

**Dr. John Briere** PhD

**The Pain Paradox: East Meets West in a new paradigm  
for processing and moving beyond complex trauma**

**2-DAY SEMINAR**

delphi  
TRAINING AND  
CONSULTING



**Overview of Program**

**The Pain Paradox: East Meets West in a new paradigm for processing  
and moving beyond complex trauma**

As our field matures, and currently-promoted therapies are tested in the real world, the limitations of some approaches to PTSD and complex trauma are becoming clear. Fortunately, researchers and clinical practitioners are discovering the power of new affect regulation interventions, interpersonal therapies, and empirically-based mindfulness and compassion models that, in combination with newer approaches to therapeutic exposure, are generating a “third wave” of effective approaches to trauma. As importantly, clinicians are increasingly discovering the limits of medical model approaches to trauma-related difficulties, and are moving beyond the need to “fix” or “cure” problems that are not diseases or disabilities in the first place. As it turns out, acceptance, growth, and wisdom -- all achievable by the trauma survivor -- are natural complements to symptom reduction techniques, and often bring the client to new levels of awareness and appreciation.

This workshop presents the *Pain Paradox*, an East-West theory of trauma-related suffering that suggests that the “solution” to unwanted states is not to avoid, suppress, or intellectualize, but rather to carefully engage, accept, process, and even use painful material in the context of a compassionate therapeutic environment. Building on his most recent books with valued co-authors (*Principles of Trauma Therapy, 2nd edition, DSM-5 Update (2014)* and *Mindfulness-oriented interventions for trauma: Integrating contemplative practices (2015)*], this two day presentations offers new approaches, insights, and perspectives described in John Briere’s book-in-progress, *The Pain Paradox: Embracing the unwanted in the search for well-being*.

This workshop includes the following topics, taken from *The Pain Paradox*:

- The pain paradox and the suppression effect
- Engaging compassion as it counters harsh self-perceptions and reprocesses early relational schema;
- The second arrow: Reducing identification with posttraumatic thoughts and feelings;
- Mindfulness as a freedom technology;
- Metacognitive and existential awareness as clinical goals
- Urge-surfing, trigger management, and mindfulness-based breath techniques for self-regulation;

- Titrated memory processing and the new science of reconsolidation;
- RAIN: An algorithm for decreasing countertransference;
- Processing socially-transmitted schema about personal unacceptability and imperfection, and
- New work on engaging anger, hatred, and revenge;

### **Biography**

John Briere, Ph.D., is Associate Professor of Psychiatry and Psychology at the University of Southern California, Keck School of Medicine. A past president of the International Society for Traumatic Stress Studies, he is recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. Dr. Briere is principle investigator of a large federally-funded project to train clinicians in the treatment of socially marginalized and multiply traumatized adolescents, and is a consultant/teacher in the burn, emergency, and psychiatric inpatient services at Los Angeles County-USC Medical Center. He is author or co-author of over 140 articles and chapters, 15 books, 5 grant-related treatment manuals, and 9 trauma-related psychological tests. He teaches on trauma, therapy, and mindfulness internationally. His website address is [johnbriere.com](http://johnbriere.com).