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MS, LCPC, CCTP

**Trauma
Rewiring:
Overcome
Maladaptive
Defenses**

TRAUMA REWIRING: 1 CE

Overcome maladaptive defenses

**Gain traction
and effective
conceptualization
for working with
trauma clients**



Overcome maladaptive defense

Welcome!

sign up



Course Schedule

Trauma Rewiring: 1 Hour CE

Part One: The Effects of Trauma

Part Two: 5 Powerful Interventions

Q & A, Resources



CORE WELLNESS

About Core Wellness

Core Wellness is a dynamic training group offering evidence-based, practical workshops via live, webinar and home study 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

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.



About the Presenter

Joseph Tropper, MS, LCPC, CCTP

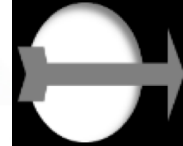
- *Master's degree in mental health counseling*
- *LCPC Clinician and Supervisor*
- *Director of Operations of RCC and Core Wellness*
- *Sought-after trauma therapist and trainer*
- *Certified EMDR Therapist (EMDRIA)*
- *Certified Clinical Trauma Professional (IATP)*
- *Certified Hypnotherapist and Professional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



5 Goals for Today



Neurobiology and trauma



Causes of Trauma



Trauma Treatment



How to Work with Client



Hone Your Skills

A man in a light blue shirt is shaking hands with a woman in a dark blazer and light blue shirt. They are in an office environment with a computer monitor and a potted plant visible in the background.

Your Role As Therapist

Be:

- PRESENT
- POSITIVE
&
- PROACTIVE

Course Schedule

Trauma Rewiring: 1 Hour CE

Part One: The Effects of Trauma

A close-up photograph of a woman with dark, curly hair. She has her hands pressed against her temples and forehead, and her eyes are closed or looking down. Her expression is one of distress or pain. The background is a plain, light-colored wall.

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 it.

What is Trauma?



**Aspects
Of
Trauma**



Helplessness



Powerlessness



Overwhelm



Guilt




Anger



Sadness

Symptoms/ Impairment

- 
- ➔ Rage/withdrawal
 - ➔ Distrust
 - ➔ Overwhelm
 - ➔ Dysregulated emotions/Lack of recovery
 - ➔ Dysregulated thoughts
 - ➔ Dysregulated behaviors

Symptoms/ Impairment



Rage/withdrawal



Distrust



Overwhelm



Dysregulated emotions/Lack of recovery



Dysregulated thoughts



Dysregulated behaviors



Bodily function issues (sleep, food)



