

Oh, ___!, What Do I Do Now?
November 1, 2019 | 12:00 – 1:30PM EST



Presenters: Lynette Danylchuk, PhD | Kevin J Connors, MS, MFT

Presenter Biography: Lynette Danylchuk, PhD, has been working in the trauma field since mid-80, starting with Vietnam Vets and people with DID. She served 12 years on the original Board of Directors of Survivorship, and then worked for the Board of the Star Foundation for several more years. She had her private practice in San Mateo, California, where, in addition to working with clients, she did (and continues to do) periodic consultation and teaching where she sees a need, including a local graduate school, juvenile hall, or the county trauma-informed services conference. Lynette has been adjunct faculty to graduate schools in the San Francisco area where she has taught, and been a dissertation chairperson. She has given keynote speeches and workshops across the state and at annual conferences of the International Society for the Study of Trauma and Dissociation (ISSTD).

Lynette is a Past President of ISSTD. She has been an active society member since 1996. She has chaired the Volunteer Committee, and the Professional Training Program. She is currently a member of the Board of Directors, the Executive Committee, the Conference Committee, the PTP Task Force, the EMDR/PTP Task Force, and Chair of Certificate Program Committee, and the UN Task Force.

Presenter Biography: Kevin J. Connors, MS, MFT is a licensed Marriage & Family Therapist in private practice in Long Beach, California and a frequent national and international presenter on complex trauma and dissociative disorders. He is co-author of *Treating Complex Trauma and Dissociation: A practical guide to navigating therapeutic challenges*. Kevin is the Senior Vice President at California Southern University in Costa Mesa, California directing the Hecht Trauma Institute, a global academic institution dedicated to advancing the education of clinicians treating interpersonal trauma.



He is a Fellow and Past President of the International Society for the Study of Trauma and Dissociation (ISSTD) and served as Chair of their Annual Conference Committee for 8 years. Kevin also serves as Chair of the Institute on Violence, Abuse, & Trauma's International Summit Planning Committee's Adult Survivors of Childhood Maltreatment Track and as an Advisory Board Member to the National Partnership to End Interpersonal Violence. Kevin is currently exploring the role of shame and powerlessness in clients with complex trauma and dissociative disorders as well as in investigating the prevalence of dissociation among the general psychiatric population.

Abstract: Stage Two therapy consists of working through and processing trauma while maintaining stability in life and in the therapeutic relationship. The power of the trauma frequently destabilizes both the client and the therapist, leading to reenactments and experiences of being stuck. The emotional impact of traumatic memory work often overwhelms the client's capacity to maintain connectedness or communicate effectively. Resolution is derailed by the horror of what happened; the complexities of developing mastery lost to the details of the trauma. The therapist is challenged to identify the trauma in a way that advances the therapy by exploring what is being expressed through the therapeutic relationship. The therapist is challenged to be sensitive to the dynamics within the client and within the transference. The therapist is challenged to communicate in ways and on levels where language often fails. The therapist is challenged to guide the client through new ways of thinking and perceiving while balancing neutrality and empathic engagement. The therapist is challenged to be self aware and to self-disclose in a therapeutically appropriate manner.

This workshop will identify common Stage Two dilemmas for client and therapist, with examples and suggestions for dealing with those dilemmas in a constructive way

Objectives

Upon Completion of this webinar, participants will be able to:

- Identify five (5) overarching guidelines that inform trauma treatment. Describe the expressive therapies continuum and its role in working with trauma
- Identify five (5) general precautions that facilitate successful trauma treatment.
- Describe three tasks inherent to successful trauma memory work.

Can't Make it?

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately two weeks after the live event. The recordings cost is \$25 for ISSTD members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

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