

NEW!

PTG: POST-TRAUMATIC GROWTH

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OPPORTUNITIES & POSSIBILITIES
FOR RECOVERY

PROGRAM/LECTURE

First Hour:

TRAUMA

- Intergeneration, Racial, Cultural Traumas
- Psychological, Emotional, and/or Physiological
- Types of Trauma: Acute, Chronic, or Complex
- Childhood Trauma

PTG: POST-TRAUMATIC GROWTH

- What it is; What it is Not
- The History of the Development of PTG
- Relevant Research: PTG with PTSD and CPTSD

BREAK (15 MINUTES)

Second Hour:

THERAPEUTIC INTERACTIONS

- Patient/client disclosure of trauma and the trauma narrative
- Subjective experience of depersonalization and derealization
- Subjective experience of trauma-related disorders
- Vicarious Trauma

FACTORS WHICH MAY IMPACT PTG

- Age: Very young children may not have the capacity to easily or readily achieve PTG.
- Gender: Women appear to develop PTG more consistently than do men.
- Extroversion (vs. introversion): Extroverts seem to be able to more quickly develop PTG than introverts.

BREAK (15 MINUTES)

Third Hour:

PTG GOALS: FIVE DOMAINS OF GROWTH

- An enhanced appreciation for life
- A significant shift in how the individual relates to others
- A new openness to possibilities and opportunities
- An altered perception of personal strength
- Spiritual change or transformation

TRAUMA-INFORMED CARE

- Promoting a culture of safety, empowerment, and healing
- Culturally sensitive informed care
- Managing re-traumatization: triggers and responses
- Trauma therapeutic tools and trauma safety plans

TRAUMA-FOCUSED THERAPEUTIC INTERVENTIONS

RESOURCES and LINKS and CONCLUDING THOUGHTS

Questions/Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe psychological and emotional trauma, trauma and culture(s), and the stress/trauma relationship.
- 2) define "post-traumatic growth" and how living through a crisis can make individuals stronger.
- 3) review the importance of therapeutic interactions with trauma clients and their subjective experience(s).
- 4) describe post-traumatic growth in relation to PTSD and Complex PTSD.
- 5) identify strategies to promote and strengthen recovery factors among those they are helping.
- 6) review practical interventions and how to put theory into practice.

INSTRUCTOR

Dr. Samara C. Kezele Fritchman (LMHC, EJD, PhD) is a Washington State licensed mental health counselor (LMHC), a national certified counselor (NCC) through NBCC (National Board for Certified Counselors), a Certified Employee Assistance Professional (CEAP), and a Critical Incident Responder as a Certified Clinical Trauma Professional. Dr. Fritchman holds a doctoral degree (PhD) in educational psychology and an executive juris doctorate (EJD: a law degree for those individuals who do not intend to become practicing attorney) from Columbus University. In addition, she obtained a master's degree in counseling psychology from St. Martin's College, and has been in private practice for 30 years. In her professional career, Samara has provided consulting, counseling, and professional-development services. She has over 40 years of experience working with all levels of staff, spanning a variety of job classifications, ethnic backgrounds, and educational levels within a wide variety of industries providing consulting, counseling, and professional development services. Dr. Fritchman currently provides tele-therapy for Employee Assistance Programs (EAP). Dr. Fritchman is the presenter of several INR programs: "Ethics/Legal Issues for Mental Health Professionals," "Suicide Assessment, Treatment & Management, and Collaborative Management with Health Professionals," and "Diversity and Cultural Competence." Samara's presentations are derived from her work with complex clients, which includes "Inner Child Work." Samara's "Ethics" program is one of the longest-running national ethics seminars in the United States. Samara's use of humor, relevant examples, and the ability to elicit lively audience interactions help make a tough subject fun and the day fly by.