

The Trauma Toolbox: Holistic Interventions in Psychotherapy

Agenda

9am-10:30am

The first session presents a holistic model of the human being as found in ancient Indian philosophical thought, the Adhara system. The importance of a spiritual core in healing from trauma will be emphasized and presented in the light of all the world's belief systems, including atheism. The most current thinking, from areas as diverse as the military Chaplaincy (Captain Mark Smith) and interpersonal neurobiology (Dr. Dan Siegel), will be introduced.

10:30am-10:45 am – break

10:45am-12:15pm

The second session will present modalities of intervention for healing from trauma relevant to the physical body and the energy body. Physical body modalities include: naturopathy, psychiatry, nutritional therapies, EMDR, supplements, sweatlodges (saunas), bodywork, herbal remedies, biofeedback, aromatherapy and somatic experiencing. Interventions at the level of the energy body include: acupuncture, taichi/qigong, esoteric yoga, homeopathy, equine therapy, energy healing, nature healing, crystals and rocks, and shamanism.

12:15pm-1pm – lunch

1pm-2:30pm

We will be looking at the two levels of mind in the third session: lower and higher mind. Cognitive (thinking) mind includes sections on :CBT, Buddhist concepts of right thinking, story making, coaching, narrative therapy, TIR (traumatic incident reduction) with special emphasis on the work of Byron Katie and Eckhart Tolle and their uses in therapy. The higher mind (wisdom mind) concepts to be presented include: reverie (psychoanalysis), shamanism, transpersonal psychotherapy, the study of wisdom philosophies, past life regression therapy and intuitional work.

2:30pm-2:45pm – break

2:45-4:15pm

The fourth session will address the subtleties of the healing powers and access to the bliss (or love) body also known as “flow”. Teachings associated

with the bliss body include: non-dual teachings, meditation, renunciation (or detachment), worship and acceptance. The second half of this session will be devoted to emergency first-aid tips for states of intense trauma shock both in and out of session. Help in the areas of grounding, clearing, altering and restoring will be discussed.

4:15-4:30

Q and A. Closing.

Biography:

Susan Pease Banitt, LCSW is a Harvard trained psychotherapist with thirty-five years experience in mental health work as well as extensive yogic and shamanic training. She is an expert in traumatic states and alternative healing modalities by virtue of practice, research and her own journey of healing. Currently in private practice in Northwest Portland, she is writing her first book *The Trauma Toolbox: Healing From the Soul Out*.

Learning Objectives:

Attendees will be able to:

- 1) Assess for traumatic damage at multiple levels of the human being
- 2) Safely and rapidly bring clients out of states of traumatic shock and dissociation
- 3) Address the multi-layered healing needs of trauma survivors through practice and referral
- 4) Help patients create their own "first-aid kit" for trauma shock or persistent states of traumatic arousal
- 5) Learn where they (the clinicians) are vulnerable to vicarious traumatization through a strengths based approach
- 6) Keep themselves healthy and clear from vicarious traumatization with techniques presented

- 7) See healing through the eyes of other cultures especially Indian, Chinese, and indigenous cultures the world over.*
- 8) Help their clients advocate for the health care needed to address PTSD or severe states of stress
- 9) Practice and teach stress hygiene

Workshop description:

Trauma hurts the victim psychologically, spiritually and physically. Clinicians can easily become overwhelmed or burnt-out in the process of caring for clients with overwhelming stress or trauma. In this all-day workshop we will look at the different layers of the human being that are injured in the experience of traumatic stress and effective alternative interventions that profoundly aid healing. These interventions draw on the wisdom of cultures from around the world and sometimes clash with mainstream American views on medicine and the body. Areas of cultural competence will be addressed to reconcile these seemingly opposing views.

Certain techniques may be used in the therapy hour; others require different healing practitioners. Clinicians will learn when and how to refer to alternative therapies or, as is more often the case, integrate the alternative treatments the client is already receiving into the therapy hour using an interdisciplinary model. The teachings will be didactic, experiential and diverse address the needs of the practitioner as well as the patient.

* This learning objective addresses diversity and cultural competence issues in practice.