

Interacting with Traumatized Clients: From Knowledge to Practice

Triune Brain Model

Rational Brain

Pre-frontal cortex/Neo Cortex
Rational thoughts, modulates emotional responses
Responsible for: _____, abstract thought, imagination and decision-making

Limbic System

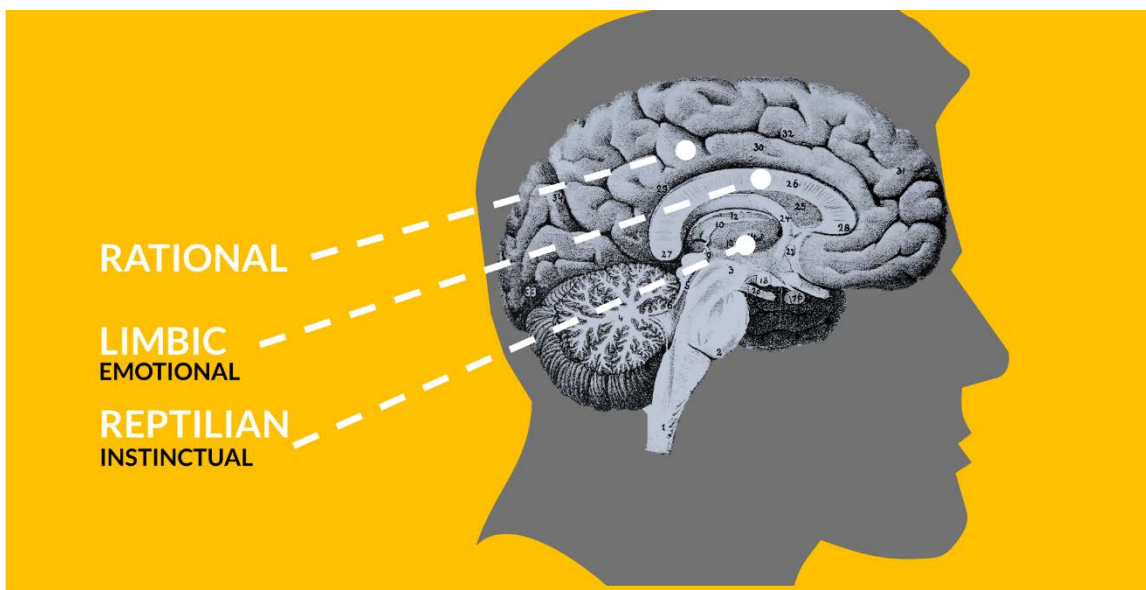
_____, _____
Emotional mind
Responsible for: _____ and drives

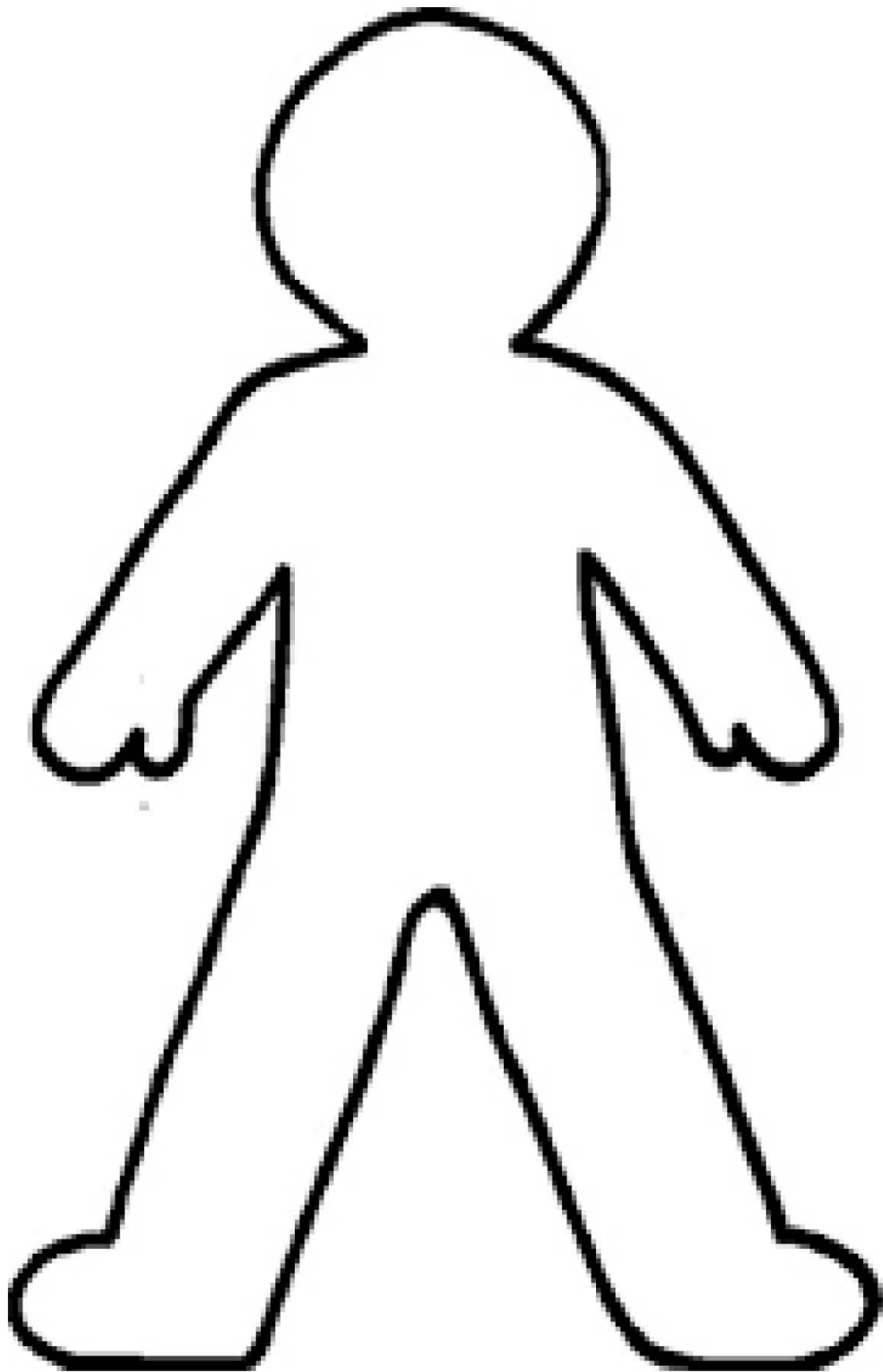
(Rational Brain and limbic system are more advanced parts of the brain, developed in order to function with other human beings, in relationships and communities)

