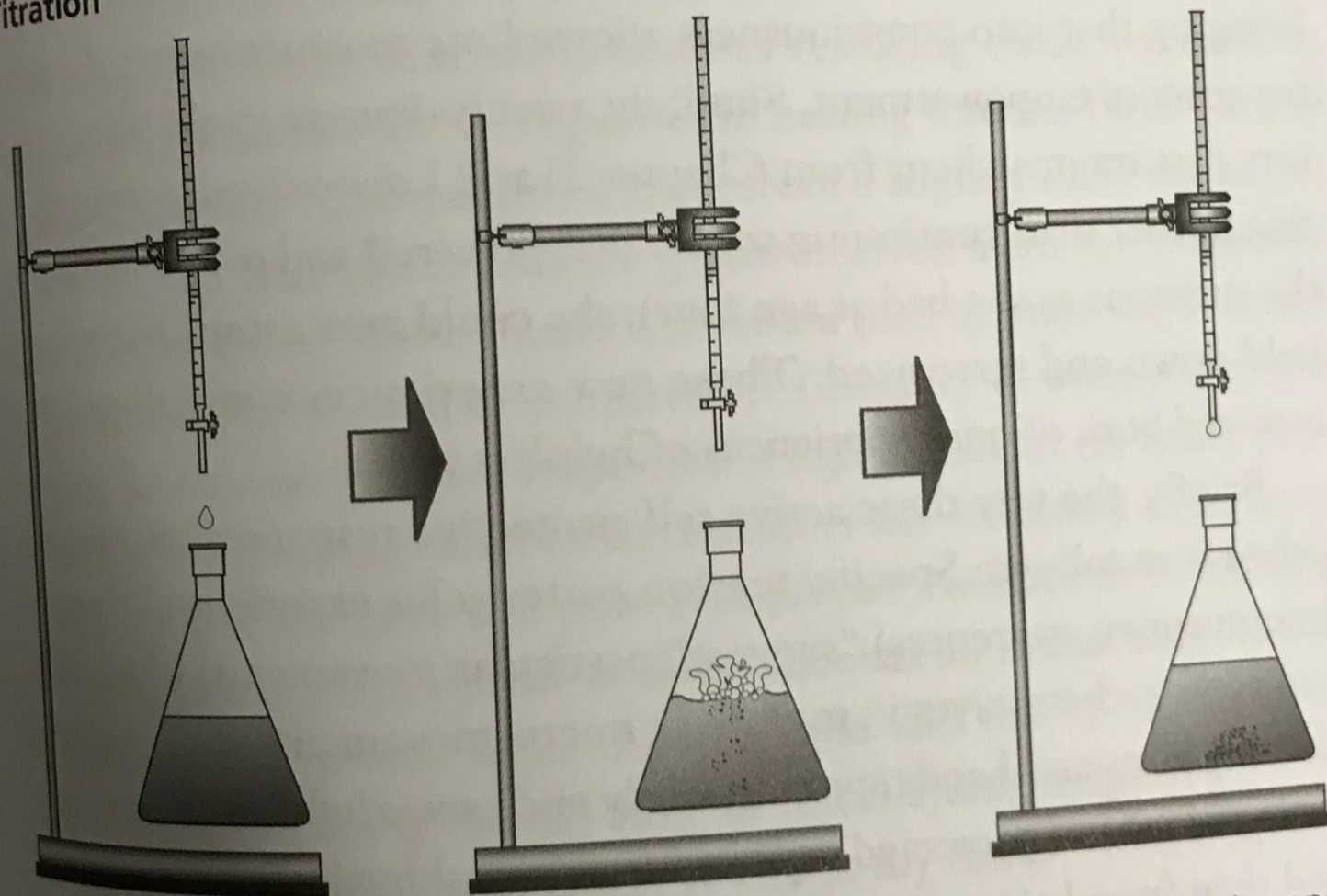


Figure 5.3 Titration in the chemistry lab is a way of combining two corrosive and potentially explosive substances in a controlled mixing that transforms the reactants gradually.

# 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:**

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** ...  
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**or**  
**Ever** hit you so hard that you had marks or were injured?  
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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?  
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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:  
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**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**



# Diagnosis

## ASSESSMENT

## POSTTRAUMATIC STRESS DISORDER

*The Trauma Screening Questionnaire<sup>1</sup> (TSQ) is a brief 10-item self-report measure designed to screen for posttraumatic stress disorder (PTSD). Each item is derived from the DSM-IV<sup>2</sup> 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."<sup>1</sup> 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."<sup>2</sup> Preliminary psychometric data<sup>3</sup> 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).*