Disassociation



Preoccupation with caregiver



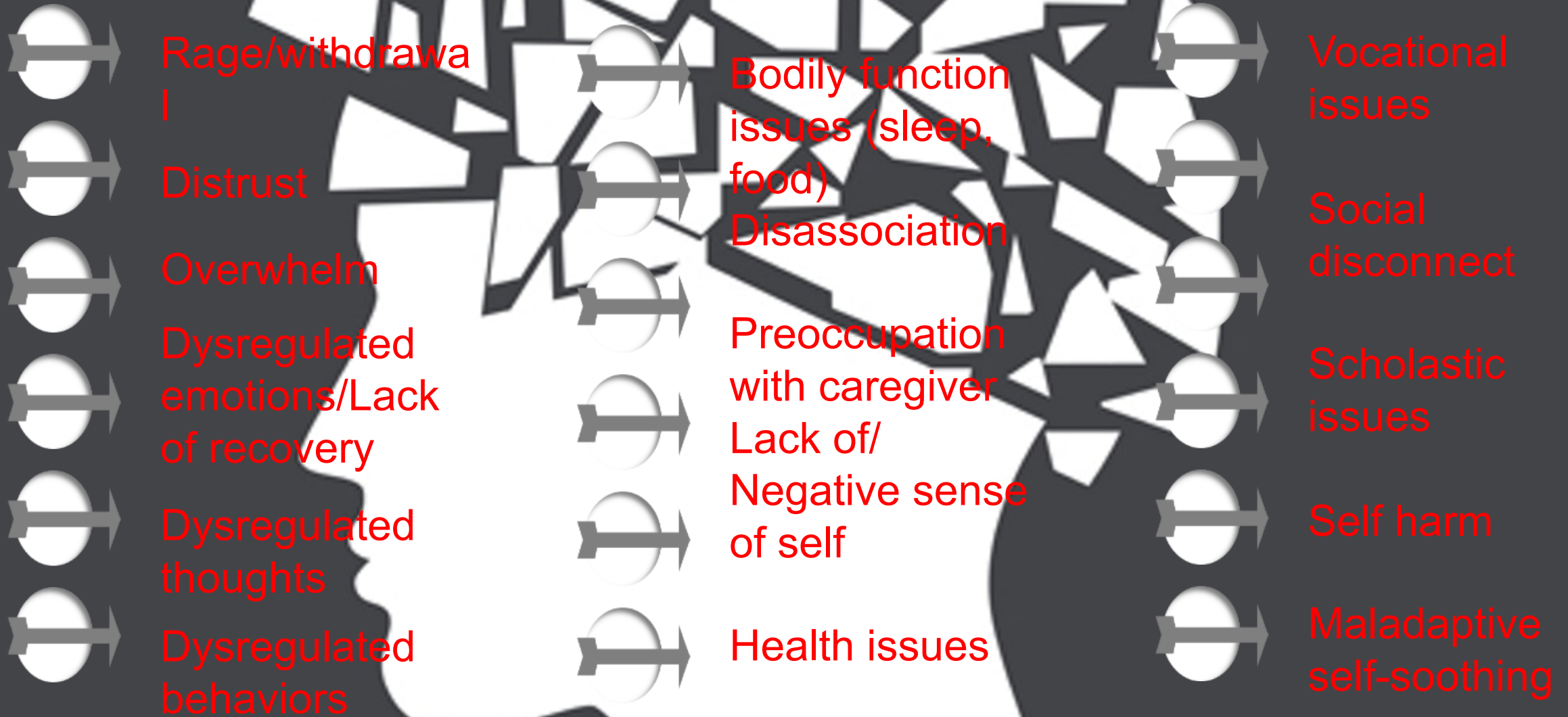
Lack of/
Negative sense of self



Health issues



Symptoms/ Impairment





“Trauma shocks the brain, stuns the body and freezes the mind.”

**-Dr. Bessel Van Der Kolk, MD
world renowned trauma expert**

Course Schedule

Trauma Rewiring: 1 Hour CE

Part Two: 5 Powerful Interventions

I don't go to therapy to find out if I'm a freak
I go and I find the one and only answer every week
And when I talk about therapy, I know what people think
That it only makes you selfish and in love with your shrink
But, oh how I loved everybody else
When I finally got to talk so much about myself

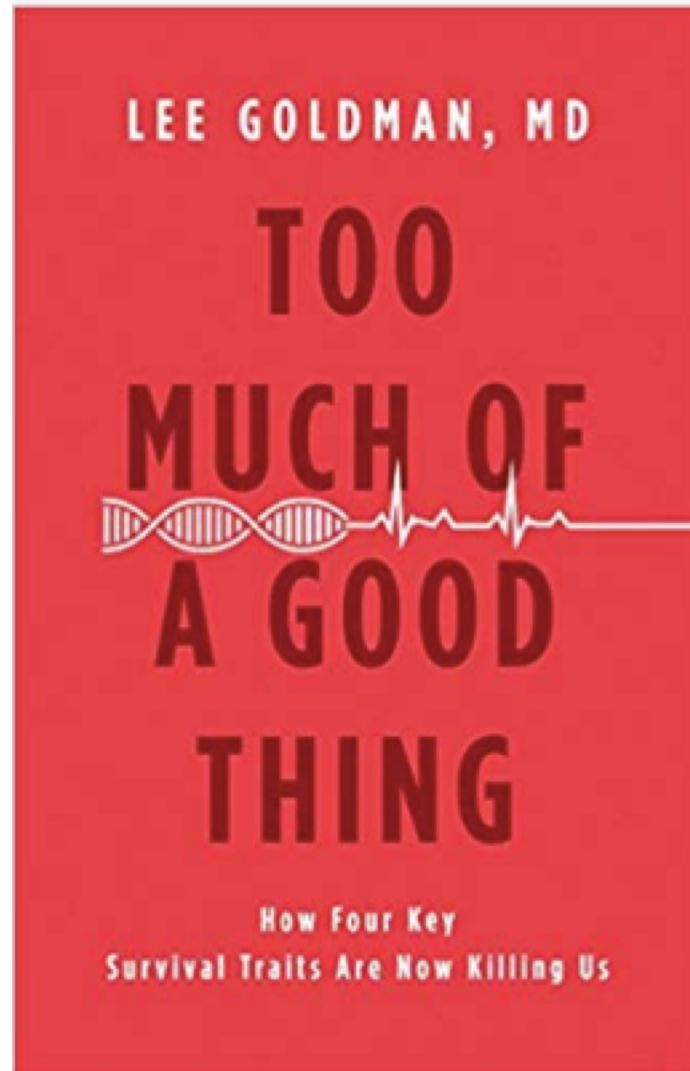
—Dar Williams, *What Do You Hear in These Sounds*

