# Course: beyond verbal disclosure: identifying trauma in voice and body

**Address:** https://asadis.net/en/course/beyond-verbal-disclosure-identifying-trauma-in-voice-and-body/

**Duration:** 3h

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** $48.00

**Overview:**
A client can describe severe trauma with complete composure, use humor to deflect pain, or intellectualize abuse without accessing emotion. Standard verbal disclosure often masks rather than reveals the depth of traumatic impact. What survivors don't say—and how they say what they do—frequently carries more clinical information than the content itself.

In this course, you will learn to identify trauma through paralinguistic and nonverbal channels that operate beneath conscious awareness. You will develop precision in tracking vocal markers, body signals, and communication patterns that reveal autonomic nervous system states before coherent narratives emerge.

You will deepen your understanding of how trauma reshapes communication across multiple dimensions:

• Paralinguistic indicators: pitch shifts, vocal constriction, disfluencies, breath patterns
• Nonverbal trauma markers: microexpressions, postural collapse, freeze responses, eye contact patterns
• Linguistic coping strategies: numbing, intellectualization, alexithymia, humor functions
• Autonomic expression and suppression: sympathetic arousal and dorsal vagal shutdown signatures

You will strengthen your capacity to assess when silence signals containment versus withdrawal. You will learn to recognize "speechless terror" as a neurobiological response rather than resistance. You will integrate communication science frameworks with polyvagal theory to inform case conceptualization and treatment planning.

The training will guide you through identifying disfluencies as emotional data points, tracking repetition as self-regulation, and reading vocal quality as a window into nervous system activation. You will explore how your own vocal presence, movement, and affect regulation influence client safety and disclosure capacity.

These refined observational skills will enhance your clinical precision in trauma assessment. You will exit with concrete markers to track in session, expanded attunement capacity, and evidence-based tools for recognizing implicit trauma signals that standard talk-based approaches miss.

**Learning objectives:**

1. Identify verbal and nonverbal communication patterns commonly seen in trauma survivors, including paralinguistic markers
2. Analyze the role of humor and other coping strategies in trauma narratives
3. Assess the impact of the therapist’s affect on the processing of trauma narratives and therapeutic outcomes

**Learning material:**

A theoretical course illustrated with clinical examples. This course is composed of videos lasting 5 to 15 minutes each. The training PowerPoint is available for download.

**Audience:** This course is intended for all mental-health experts

**The expert**

Dr. Corey Petersen is a clinical psychotherapist who brings a distinctive lens to trauma-informed practice through her dual expertise in psychotherapy and communication science. She earned her Ph.D. in Communication Studies from the University of Kansas, where her research focused on psychotherapeutic language and communication ethics, alongside dual Master's degrees in Marriage and Family Therapy and Professional Communication.

Dr. Petersen's clinical work centers on helping survivors of trauma, with particular expertise in identifying implicit trauma markers through paralinguistic and nonverbal assessment. Her integration of communication theory with therapeutic practice allows her to train clinicians in recognizing what clients communicate beyond their words—through voice quality, body signals, and linguistic patterns that reveal autonomic nervous system states.

As owner of Communication and Connection Therapy, Dr. Petersen maintains an active clinical practice while serving as a continuing education trainer and corporate communication consultant. With over nine years of collegiate teaching experience spanning communication and psychology departments, she excels at translating complex research into immediately applicable clinical skills. Her published research and training programs bridge neuroscience, polyvagal theory, and communication science to enhance clinicians' observational precision in trauma assessment.

Dr. Petersen is recognized for making sophisticated theoretical frameworks accessible to practicing clinicians,

helping mental health professionals develop refined attunement capacities that standard verbal-focused training often overlooks.

**Syllabus**

PowerPoint
Introduction
The Basics: Communication Styles, Patterns, and Theory
Communication Theory
Communication Styles
Communication Patterns
Language, Meaning, and Culture
Trauma's Impact on Communication
How Trauma Shapes Communication and Perception
The Limits of Talking about Trauma
Autonomic Expression and Suppression
Linguistic Numbing and Dissociation
Paralinguistic Trauma Markers
Paralinguistic Indicators of Trauma
Auditory Overwhelm and Pitch
Disfluencies and Repetition as Data
Speechless Terror and Silence as Containment
Nonverbal Behavior Trauma Markers
Universal Facial Expression and Nonverbal Behavior Trauma Markers
Nonverbal Body Behavior
Linguistic Shifts- Humor and Coping
Linguistic Shifts and Displacement
"Good Client" Politeness and Minimization
Therapist Attunement in Trauma Processing
Therapist Affect
Embodied Witnessing
Affective Co-Regulation and Building Affective Competence
Active Listening
Affect Presence and Culture
Repair and Reconnection
Assessing Trauma Cues
Ethics in Trauma Practice
Conclusion

**Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to

measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

**Questions?** Feel free to contact us at *contact@asadis.net*