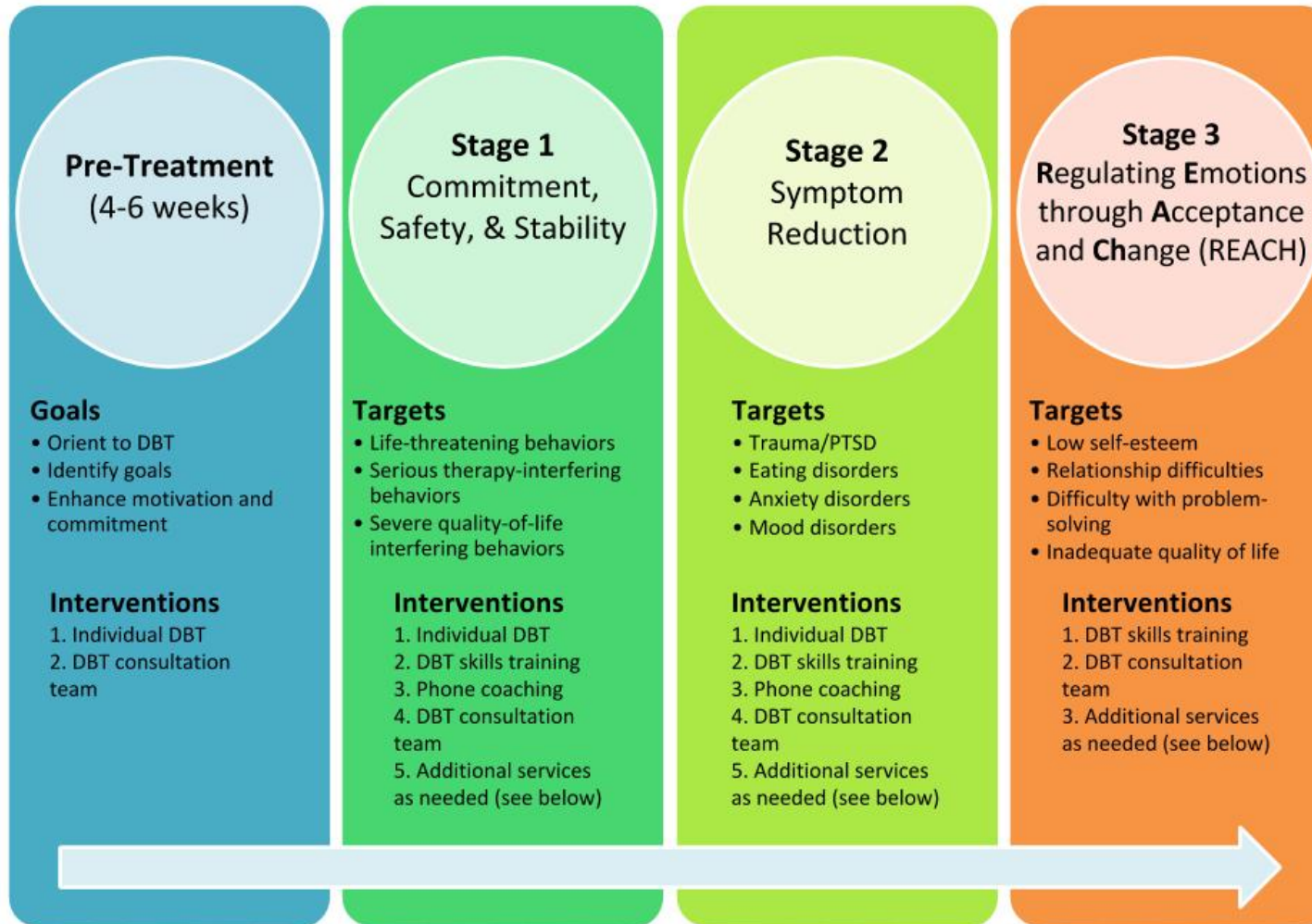
### Trauma Screening Questionnaire

#### 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:

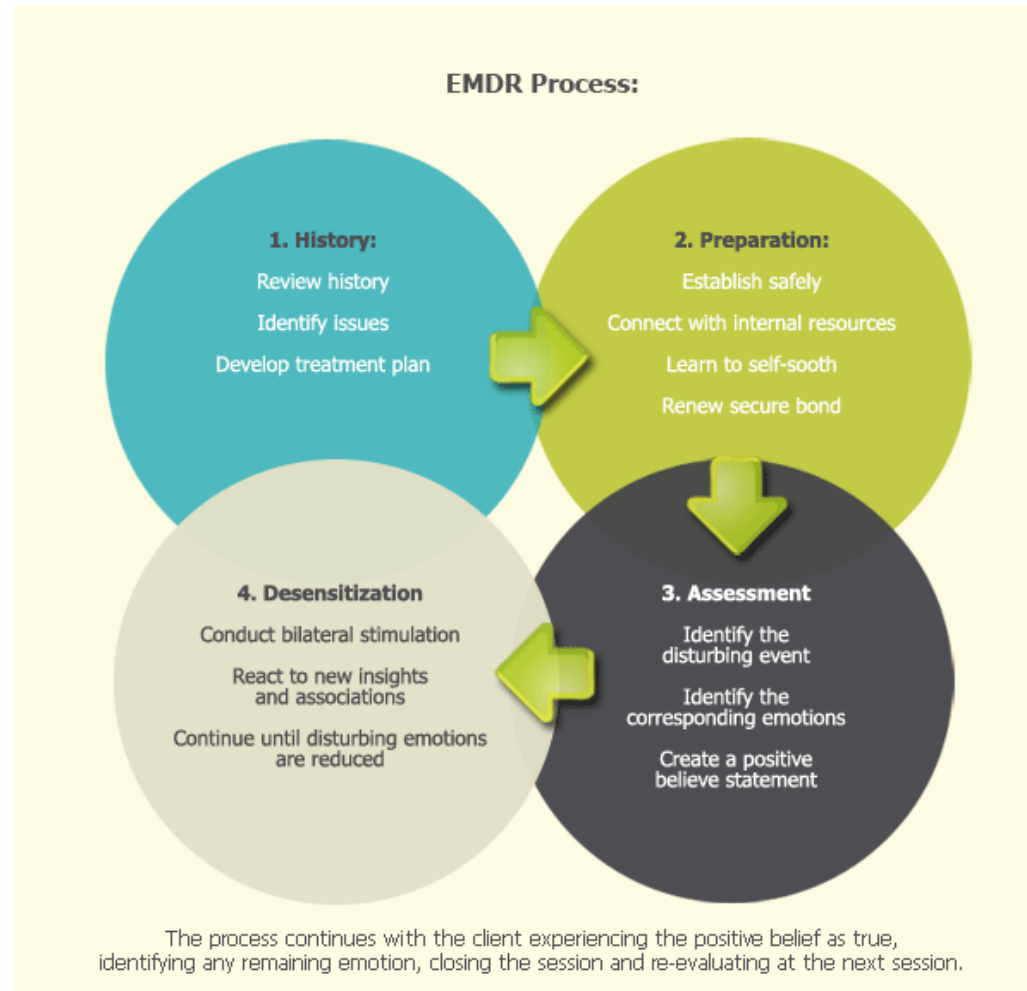
	YES, AT LEAST TWICE IN THE PAST WEEK	NO
1. Upsetting thoughts or memories about the event that have come into your mind against your will		
2. Upsetting dreams about the event		
3. Acting or feeling as though the event were happening again		
4. Feeling upset by reminders of the event		
5. Bodily reactions (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](mailto:inst@emdr)

### Eight Phases

Treatment using EMDR is a highly structured form of psychotherapy organized into eight (8) discrete 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*