The Adaptive System



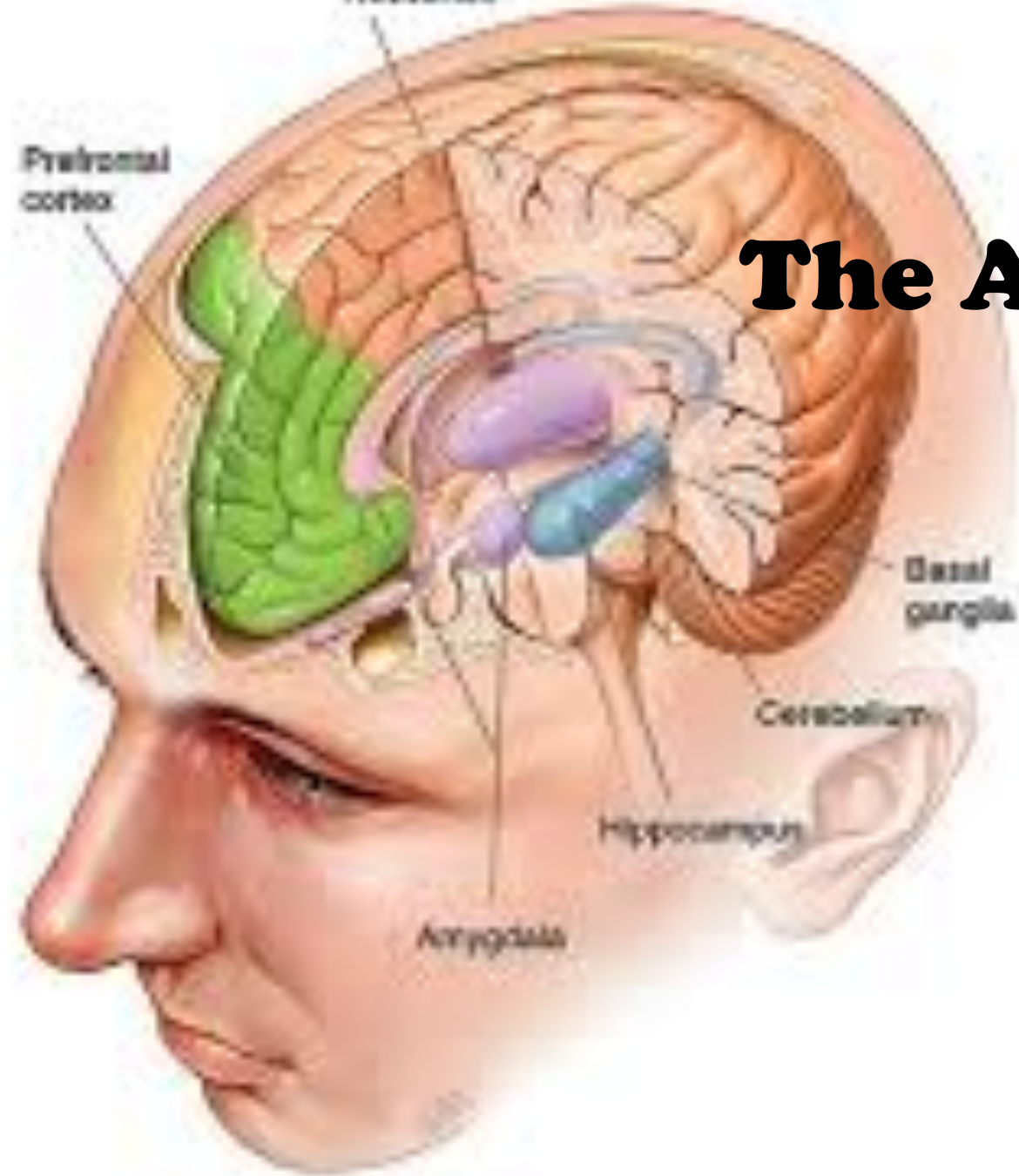
The Adaptive System

Too Much of a Good Thing
Lee Goldman, MD





The Adaptive System



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.

Imagination

*Memory is the historical accumulation of lies ...
Like memory, good fiction must have specific dates
and times; that way it seems to be true.*

—DANIEL SCHMID, SWISS FILM DIRECTOR

*There is no present or future,
only the past, happening over and over again.*

—EUGENE O'NEILL

Intervention 1: Mindfulness



What if...

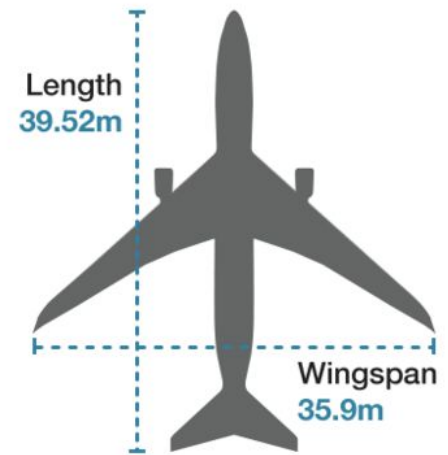


What if...

The very system set up to preserve and protect your crucial existence and life.....



Boeing 737 MAX 8



Length
39.52m

Wingspan
35.9m

Maximum seats
210

Range
3,550 nm
(6,570 km)

Engine
LEAP-1B from
CFM International

What if...

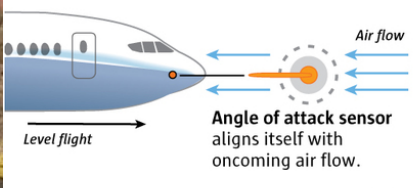
The very system set up to preserve and protect your crucial existence and life.....



What if..

Is the exact system that DESTROYS You?

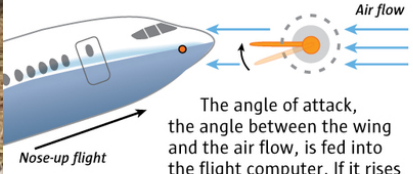
How the new MAX flight-control system operates to prevent a stall



Level flight


Air flow

Angle of attack sensor aligns itself with oncoming air flow.



Nose-up flight

The angle of attack, the angle between the wing and the air flow, is fed into the flight computer. If it rises too high, suggesting an approaching stall, the MCAS system activates.



Horizontal tail

MCAS (Maneuvering Characteristics Augmentation System)

