

Relational Psychotherapy XIV

Recent Developments in the Treatment of Trauma

Instructor: Lawrence E. Hedges, Ph.D., Psy.D., ABPP

Third Mondays	11:00-12:30
Third Tuesdays	10:30-12:00
Third Thursdays	11:00-12:30

8-month Advanced Reading and Discussion Seminar—October 2014 through May 2015

Tuition for the year (12 hours of continuing education credit) is \$375 to be paid in 3 installments of \$125. **Early Bird fee of \$325 due by September 1, 2014**

Course Description:

Neuroscience, Infant Research, and Trauma Studies as well as Relational and Somatic Psychotherapy are all pointing the way towards new understandings and techniques in treating trauma. Furthermore, as thinking about trauma has expanded so has our awareness that all people to one degree or another have experienced cumulative developmental trauma and live with ongoing PTSE—Post-Traumatic Stress Experience. Through readings and discussions the most current ideas about trauma treatment will be made available to participants.

This course will be based on three books:

- Hedges, Lawrence E. (2014). *“Psychodynamic Relational Psychotherapy in Overcoming Cumulative Developmental Trauma”*
Bromberg, Philip M. (2011). *The Shadow of the Tsunami and the Growth of the Relational Mind.*
Levine, Peter A. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Learning Objectives: At the end of the course participants will be able:

- To define “cumulative developmental trauma”
- To specify the seven relational fears
- To discuss the traumatic effects of the Tsunami
- To list the symptoms of Post Traumatic Experience
- To state how the body holds traumatic memories
- To specify ways of helping people release mental and physical trauma.

The Listening Perspectives Study Center is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus and the Registration Form. Marriage and Family Therapists and Social Workers Provider Number: PCE348. California Board of Registered Nursing Provider Number: CEP12038. The Listening Perspective Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Listening Perspectives Study Center maintains responsibility for the program and its content.

Three Required Texts:

1. Hedges, Lawrence E. (2014). "*Psychodynamic Relational Psychotherapy in Overcoming Cumulative Developmental Trauma*" (E-mail Manuscript).
2. Bromberg, Philip M. (2011). *The Shadow of the Tsunami and the Growth of the Relational Mind*. New York: Routledge.
3. Levine, Peter A. *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Session 1:

Date: October 2014

Reading

Read and Discuss Manuscript by Hedges

Session 2:

Date: November 2014

Reading

Bromberg Chapter 1 & 2

Session 3:

Date: December 2014

Reading

Bromberg Chapter 3 & 4

Session 4:

Date: January 2015

Reading

Bromberg Chapter 5 & 6

Session 5:

Date: February 2015

Reading

Bromberg Chapter 7 & 8

Session 6:

Date: March 2015

Reading

Levine Chapter 1, 2 & 3

Session 7:

Date: April 2015

Reading

Levine Chapter 4

Session 8:

Date: May 2015

Reading

Levine Chapter 5, 6 & 7