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

*control.  
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

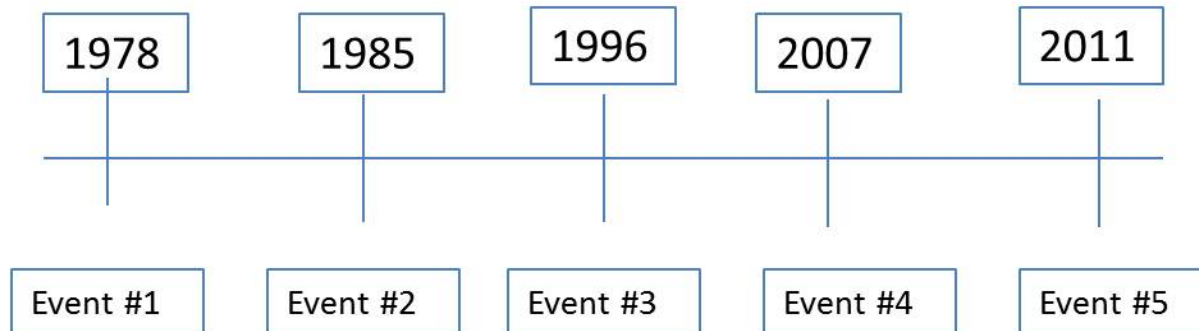
# Modalities EMDR

Time Line Usage

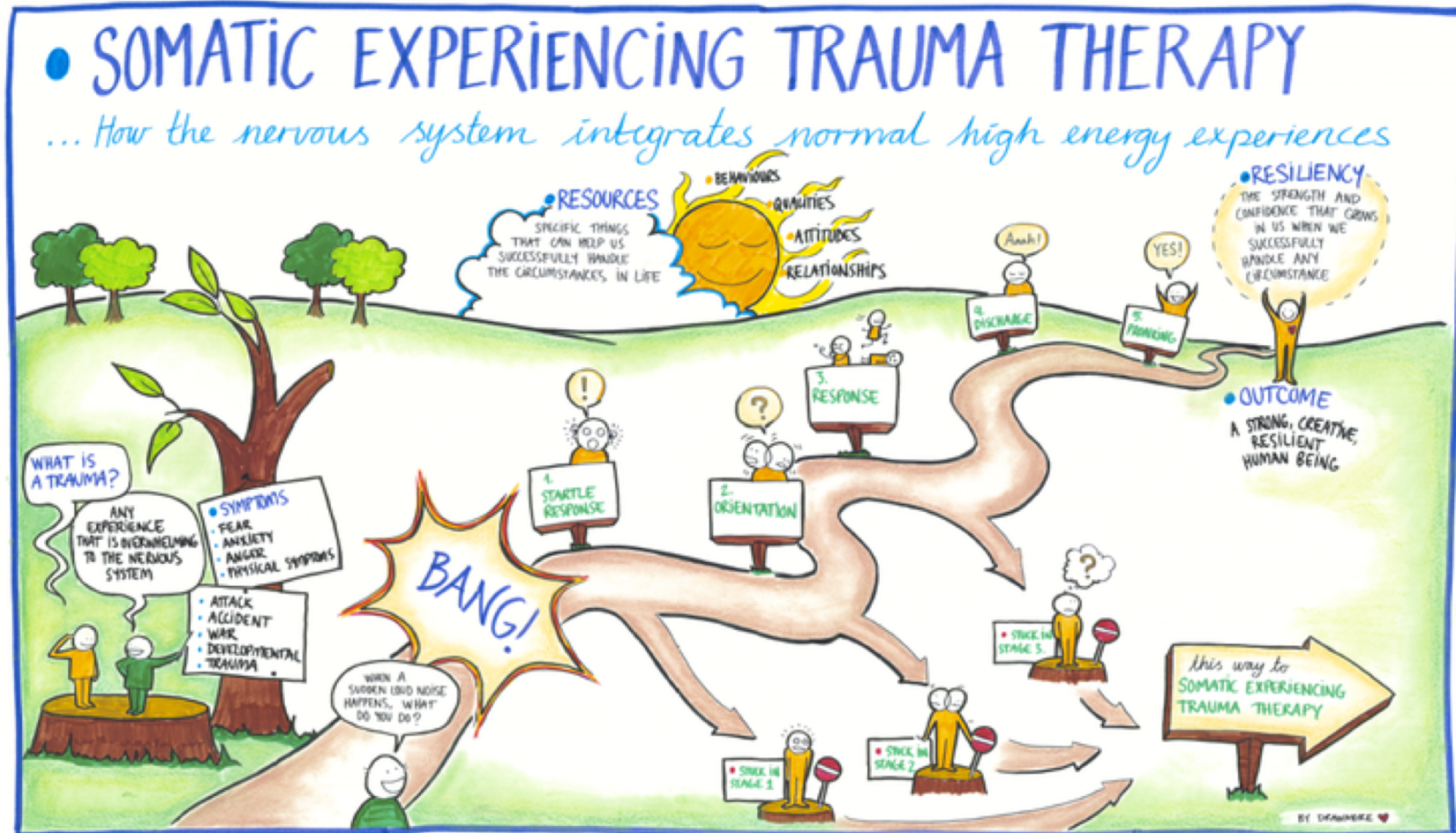
Draw timeline of life events

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

Age 12 (1992): Undisclosed event



# Modalities SE







# Modalities – 4 - SE

## Somatic Experiencing

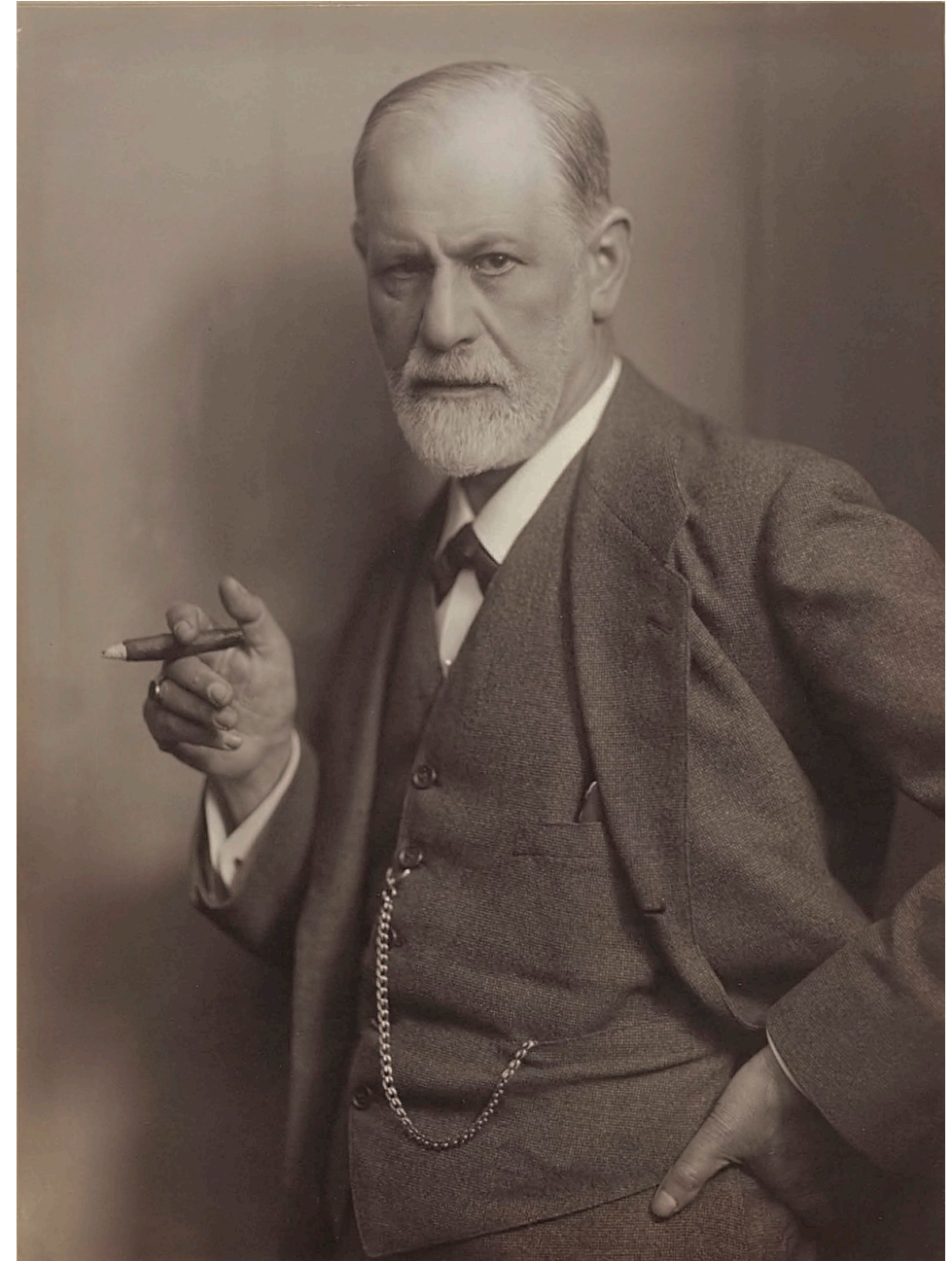
- Ron Kurtz
- Pat Ogden
- Babette Rothschild
- Peter Levine
- Bob Scaer
- Dave Bercelli
- Helps the survivor access, regulate and express the physiological effects of trauma.
- Body-centered
- Regulation and expression first, cognitive second