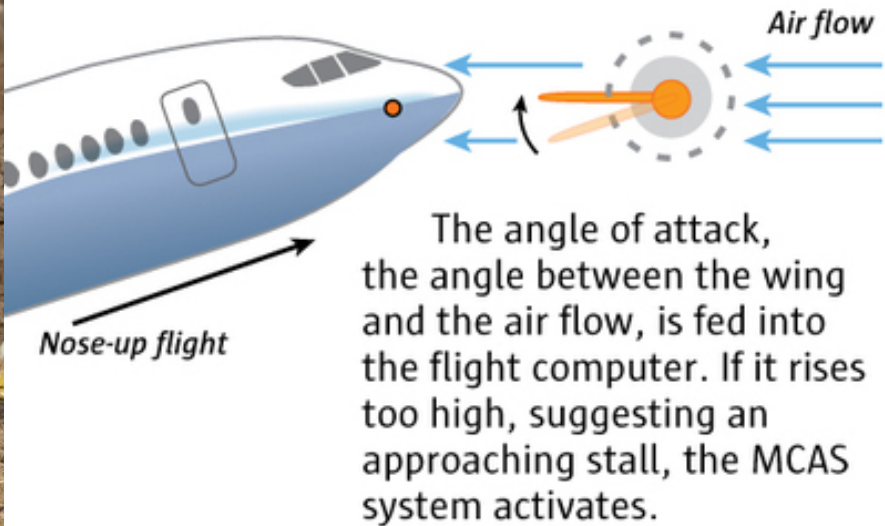
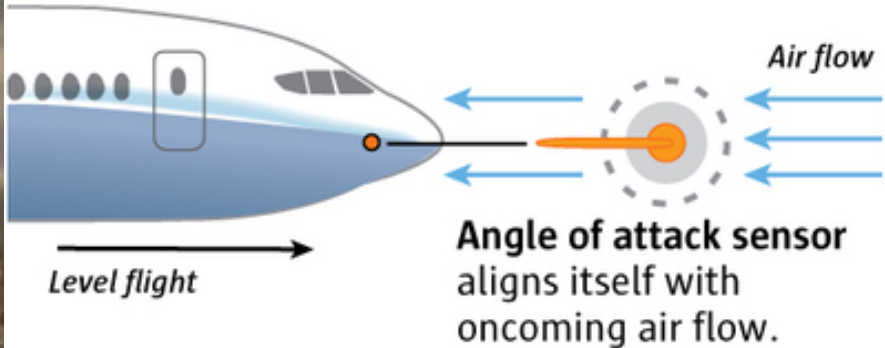
The MCAS system automatically swivels the horizontal tail to move the nose down. In the Lion Air crash, the angle of attack sensor fed false information to the flight computer.

Sources: Boeing, FAA, Indonesia National Transportation Safety Committee, Leeham.net, and The Air Current.

Reporting by DOMINIC GATES,
Graphic by MARK NOWLIN / THE SEATTLE TIMES

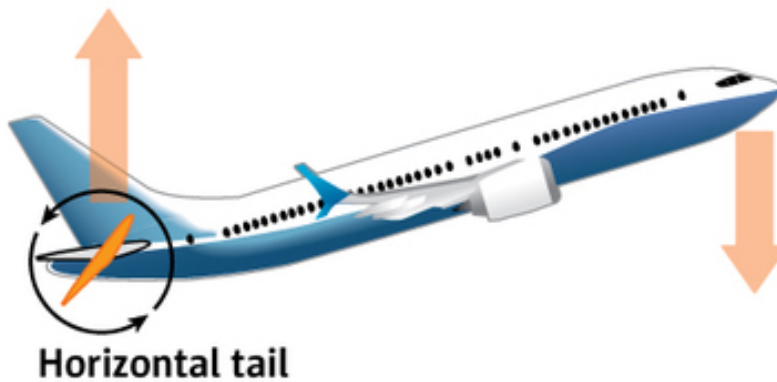


How the new MAX flight-control system operates to prevent a stall



MCAS (Maneuvering Characteristics Augmentation System)

The MCAS system automatically swivels the horizontal tail to move the nose down. In the Lion Air crash, the angle of attack sensor fed false information to the flight computer.



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Reporting by DOMINIC GATES,
Graphic by MARK NOWLIN / THE SEATTLE TIMES

Is the exact system
that DESTROYS You?



