

Assoc. Prof. John Briere, PhD

Practical Applications of Mindfulness and Relational Approaches to Trauma Therapy:

New theory and techniques

3 DAY SEMINAR TOUR

delphi
LIFE COACHING



Overview of Program

This seminar builds on Dr John Briere's prior presentations and publications on mindfulness - and relationally-based trauma therapy, incorporating new information, principles, and techniques. Based on several new books (*Principles of Trauma Therapy, 2nd edition*, 2012; *Treating complex trauma in adolescents and young adults*, 2011; and the upcoming edited book, *Contemplative methods in trauma treatment: Integrating mindfulness and other approaches*, due late 2013), new topics include:

- clinical implications of the "pain paradox;"
- using mindfulness to facilitate exposure and other aspects of emotional processing;
- the neurobiology of compassion in treatment;
- teaching metacognitive and existential awareness;
- "trigger work" and "urge surfing;"
- compassion and mindfulness as antidotes to countertransference;
- a "hybrid" approach to integrating mindfulness training into classical trauma treatment; and
- new interventions developed specifically to address substance abuse issues in trauma survivors.

Created specifically for Australian audiences, this "hands-on" workshop reflects John Briere's newest work in integrating Western and Eastern approaches to treatment, as well as his recently-funded research and programs on the treatment of extreme trauma (e.g. severe burns, torture), problem/symptom-specific intervention modules, and intervention in the cross-exacerbation of childhood and adult trauma effects.

Learning Objectives

Attendees will be able to

- Describe the pain paradox as it relates to avoidance and symptom chronicity
- Define metacognitive awareness and its benefits
- Describe “urge surfing” and “trigger work” as it relates to affect regulation training
- Describe three specific interventions for substance abusing trauma survivors
- List the psychological and neurobiological effects of compassion in trauma treatment

Program Outline

1. Complex trauma

- Characteristics
- Cumulative and complex trauma

2. Outcomes

- Posttraumatic stress and cognitive distortions
- Self-capacity disturbance
- Overdeveloped avoidance strategies

3. Another perspective: Trauma, pain, and suffering

- Buddha’s two arrows
- The Pain Paradox
- Trauma, chaos, pain, and other opportunities

4. Mindfulness

- What it is, and what it is not

5. Metacognitive awareness

- Learning to observe one’s thoughts without judgment
- Thoughts as just thoughts, versus true perceptions

6. Mindfulness training as a trauma intervention

- Increased awareness as exposure therapy
- Metacognitive awareness as cognitive therapy
- Equanimity and “letting go” as affect regulation training

7. Back to the therapeutic relationship

- The primary finding of treatment outcome studies
- Context for attachment-based activations
- Optimal therapist characteristics and behaviors

8. Compassion

- Non-egocentric caring and the felt desire to relieve suffering
- Psychological and neurobiological impacts on client

9. Deconstructing trauma: cognitive aspects

- Teaching nonjudgment and acceptance
- Changing the relationship to one's pain through bare attention
- Cognitive reconsideration – beyond the search for thinking errors

10. Trigger identification and intervention

- The Trigger Grid
- Identifying and recognizing triggers
- Self-intervention before, during, and after triggers

11. Emotional processing

- Western approaches
- Broadening the paradigm: Acceptance of distress (“Inviting your pain to tea”)
- Extinction and counterconditioning through compassion
- Centered processing – a step-by-step approach

12. Working with substance abuse issues in trauma survivors

- Functions and detriments
- Six principles of practice

13. To teach or not to teach meditation – The hybrid approach

14. Intervening in countertransference: Mindfulness, metacognitive awareness, and self-compassion