- Trauma Releasing Exercises (non-verbal)





# 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

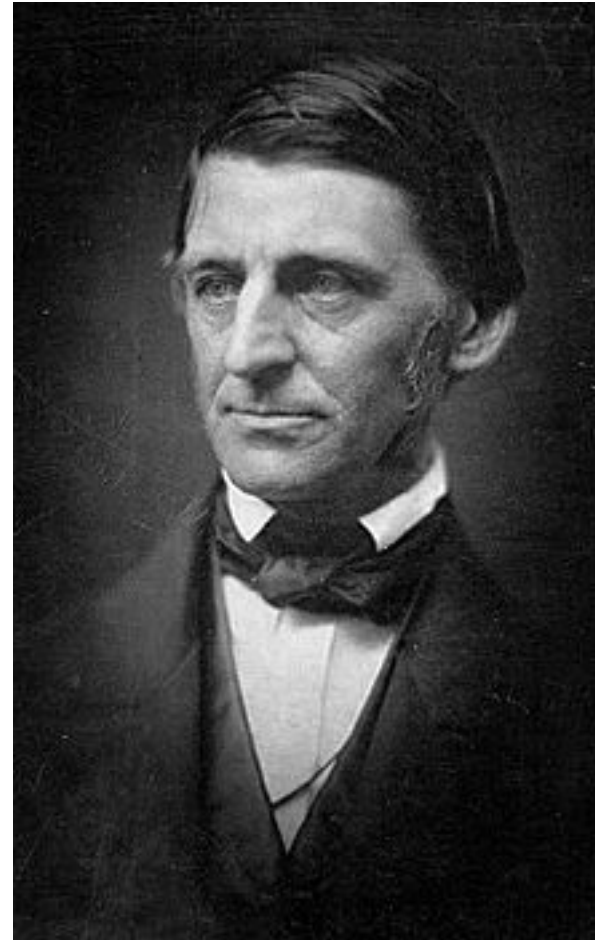
Pavlov's dogs stuck in flood and were traumatized in October 1916. He wrote about 3 stages: equivalent stage- they responded to innocent stimuli with traumatic response as if danger. Paradoxical phase- responded to weak more than to strong! Ultra-paradoial or transmarginal- shutdown. Neural overload.



# 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 Ogden

“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

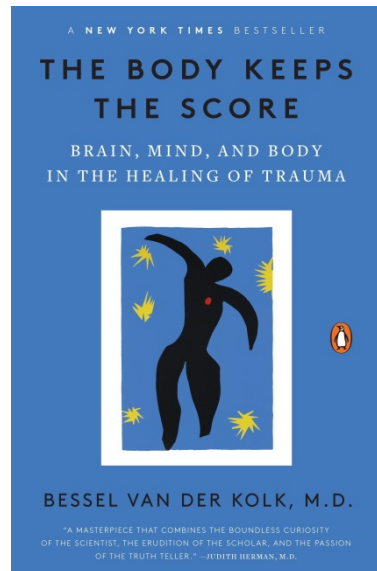
One’s self-state remains fixated on defense against threat. P. 135



