

## Treatment of Trauma

1. Countertransference and Self Care
2. Trauma Care Workshop - Trauma-informed Care
3. Briere and Scott Chapter 1 What is Trauma?
4. What does it mean to bear witness to the PTSD sufferer?
5. PTSD Fact Sheet
6. Trauma Outcomes
7. Trauma Focused Cognitive Behavioral Therapy for Children
8. Dr. Aaron Beck: CBT and a Triad Model
9. Psychoeducation
10. What is Cognitive Processing Therapy (CPT)
11. What is Prolonged Exposure (PE)?
12. Distress Reduction and Affect Regulation
13. Assessing the Effects of Trauma
14. CAPS Manual
15. CAPS Scale
16. CAPS Psychometrics
17. Efficacy of Psychoeducation
18. Briere and Scott Chapter 8 Emotional Processing
19. Cognitive Intervention
20. Emotional Processing
21. Cognitive Interventions Role Play/ Practice
22. Coherent Trauma Narrative
23. Mindfulness
24. Mindfulness and Trauma
25. Jon Kabat Zinn The Healing Power of Mindfulness
26. Introduction to Mindful Awareness - Diana Winston
27. Mindfulness and Neural Integration: Daniel Siegel
28. Briere and Scott Chapter 10 Mindfulness
29. Assessing and Treating Acute Trauma Reactions
30. DSM-5 Anxiety and Trauma Disorders
31. Bibliography for Further Reading
32. Treatment of Trauma Test
33. Treatment of Trauma Evaluation