Software update
available

ACCEPT

CANCEL



Intervention 2

EMDR THERAPY



EYE MOVEMENT DESENSITISATION & REPROCESSING

Types of Memory

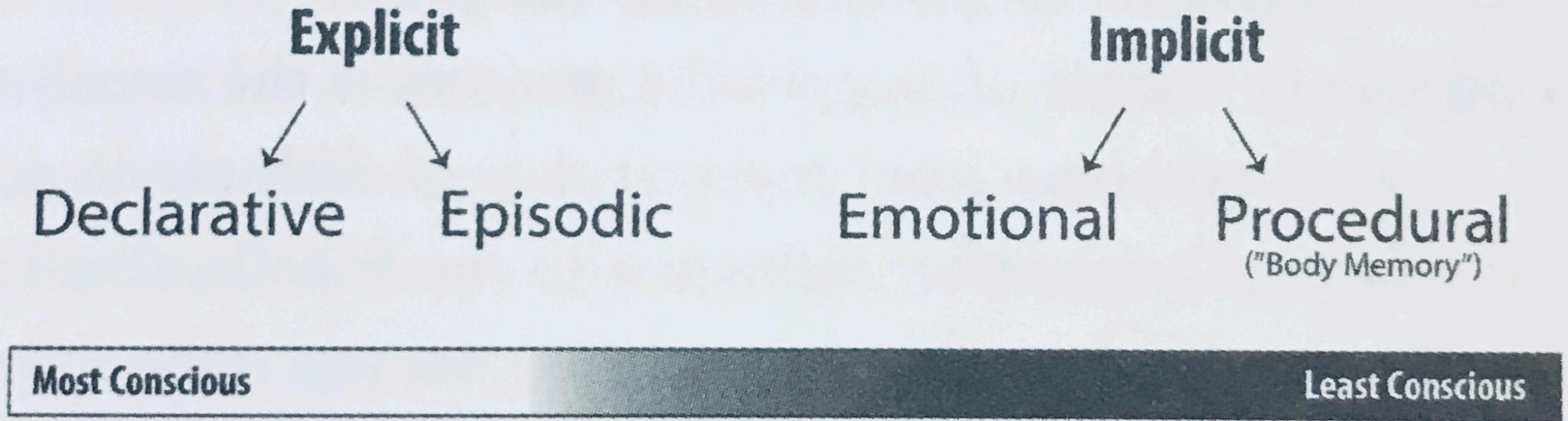


Figure 2.1. Basic Memory Systems

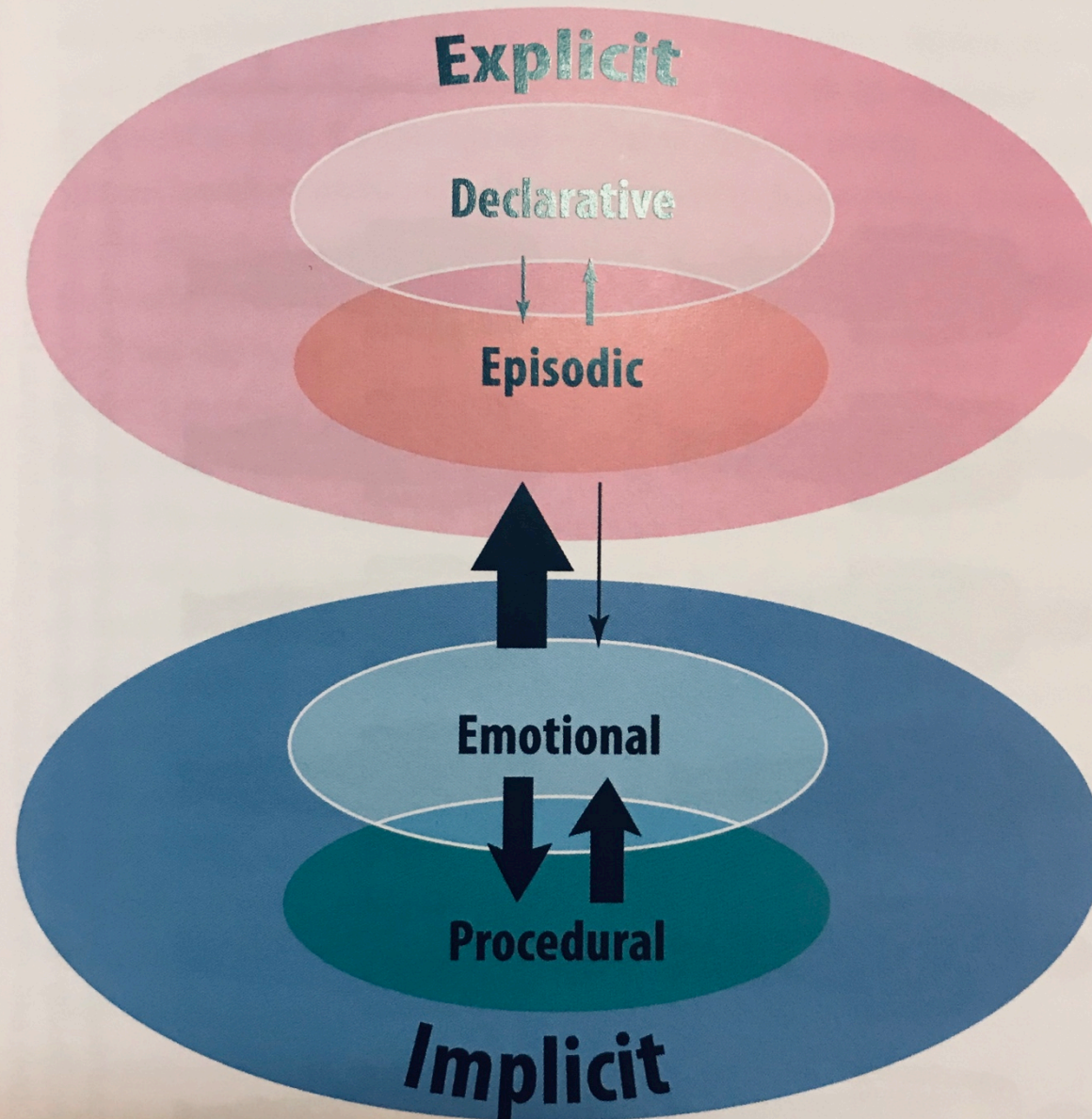


Figure 2.2 Interrelationship between Memory Systems

Memory Systems

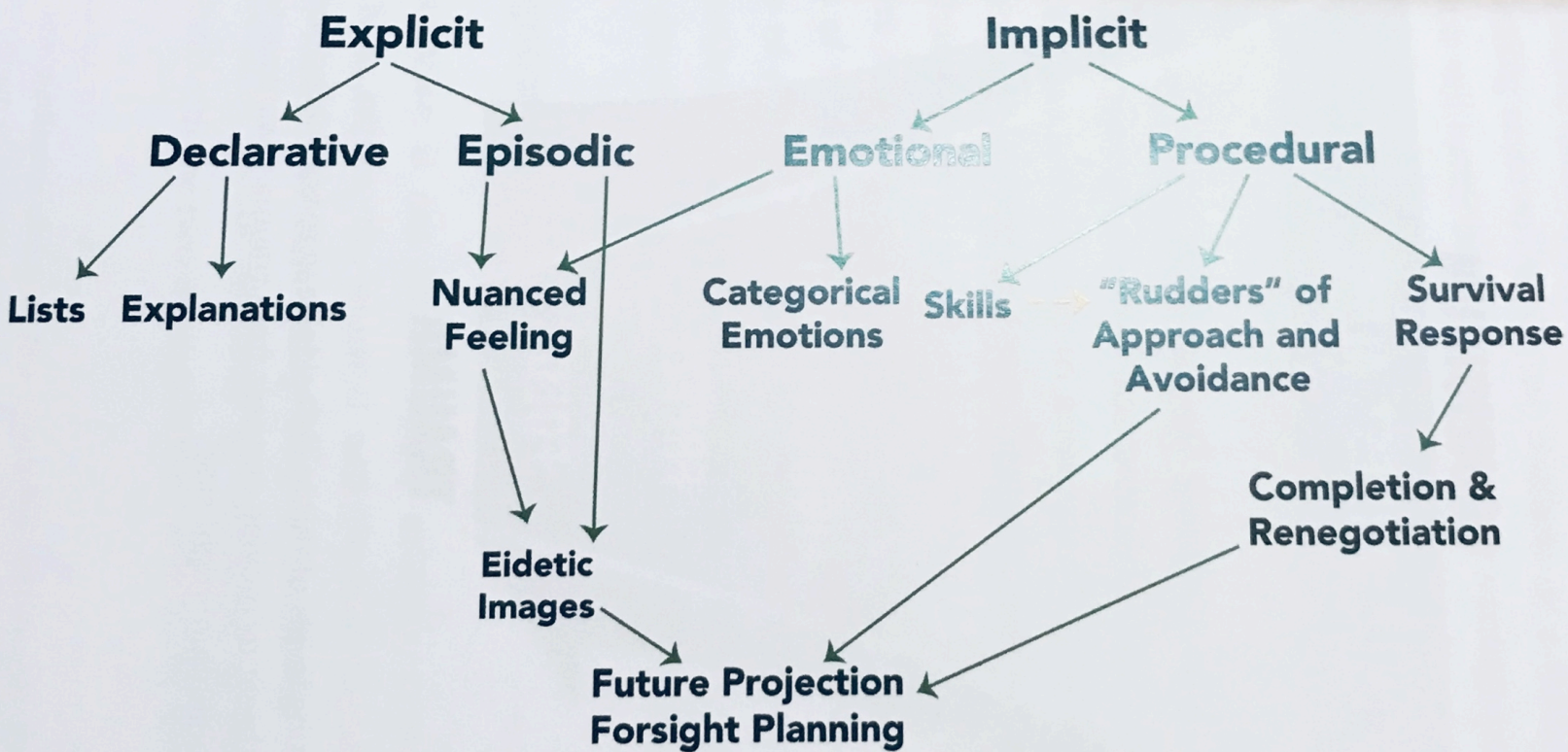
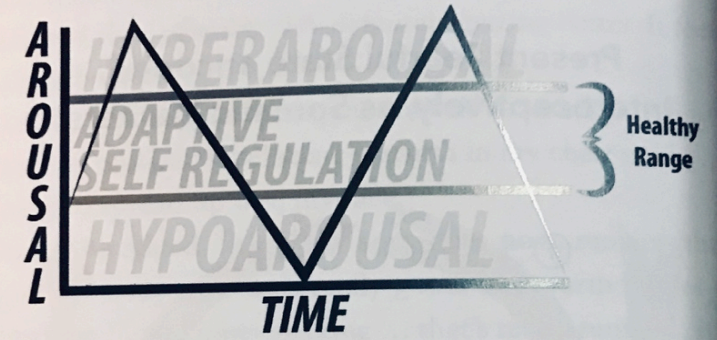
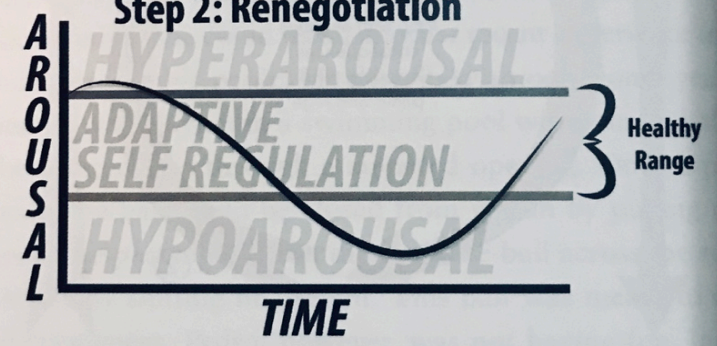