**Dr. Bessel Van Der Kolk, MD**

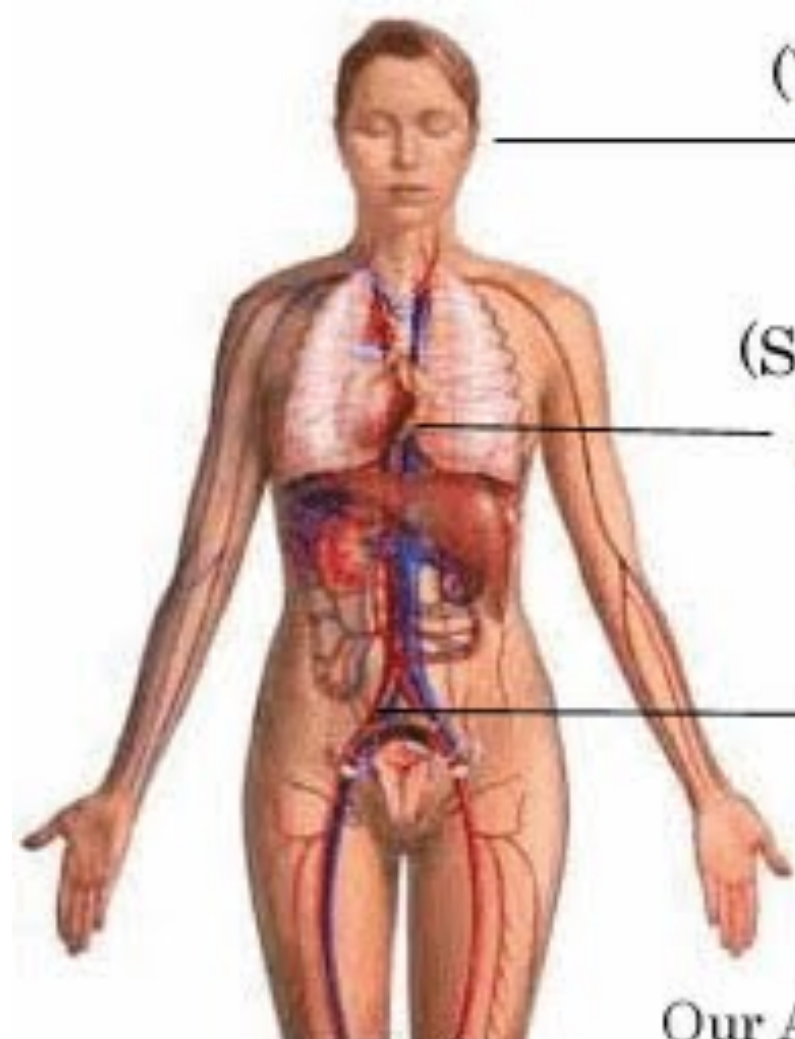
**Has eloquently argued to include  
Developmental Trauma Disorder (DTD) into the DSM 5**

**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)

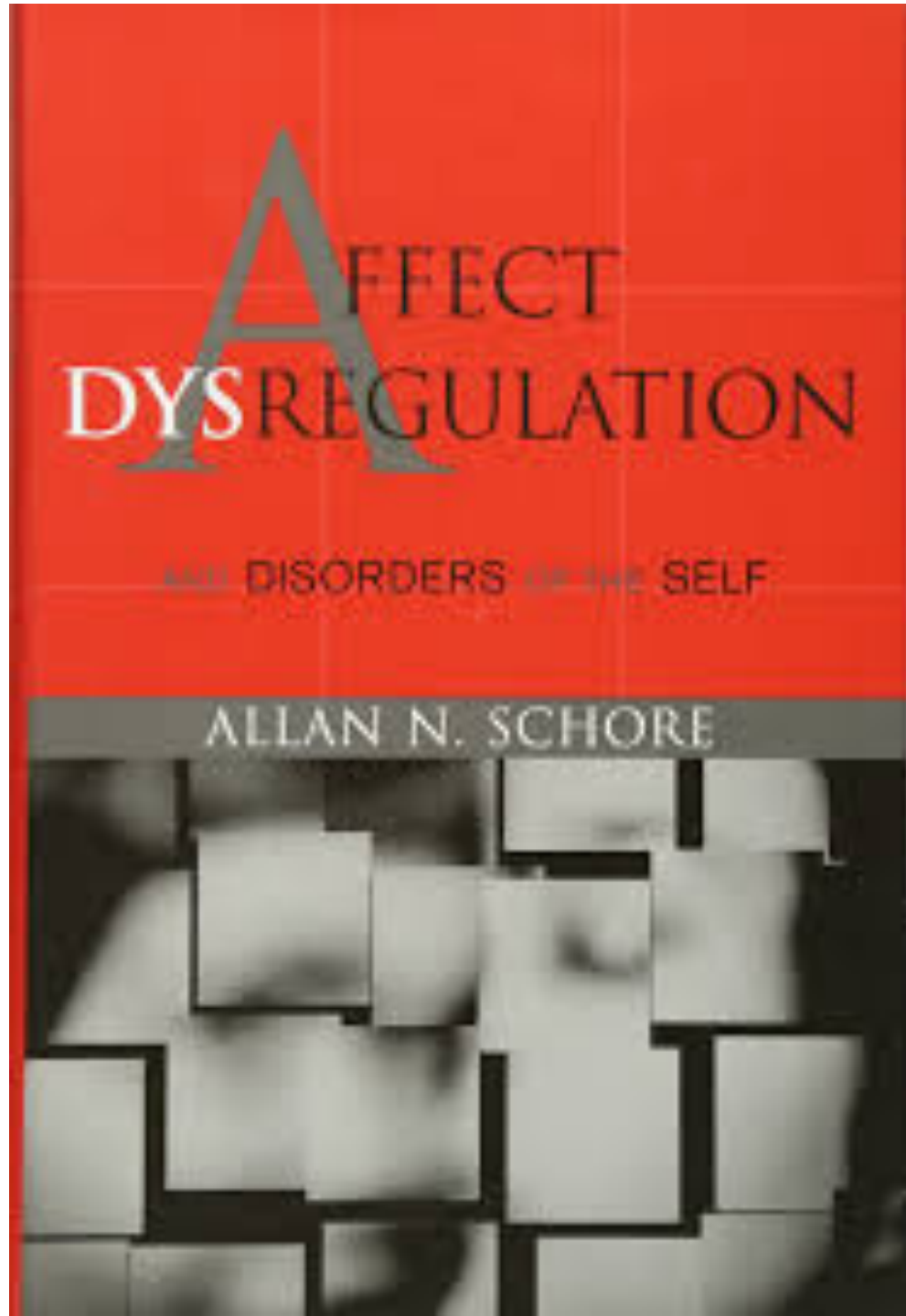
(DVC) Dorsal Vagal Complex: Immobilization  
System for Conservation Withdrawal.  
(Our Passive Defense System)

