Course: clinical approaches to addressing medical trauma

Address: https://asadis.net/en/course/clinical-approaches-to-addressing-medical-trauma/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Most trauma work rests on a quiet assumption: the danger is over, and safety can be re-established. Medical trauma breaks that assumption. The threat is internal, carried in the body, and recalled every time attention turns inward. Pain, palpitations, scars or a medical device can function as trauma cues that cannot be avoided. Avoidance itself becomes dangerous, because what is avoided is often the care required to survive.

This workshop examines medical trauma as a distinct clinical entity, with its own course, cues and treatment implications. It draws on current research across injury, critical care, cancer, cardiac events and chronic illness. The focus stays on what changes in the consulting room once medical trauma is properly conceptualized.

You will learn to identify medical trauma exposure across peri-trauma, acute treatment and long-term phases.

The training clarifies how physical symptoms, threat appraisal and physiological arousal sustain one another, and how this mutual maintenance cycle shapes presentation.

You will explore the four dimensions of impact: biological, psychological, social and existential.

Assessment strategies are addressed in detail, including screening tools such as the LEC-5, PCL-5 and PDS-5, alongside domains often overlooked: health care orientation, vocational and financial consequences, relational functioning and health behaviours.

You will discover how prior trauma intersects with medical stressors through physical, sensory, phenomenological and thematic pathways.

The biopsychosocial formulation model structures this material into a working conceptualization, organizing predisposing, precipitating, perpetuating and protective factors. Loss, grief and adjustment to chronic illness are treated as central rather than peripheral.

You will strengthen your capacity to intervene at patient, provider and system levels using a multi-level trauma-informed framework. Medical invalidation, discrimination and power differentials are examined as active contributors to distress, not background noise.

The result is a set of transferable practices for clients whose distress is entangled with their medical care. Clearer conceptualization supports more precise intervention, reduces avoidance of necessary treatment, and improves engagement across the care continuum. The approach remains applicable whether you work in a hospital setting, private practice or community services.
Clinical examples illustrate each framework throughout, grounding theory in recognizable presentations.
Learning objectives:
1. Identify key features of medical trauma, its impact on mental health, and treatment engagement
2. Assess the psychological and physical symptoms of medical trauma and apply a comprehensive conceptualization to guide treatment.
3. Employ evidence-based strategies to address the unique needs of patients impacted by medical trauma

Learning material:
A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

Audience: This course is intended for all mental health professionals.

The expert
Sacha McBain, PhD, is a clinical psychologist and associate professor at Rush University Medical Center in Chicago, where her clinical and research work focuses on trauma recovery for people affected by serious injury and illness. She is recognized nationally as a leader in medical traumatic stress.

Her peer-reviewed publications address the conceptualization and treatment of medically induced PTSD, including the ways physical symptoms, threat appraisal and physiological arousal sustain one another, and how prior trauma intersects with medical stressors. She contributed to the American College of Surgeons' Best Practice Guidelines for mental health screening and brief intervention after traumatic injury, work that shapes how trauma centers identify and respond to psychological risk across the care continuum.

She is also co-author of Medical Trauma: Assessment Tools, Coping Skills, and Recovery Strategies for Survivors and Therapists, a workbook written for both patients and clinicians. Her teaching integrates acute

care experience with practical frameworks for assessment, biopsychosocial formulation and trauma-informed intervention at patient, provider and system levels, illustrated throughout with clinical examples drawn from injury, critical care, cancer, cardiac events and chronic illness.

Syllabus

PowerPoint
Introduction
Defining Medical Trauma & Its Impacts
Defining Medical Trauma
Impacts of Medical Trauma: Biological
Impacts of Medical Trauma: Psychological Part I
Impacts of Medical Trauma: Psychological Part II
Impacts of Medical Trauma: Psychological Part III
Impacts of Medical Trauma: Social Part I
Impacts of Medical Trauma: Social Part II
Impacts of Medical Trauma: Existential
Conceptualization
Biopsychosocial Case Formulation
Conceptualizing Medical Trauma: Biological
Conceptualizing Medical Trauma: Psychological
Conceptualizing Medical Trauma: Social
Assessment and Intervention
Assessing Medical Trauma & Its Impacts
BITTEN Model: An Applied Trauma-Informed Healthcare Model
Culturally and Context-Informed Intervention
Conceptualization & Treatment
Cross-Cutting Interventions
Addressing Traumatic Stress Symptoms & Treatment Overview
Adaptations & Modifications to Treatment
Cognitive Restructuring- Internalized Ableism
Addressing Health Concerns
Cross-Training, Treatment Models & Examples
Key Takeaways & Future Directions
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*