Figure 4.1 Relationships between explicit and implicit memory systems in planning and future projection (moving forward in life).

Step 1: Maladaptive autonomic nervous system levels



Step 2: Renegotiation



Step 3: Self Regulation

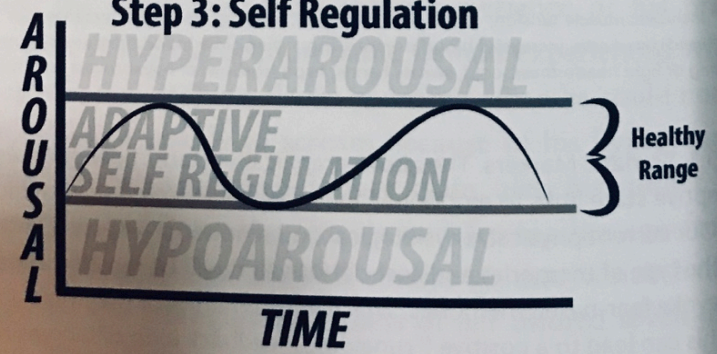


Figure 5.2 Window of Self-Regulation. The above charts show the renegotiation of hyperarousal (overwhelm) states and hypoarousal (shutdown) states in re-establishing the range of self-regulation and restoring dynamic equilibrium.