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

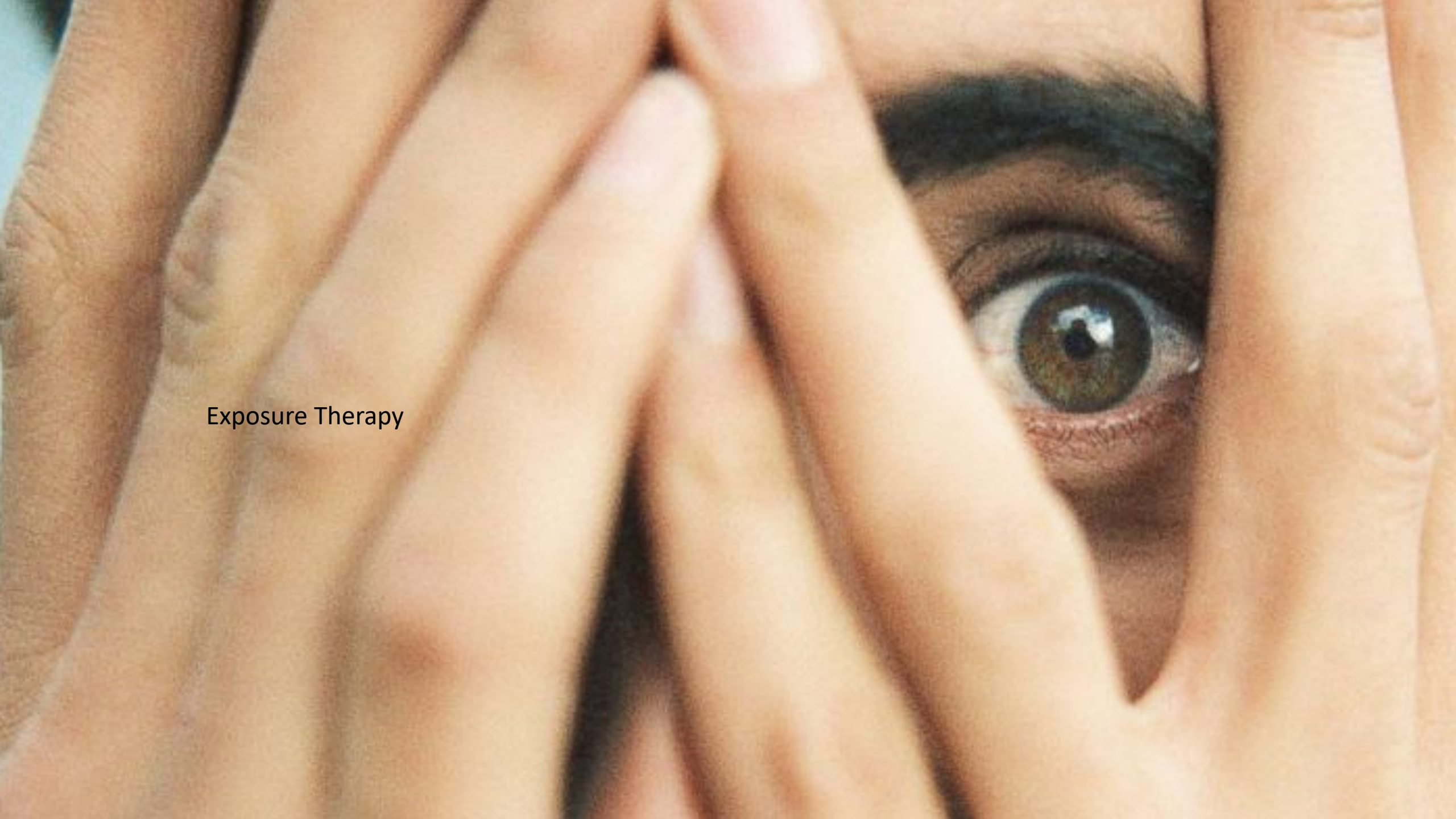
# REVIEW

Features

Dr. Allan Schore

# PSYCHALINE

Features  
Dr. Allan 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 "GONE" is on the top line, "FOR" is on the second line, and "LUNCH" is on the third line, underlined. The keyboard is white with Cyrillic characters on the keys. The sticky note is slightly tilted to the right.

GONE FOR  
LUNCH

# Course Schedule

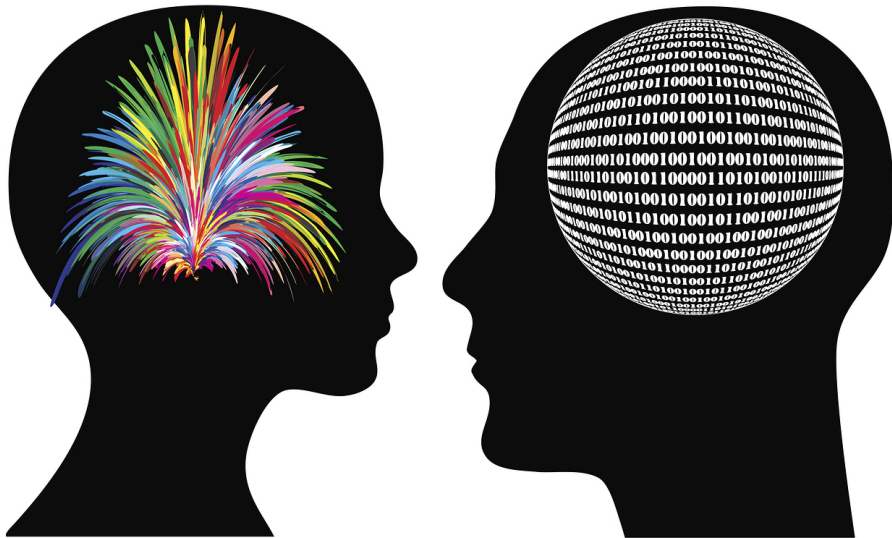
## Advance Trauma Counseling & Attachment Theory

