

Title: Bottom Up Processing: Using Evidence Based Trauma Interventions for Whole-Brain Healing of Trauma.

Content Description: In this training, Charity O'Reilly will provide a framework for understanding trauma and trauma healing from a neurobiological lens. Participants will learn about the impact of trauma on the brain and body, and the appropriate interventions to utilize to facilitate bottom-up healing of the whole person. Special consideration will be given to helping participants understand how to engage with client's nervous systems and parts in a way that supports the whole person. Current research for EMDR, Internal Family Systems Therapy, and EMDR will be discussed, and resources provided for further training in these modalities.

Learning Objectives:

Objective 1: Participants will be able to understand and define the neurobiological impact of trauma on the body and the brain, and identify 3 evidence based practices for treating trauma.

Objective 2: Participants will have an increased understanding of the evidence based practices for treating trauma and how they connect to the current body of trauma research.

Objective 3: Participants will learn concrete interventions for bottom-up processing of trauma, and how to connect to further training and resources for evidence based trauma treatment techniques.

Session Presenter and Qualification: Charity O'Reilly is a Licensed Professional Counselor and EMDRIA certified therapist who has practiced as a trauma therapist since 2008. Charity trains nationally on topics related to trauma therapy, including at the National Conference for Victims of Crime, the National Sexual Assault Conference, and the Intensive Trauma Therapy Conference.

Amount of NBCC Credit: 3 hours (can certainly make this more if you want)

References (since you'll need them eventually)

Anderson, Frank. *Transcending Trauma: Healing Complex PTSD with Internal Family Systems Therapy*. PESI Publishing Inc, 2021.

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). <https://doi.org/10.1176/appi.books.9780890425787>

Bryant R. A. (2019). Post-traumatic stress disorder: a state-of-the-art review of evidence and challenges. *World psychiatry : official journal of the World Psychiatric Association (WPA)*, 18(3), 259–269. <https://doi.org/10.1002/wps.20656>[\[JR1\]](#) [\[NH2\]](#)

Catrin Lewis, Neil P. Roberts, Martin Andrew, Elise Starling & Jonathan I. Bisson (2020) Psychological therapies for post-traumatic stress disorder in adults: systematic

review and meta-analysis, *European Journal of Psychotraumatology*, 11:1, 1729633, DOI: 10.1080/20008198.2020.1729633

Herrington R. J. (2017). Trauma, PTSD, and the Developing Brain. *Current psychiatry reports*, 19(10), 69. <https://doi.org/10.1007/s11920-017-0825-3>

Sherin, J. E., & Nemeroff, C. B. (2011). Post-traumatic stress disorder: the neurobiological impact of psychological trauma. *Dialogues in clinical neuroscience*, 13(3), 263–278. <https://doi.org/10.31887/DCNS.2011.13.2/jsherin>

Siegel, D.J. (2015). *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*. New York, USA: Guilford Press.

Twombly, Joanne (2022). *Trauma and Dissociation Informed Internal Family Systems: How to Successfully Treat C-PTSD, and Dissociative Disorders*.