

Embedded and Integrated Trauma Education and Training and the Utility of Treatment Guidelines

Presenter: Christine A. Courtois, PhD, ABPP

**Friday, September 6, 2024, ♦ 12:00 p.m. - 2:00 p.m. (EDT)
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's 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 isn't integrated into core professional curricula. Instead, it's 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're not widely implemented. We'll 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: All

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 pm - 1:00 pm The need for trauma training in professional curricula and barriers to inclusion.
1:00 pm - 2:00 pm The role of clinical and professional practice guidelines.

To register and for additional information on continuing education policies, please visit our web site at <http://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.

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All mental health professionals will receive 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.

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