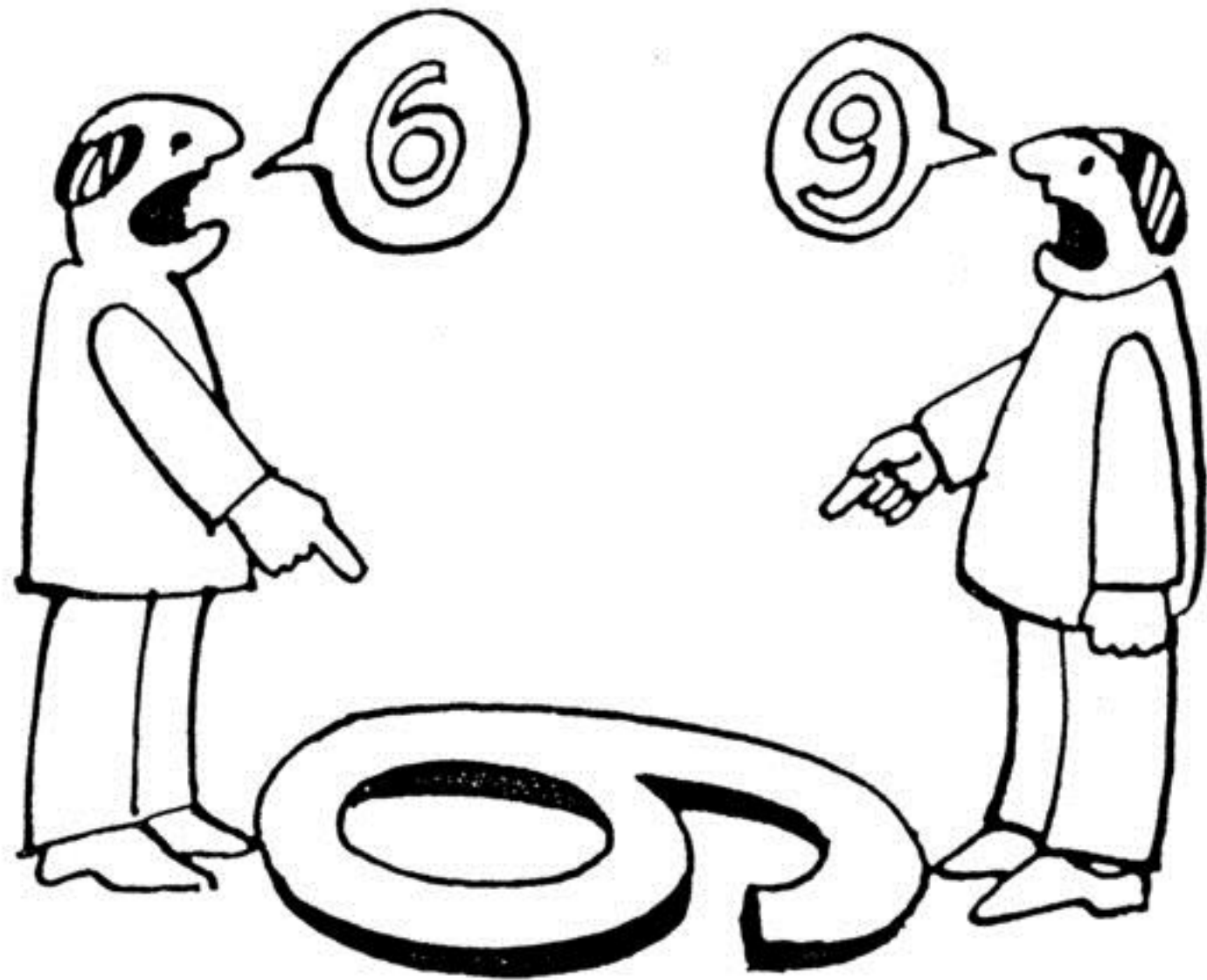
### Part 4: Personality Disorders



# 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

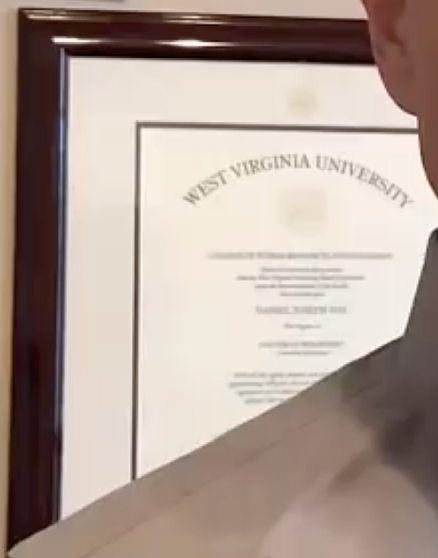
Demi Lovato

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



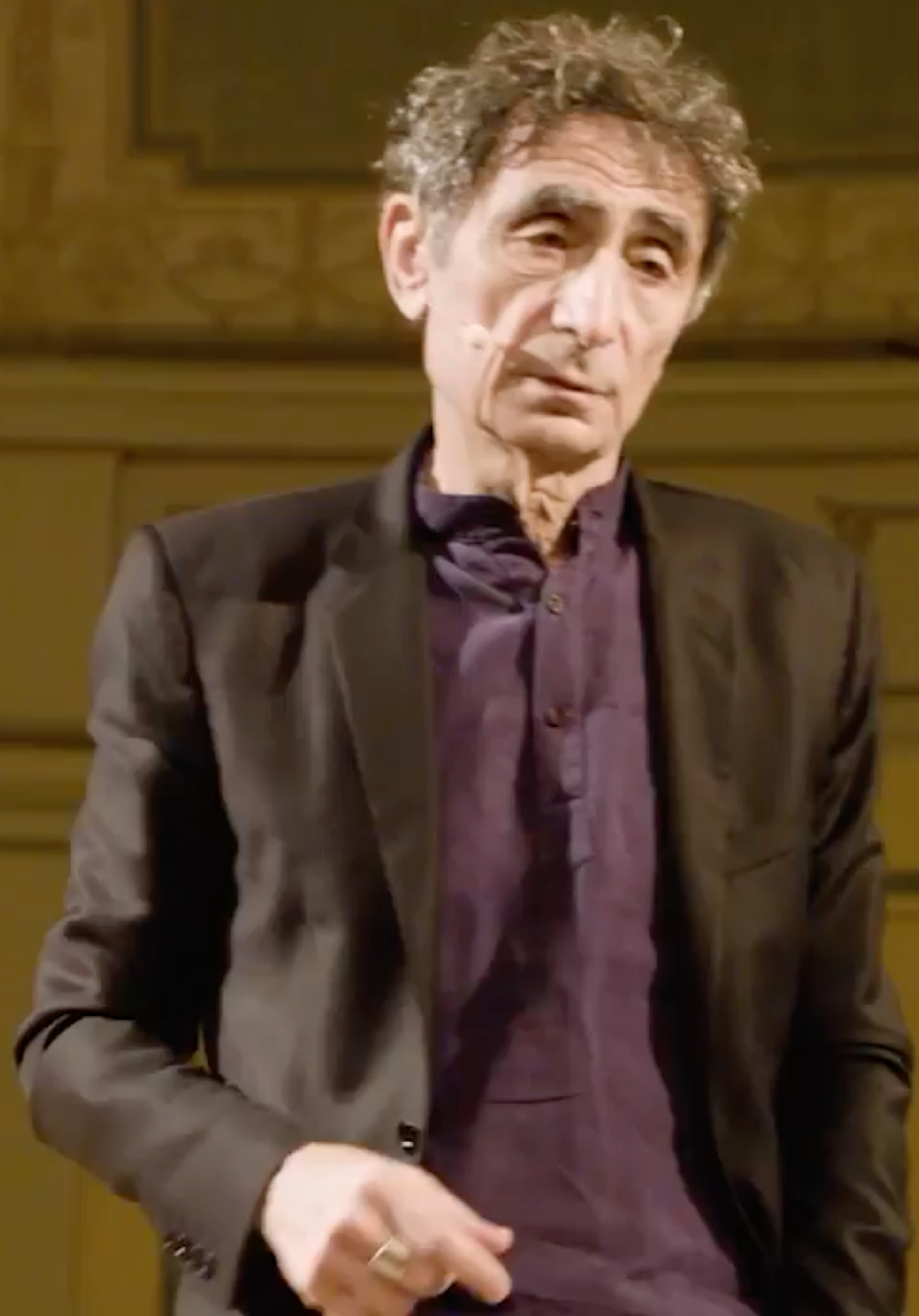




## Advance Trauma Counseling & Attachment Theory

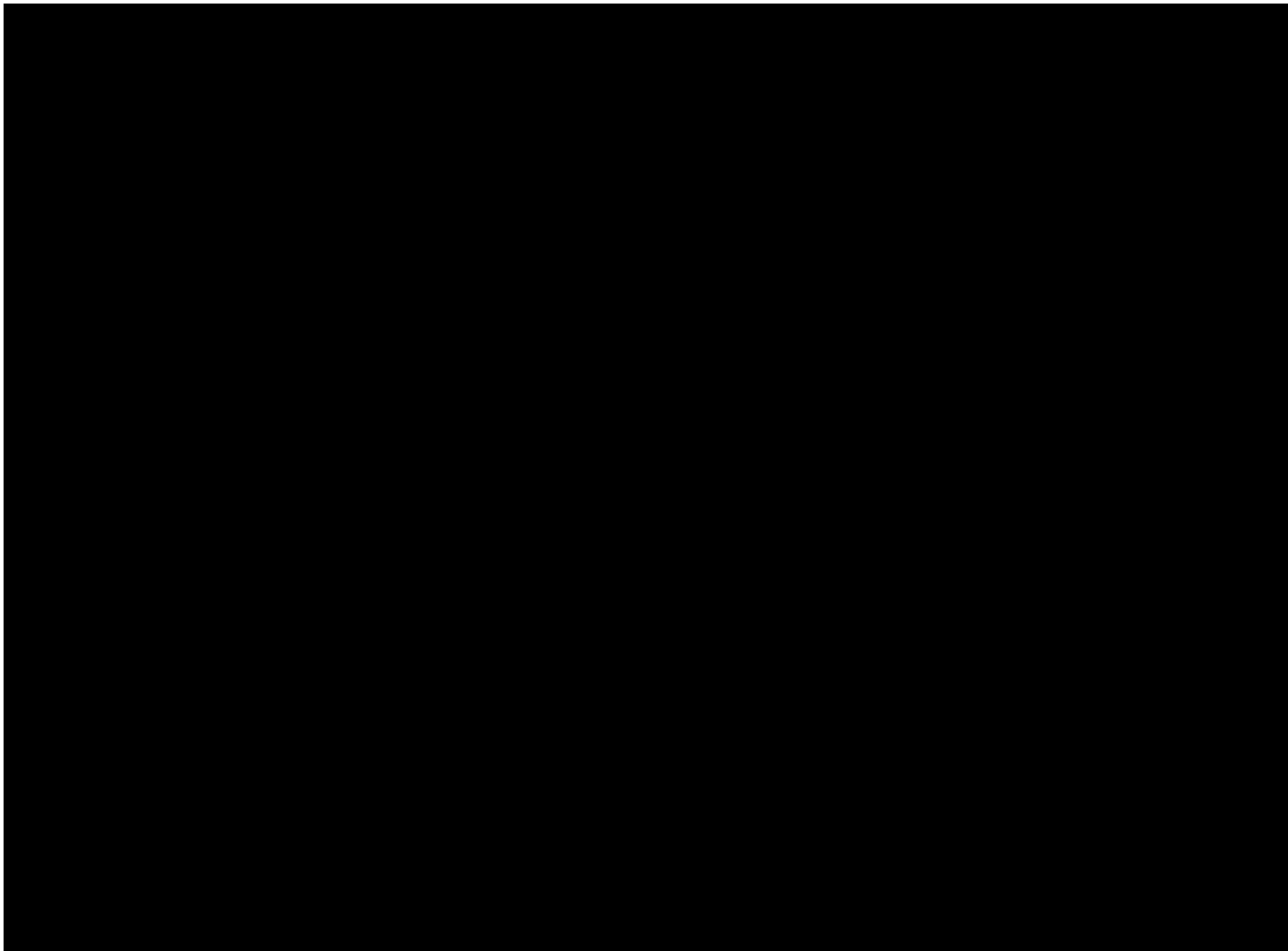
# Course Schedule

### Part 5: Creative Interventions









What do you think?



# Course Schedule

## Advance Trauma Counseling & Attachment Theory

### 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!

A close-up photograph of two hands clasped together in a supportive grip. The hands are positioned horizontally, with fingers interlaced. The skin tone is light, and the nails are short and clean. The background is a soft, out-of-focus blue and white, suggesting a window or a bright, airy space. The overall mood is one of calmness and support.

**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](#)

# Advanced Trauma Counseling & Attachment Theory

Thank you for attending and contributing!

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