

TRAUMA WORKSHOP

with Matthew Vasquez PhD, LMSW

Mason City, Iowa

February 21-22, 2019

*Turning
Leaf
Counseling*



Details

Turning Leaf Counseling will be hosting a 2-day Trauma Workshop presented by Matthew Vasquez, PhD, LMSW

Thursday, February 21st: 2-5pm

An Advanced Overview of Acute and Complex Trauma

Friday, February 22nd: 9am-4:30pm (Lunch on your own)
Processing Trauma and Building Resiliency

Price of Workshop: \$125 (due at registration)

CEU's available upon request with no additional charge
(9 CEU's SWK)

To Register: Call 641-421-2089

Registration Deadline: February 1, 2019

Location : Mason City, IA (exact location will be determined based on number registered, will be emailed)

An Advanced Overview of Acute and Complex Trauma

3 CEUs

This workshop provides participants an advanced overview of the neurobiological, cognitive, emotional, and behavioral functioning of those exposed to traumatic incidents (e.g., abuse, disaster, war). This presentation will be divided into two parts. First, a discussion on single incident traumatic exposure (acute trauma), its definition, effects on cognitive and somatic functioning, and behavioral presentation. The second part will discuss the effects of multiple incidents of traumatic exposure (complex trauma), and will include an overview of the psychosomatic mechanisms that produce confusing and often difficult to treat symptoms (e.g., extreme aggression, blackouts, self-harm, hallucinations, and dissociation). Discussions of how to effectively work with traumatized populations will be woven throughout the presentation.

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Processing Trauma and Building Resiliency

6 CEUs

Based on content from the workshop “An Advanced Overview of Acute and Complex Trauma”, This all day workshop will provide the clinical practitioner a step-by-step overview of a new, client-centered, multi-modal form of trauma treatment that can be used to 1) enhance client safety, stability, and resiliency, and 2) process acute to moderately complex forms of trauma with minimal risk of hyper-arousal and hijacking. This intervention draws upon techniques from many traditional and current evidence-based trauma interventions (e.g., body-based psychotherapy, somatic experiencing therapy, eye-movement desensitization and reprocessing, mindfulness, and sensorimotor psychotherapy), and is flexible enough in its application that it can be incorporated with several other forms of therapy. Significant class time will be devoted to skill building through participant demonstration. All participants will receive a manual that provides detailed instructions for all skills covered in the workshop.

About the Presenter

Matthew Vasquez, PhD, LMSW



Dr. Vasquez recently joined the University of Northern Iowa's Department of Social Work. His current area of research focuses on the effects of body-based interventions (e.g., Tai Chi, Trauma-Sensitive Yoga) on trauma and mental health, along with the evaluation of affiliative, body-based interventions in school settings (e.g., Rainbowdance and Kinect). His other research interests include the examining the benefits of infusing trauma-informed care practices in residential treatment facilities, in-patient mental health units, and school-based curriculums, along with how to effectively educate social workers on the salient neurobiological aspects of trauma. Dr. Vasquez has presented his research on the neurophysiological effects of trauma and innovative clinical approaches to its treatment at both state and national conferences.

As a clinician, Dr. Vasquez uses a body-centered, integrated approach to the treatment of trauma, and has clinical experience working with a broad range of individuals who have experienced multiple and severe forms of psychological trauma. Dr. Vasquez is affiliated with the Midwest Trauma Services Network of Hubbard, Nebraska, and the International Trauma Center of Boston, Massachusetts

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