

Craig, Strickland, PhD

1. **Proposed Course Name:**

Traumatic Exposure & Clinical Application of Neuroscience

2. **Brief Course Description:**

Given the prevalence rates of traumatic exposure, it is important to study PTSD and to try and understand why some individuals will develop the disorder and others do not. Equally important is the provision of clinical interventions based on changes in the nervous system resulting from traumatic exposure/PTSD. This workshop will blend neuroscience and clinical interventions as well as discussion of some specific tools for clinician use.

3. **Learning Objectives:** By the conclusion of the workshop, participants will be able to:

- a. Identify three structures in the human brain which are impacted by traumatic exposure
- b. Summarize the role of the vagal nerve system as an important brain-body connection
- c. Match clinical interventions to treatment approaches based on nervous system activity
- d. List three potential resources clinicians can use to support the biopsychosocial approach to behavioral health treatment

4. **Content Level: Beginner-Advanced**

5. **Outline:**

Welcome	9:30-9:35 AM
Neurobiology of Traumatic Exposure (TE)	9:35-11:00 AM
Break	11:00-11:15 AM
Polyvagal Nerve Overview	11:15-11:35 AM
Clinical Interventions	11:35-11:55 AM
Discussion of Clinical Resources	11:55-12:15 PM
Summary/Questions and Answers	12:15-12:30 PM

6. **Biography**

Dr. Strickland graduated from Bryn Mawr College with a Doctorate in Psychology and a focus on experimental research and neuroscience. Past positions include a faculty position at the Medical College of Pennsylvania and affiliate faculty positions at Widener University and Springfield College. He currently has guest lecturer privileges at the Bryn Mawr Graduate School of Social Work and Social Research, the Rutgers School of Social Work and an affiliate professor position at Thomas Jefferson University, East Fall Campus in the Community and Trauma Counseling program. Dr. Strickland is the owner of Biobehavioral Education and Consultation, LLC.