Intervention 3: Somatic Experiencing



"...a landmark work, a lucid scientific explanation of how nurture is the very foundation of our nature."
—Bessel van der Kolk, MD

THE POCKET GUIDE TO
**THE POLYVAGAL
THEORY**

*The Transformative
Power of Feeling Safe*



Demystify the Process

Narcissism – anxiety that results from childhood neglect or trauma, the motor that fuels the dysfunctional behaviors.

Psychic bleeding- collapse easily under pressure

Inordinate hypersensitivity – constantly insulted and injured by small things, deeply injured people who required undue caution and awareness to danger because of past.

Psychic rigidity – lack of tolerance to change and much general inflexibility

Negative therapeutic reactions – Narrow margin of security, often anxiety, anger,

Discouragement and depression

Feelings of inferiority

Self harm

Lack of self-assurance

Use of projection – unconscious psychological attempt to deal with own anxiety by attributing one's unacceptable attributes to the outside world. Leads to paranoid thinking

Challenges in reality thinking – distorted attitudes and behaviors with loved ones and therapists. Looked at therapist as all powerful and codependant on therapist while simultaneously critiquing and taking personal any slight comment and responding as if attacked with anger, discouragement and emotional withdrawal.





lump in the throat

racing heart

nausea

brain zaps

falling sensation

feel like

headaches

numbness

sweating

shaking

weak

difficulty

passing out

cold chills

knot in stomach

breathing

crazy thoughts

yawning

chest

pressure

tight

band

around

the

head

ringing

in the

ears

lightheadedness

blurred vision

Anxiety Symptoms

anxietycentre.com

twitching

muscle tension

dizziness

body jolts

eye strain

tightness

restless legs

numbness

giddiness

hot flash

night sweats

trembling

facial tic

tingling

chest pain

head pressure