Primitive Brain

Vital signs, and _____
Responsible for: _____, 'gut reactions'

(Primitive brain is ancient and functions to ensure basic survival)



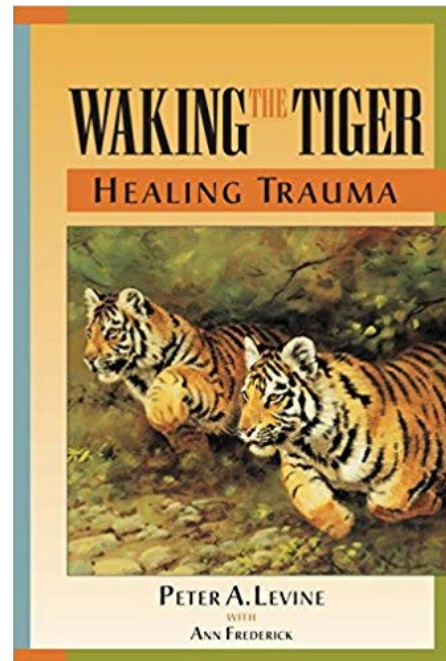


Resources

Reading

Waking the Tiger: Healing Trauma
Peter A. Levine with Ann Frederick

Available on Amazon



Training

Cognitive-Behavioral Interventions and Cognitive-Behavioral Interventions for Substance Abuse (CBI and CBI-SA)

University of Cincinnati

“The Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA) curriculum is designed for individuals that are moderate to high need in the area of substance abuse and well suited for criminal justice populations. The curriculum can be delivered as a stand-alone substance abuse intervention, or incorporated into a larger program, particularly those designed for clients in the corrections system. As the name of the curriculum suggests, this intervention relies on a cognitive behavioral approach to teach participants strategies for avoiding substance abuse. The program places heavy emphasis on skill building activities to assist with cognitive, social, emotional, and coping skill development. Such cognitive behavioral strategies have routinely demonstrated high treatment effects, including when used with a correctional population.

The curriculum is non-proprietary, but training is required. An adolescent version is also available.”

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Cincinnati, OH 45221
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Healing trauma

Dr. Stephanie Covington

“6-week, skills-based program particularly designed for settings requiring a shorter intervention: jails, domestic violence agencies, and sexual assault services. There are detailed instructions (specific lesson plans) for the session topics which include: the process of trauma, power and abuse, grounding and self-soothing, and healthy relationships. There is a strong emphasis on grounding skills. The workbook can be printed in both English and Spanish.”

Beyond Violence

Dr. Stephanie Covington

“*Beyond Violence* is an evidence-based manualized curriculum for women in criminal justice settings (jails, prisons, and community corrections) with histories of aggression and/or violence. It deals with the violence and trauma they have experienced, as well as the violence they may have perpetrated. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors. It addresses the factors that put people at risk for experiencing and/or perpetrating violence. This model is used by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and was used in the Prison Rape Elimination Act (PREA) research on women in prison. This is a 20 session (40 hour) intervention that consists of a facilitator guide, participant workbook and DVD. “

Available for purchase at info@stephaniecovington.com