



The Post-Graduate Center
Institute for Graduate Clinical Psychology
Widener University
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Cultivating Ideas.

Fall 2008 Workshops

Loss and Traumatic Stress
 & Child Sexual Abuse Treatment Series



**Bearing the Unbearable:
 Understanding the Complexity
 of Trauma**

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Friday, December 5th, 2008 9:00am-4:00pm
 University Center | Webb Room
 LT | CSA | ACT 48



Workshop Description

This workshop will offer a look at the complexity of trauma and the challenges clinicians face in treating it. Treatment will be discussed from a psychodynamic/relational perspective. After a brief overview of trauma, the presentation will address differential diagnosis, the intergenerational transfer of trauma, attachment theory and mentalization. The clinical focus will be on why trauma is so difficult to treat, beginning with an examination of transference and countertransference manifestations, re-enactment and dissociation. Common pitfalls for the therapist -- such as working with dissociative processes, self-injurious behavior, suicidal crises, addictions, eating disorders, boundary violations, hyper-confidentiality, survivor guilt, and vicarious traumatization of the therapist as witness -- will be discussed, along with the importance of ongoing consultation, supervision and therapist self-care.

This workshop applies as an elective to both the Loss and Traumatic Stress and the Child Sexual Abuse Treatment Certificate Programs.*



Objectives

- Understand complicating factors in the treatment of trauma survivors.
- Increase awareness of differential diagnostic issues.
- Understand the intergenerational transfer of trauma.
- Understand body-related manifestations of trauma, such as self-injury, somatization, substance abuse, and disordered eating.
- Identify common transference and countertransference manifestations and re-enactments of trauma.
- Increase awareness of the common pitfalls in treating clients who have experienced traumatic events, and ways to reduce their negative impact.

LT = Applies to the Loss and Traumatic Stress Certificate Program

CSA = Applies to the Child Sexual Abuse Treatment Certificate Program

ACT 48 = Workshop approved for ACT 48 credits

Individuals do not need to be enrolled in a certificate program to participate in this workshop.

*Note: Mandatory/Core Knowledge workshops cannot be applied to both certificate programs. Electives can be credited towards both certificates, provided they are designated as applying to both.