body pain

burning

swaying feeling

bloating

memory loss

skin

stabbing pains

stuck thoughts

depersonalization

weak limbs

chronic fatigue

sudden weight loss

frequent urination

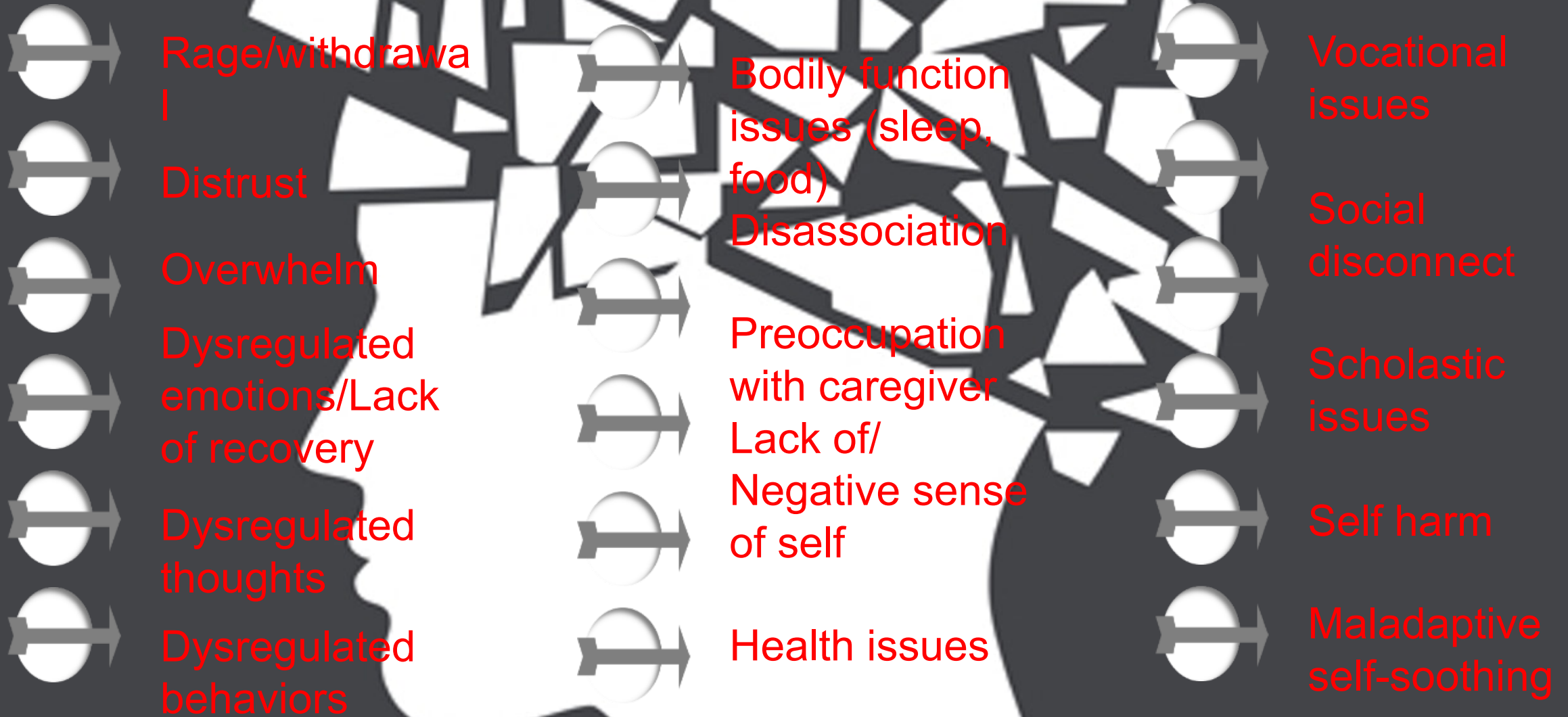
palpitations





Intervention 4: Hope & Connection

Symptoms/ Impairment



A close-up photograph of several people playing djembe drums. The focus is on their hands as they strike the drumheads. The drumheads are light-colored wood, and the bodies of the drums are dark with a woven pattern. The background is blurred, showing more people and colorful clothing. The text "Intervention 5: Activity" is overlaid in the center in a white, sans-serif font.

Intervention 5: Activity

Components:

Bilateral stimulation
Movement
& Physical activity
Sensorimotor –
Visceral Experience



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

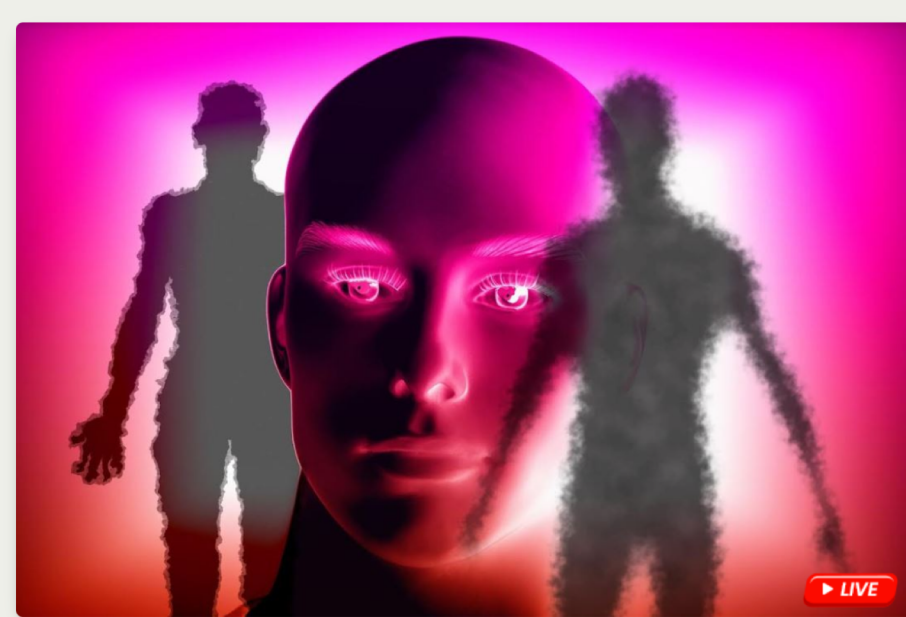
*A Practical Guide for
Understanding and Working
with Traumatic Memory*



PETER A. LEVINE, PH.D.

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

FOREWORD BY BESSEL A. VAN DER KOLK, MD



LIVE



LIVE



Home Study

TRAUMA

The Art & Science of Trauma Counseling 6 CEUs

Mindfulness Client Care Interventions May 14-16 CEUs

ACT, HOME STUDY

The ACTs of ACT Interventions: 3 Home Study CEUs

COREWELLCEU.COM



LIVE

TRAUMA

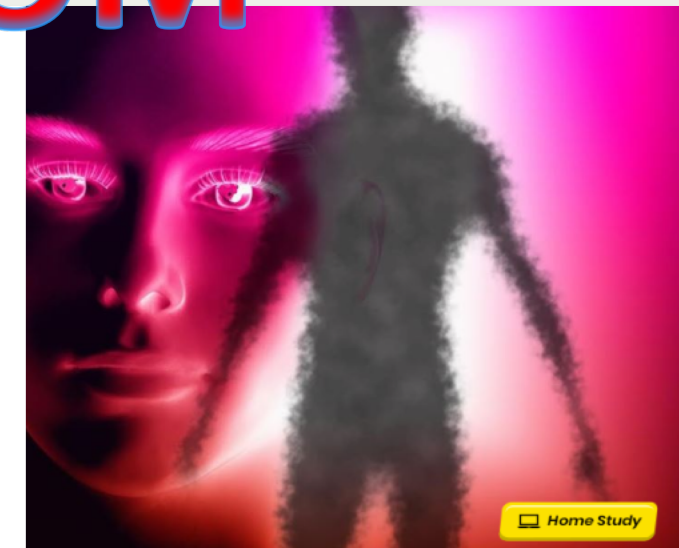
Advanced Trauma Counseling and Attachment Theory June: 6 CEUs

WELLNESS

TRAUMA MASTERMIND

with Joseph Tropper, MS, LCPC, CCTP

C Model
achment
siness
inical



Home Study

Practice and Clinical Skills to the Next Level of Trauma Counseling: 6

© **Joseph Tropper**
MS, LCPC, CCTP

**Trauma
Rewiring:
Overcome
Maladaptive
Defenses**

For questions or consultation,
please feel free to contact me:
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josephtropper@gmail.com



TRAUMA REWIRING: 1 CE

Overcome maladaptive defenses

Gain traction