

# **EMBEDDED AND INTEGRATED TRAUMA EDUCATION AND TRAINING AND THE UTILITY OF TREATMENT GUIDELINES**

***Presenter: Christine A. Courtois, Ph.D., ABPP***

**Friday, September 6, 2024 ♦ 12:00 p.m. – 2:00 p.m.  
Zoom Webinar**

Trauma is widespread, with many people experiencing it at various life stages. Recent decades have seen more types of trauma and greater public awareness, increasing the need for professional services. However, there is a gap between this need and professionals' ability to meet it effectively, often causing additional harm to victims.

The field of traumatic stress studies has developed extensive research and treatment methods, but this knowledge is not integrated into core professional curricula. Instead, it is mostly covered in continuing education. Trauma-Informed Care (TIC) has made an impact, but is inconsistently applied and lacks formal training.

This presentation argues for incorporating trauma education into professional training to better prepare practitioners. Efforts by organizations like the APA and the International Society for the Study of Trauma and Dissociation provide a foundation, but they are not widely implemented. We will explore the barriers to including trauma education in curricula and the risks of not doing so, including potential secondary trauma for practitioners. Specialized training is essential to align with the professions' goals of effective, harm-free service.

*Level of Curriculum Content: Beginner*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTER

**Christine A. Courtois, PhD, ABPP**, graduated in 1979 from the Counseling (Psychology) and Personnel Services Department at the University of Maryland, College Park, MD. She is a board-certified counseling psychologist who retired from 35 years of outpatient and inpatient clinical practice in Washington, DC, and is now a consultant/trainer on trauma psychology and treatment. Dr. Courtois' original book, *Healing the Incest Wound: Adult Survivors in Therapy* (1988), was revised and updated in 2010. With Dr. Julian Ford, she has co-authored a clinician's book on the treatment of complex trauma (currently in revision) and co-edited three additional books on complex trauma treatment in adults and in children/adolescents. Dr. Courtois is also a co-editor of *Sexual Boundary Violations in Psychotherapy: Facing Indiscretions, Transgressions, and Misconduct* (2021) and *Spiritually Oriented Psychotherapy for Trauma* (2013), and author of the consumer book *It's Not You, It's What Happened to You* (2020).

Dr. Courtois has been professionally active in the International Society for Traumatic Stress Studies (ISTSS), serving on the Board of Directors and co-chairing the Complex Trauma Task Force charged with developing consensus treatment guidelines. In the International Society of Trauma and Dissociation (ISSTD), she co-authored DID treatment guidelines and currently chairs the complex trauma guideline project. In the American Psychological Association, she is past president of Division 56 (Trauma Psychology) and founding associate editor of the journal *Psychological Trauma*. Most recently, she chaired the American Psychological Association Clinical Practice Guideline for the Treatment of PTSD in Adults (2017). She has received the APA Award for Distinguished Contributions to Psychology as a Professional Practice and the Division 56 Distinguished Contributions to Professional Practice Award and the 2018 Lifetime Achievement Award. The ISTSS has awarded her the Sarah Haley Award for Clinical Excellence, the ISSTD, the Cornelia Wilbur Award and the Lifetime Achievement Award, and the American Board of Professional Psychology (ABPP) the 2016 Distinguished Service Award to the Profession of Psychology.

## PROGRAM OBJECTIVES

Participants will be able to:

- List three reasons for specialized training in trauma across professions, and the role of practice guidelines
- Analyze several barriers to the incorporation of information on traumatic stress into the professional curricula

## PROGRAM AGENDA

- 12:00 p.m. – 1:00 p.m.      The need for trauma training in professional curricula and the role of practice guidelines
- 10:45 a.m. – 12:00 p.m.      The role of clinical and professional practice guidelines

**For additional information on continuing education policies, please visit our web site at <https://psychology.nova.edu/ce>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/25.

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Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling (clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Nova Southeastern University also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Nova Southeastern University may be directed in writing to the Southern Association of Colleges and School Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or by calling (404) 679-4500, or by using information available on SACSCOC's website ([www.sacscoc.org](http://www.sacscoc.org)). The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) programs are accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

Nova Southeastern University admits students of any race, color, sex, age, nondisqualifying disability, religion or creed, sexual orientation, or national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school, and does not discriminate in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.