

# MAKING SENSE OF TRAUMA: PRACTICAL STRATEGIES FOR HELPERS

A Workshop with Michelle Pruett, LPC

Pruettcounseling.com • 3 Office Park Circle, Suite 220; Mountain Brook, AL 35223 • (205)912-2006 • pcandc@bellsouth.net

A WORKSHOP FOR MENTAL  
HEALTH PROFESSIONALS

Register Early and  
Save!

Live interactive online platform-Zoom

6 NBCC Contact Hours\*

9:00 a.m.-4:00 p.m.

\$90 Early Registration Rate

\$115 After Early Bird Date

Trauma's impact is both long-lasting and life-changing. The impact of traumatic experiences on survivors' brains, behaviors, and relationships shapes the ways in which our clients approach every aspect of their lives: as parents, partners, students, professionals and more. Because trauma is pervasive, professionals must be prepared to help in healing. Helpers must first understand how trauma impacts survivors and why; then equip themselves with the tools needed for walking the path of healing with them. This training will explore and explain the impact of trauma on the lives of survivors -- children, adults, families, and couples; as well as provide interventions for helping the healing begin.

*Excellent presentation! Michelle was great! -Program Participant*



Michelle Pruett is a licensed professional counselor (LPC) and the owner of Pruett Counseling and Consulting, LLC in Mountain Brook, Alabama. Ms. Pruett has more than 18 years' experience providing Crisis Intervention and Child, Family, and Couples therapy. Combined, these experiences evolved into her current work with trauma survivors of all ages. Specialized trainings she has completed include: Trust Based Relational Intervention (TBRI), Eye Movement Desensitization and Reprocessing (EMDR) and Dyadic Developmental Psychotherapy (DDP).

## Workshop Objectives:

- Identify the impact of trauma on a person's neurobiology, including the impact of fight/flight/freeze activation; the ability to appropriately filter and respond to external stimuli; the impact on affect regulation; and the impact on interpersonal relationships including boundary-setting and attachment-driven behaviors.
- Understand the ethical implications of working with survivors of trauma, including Tarasoff requirements, special considerations regarding confidentiality, counselors' duty to work within the boundaries of their own expertise, the duty to seek consultation when needed, and the impact of compassion fatigue and counselor burnout.
- Learn a philosophy of treatment for traumatized individuals that incorporates a) systemic conceptualization; b) the importance of providing psychoeducation to survivors and their support systems regarding the impact of trauma; c) the role of attachment-based interventions in healing trauma wounds and d) the role of empathy and support within the therapeutic environment.
- Be able to list and describe recommended and contraindicated interventions for common symptoms displayed by trauma survivors in individual therapy with adults, children, families, and couples.

## FOR MORE INFORMATION:

Lacey Amos • (205) 440-3686 • laceyamoscounseling.com/workshops OR REGISTER ONLINE AT PRUETTCOUNSELING.COM/TRAINING  
Pruett Counseling and Consulting has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7099. Programs that do not qualify for NBCC credit are clearly identified. Pruett Counseling and Consulting is solely responsible for all aspects of the programs.

\*Online Registration Only~ Personal Checks Not Accepted ~Full Credit Only (Partial Credit Not Available)\*

