



## **Course: neuroscience-informed treatment of trauma and ptsd**

**Address:** <https://asadis.net/en/course/neuroscience-of-trauma-and-ptsd-recovery/>

**Duration:** 4h30

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** \$168.00

### **Overview:**

Working with trauma survivors requires nuanced clinical strategies that reflect the growing body of research on trauma's neurobiological impact. As clinicians, we are increasingly tasked with integrating these neuroscientific insights into established therapeutic approaches while sustaining a strong therapeutic alliance.

This advanced training offers a neuroscience-informed framework for the treatment of trauma and PTSD, bridging contemporary research with direct clinical application. It is led by Dr. Janene Donarski, Licensed Clinical Psychologist with over 20 years of specialized experience in neuropsychology and trauma treatment.

By examining how trauma alters brain structures and stress response systems, you will enhance your capacity to design targeted, evidence-based interventions that address both neurobiological and psychological dimensions of trauma.

Through this training, you will:

- Refine clinical assessment by integrating neurobiological markers of trauma for more precise intervention planning- Strengthen the use of evidence-based protocols through a deeper understanding of the neural circuits underlying trauma responses- Apply practical neuroscience-informed techniques across therapeutic modalities including CBT, EMDR, and exposure-based treatments- Enhance therapeutic engagement by explaining trauma's neurobiological mechanisms in accessible ways that improve client motivation and outcomes

By transforming complex neuroscientific concepts into concrete clinical tools, this training equips you to deliver more effective, scientifically grounded trauma treatment.

**Learning objectives:**

1. Define types of trauma and PTSD and the effects on mental health
2. Identify the neurobiological changes in the brain and body and how neuroscience-informed care can help develop more targeted interventions
3. Use evidence-based interventions to ensure effective and appropriate interventions
4. Implement methods for teaching clients how to influence emotional response, integrate sensory information, and modulate decision-making, attention and memory

**Learning material:**

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

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

**The expert**

**Dr. Janene Donarski, PhD, LP, CCATP, ECDCS** is a Licensed Clinical Psychologist with over 20 years of specialized experience in neuropsychology and trauma treatment. She brings extensive expertise in: **Clinical Specializations:** - Neuropsychological assessment across the lifespan - Trauma and anxiety treatment - Veterans and military family care - Forensic psychological evaluation **Advanced Certifications:** - EMDR Level II practitioner - Clinical Anxiety Treatment Professional (CCATP) - Evergreen Dementia Care Specialist - Certified Hypnotherapist - Neuro-Linguistic Programming practitioner Dr. Donarski serves on the board for Clinical Anxiety Treatment Professionals certification and has trained mental health professionals for over a decade. She is the author of "Anxiety & Trauma Recovery Book: Using a Neuroscience-Informed Treatment Response to Healing" and maintains an active private practice specializing in complex behavioral and neurological conditions.

**Syllabus**

PowerPoint

Introduction

Understanding Trauma and Anxiety

Definition and Types of Trauma

Effects of Trauma and-or PTSD

The Origins of Trauma

The Neurobiological Reaction

Brain Structures

Amygdala and the Sympathetic Nervous System

Trauma and Anxiety

## Clinical Assessment and Treatment Foundations

Clinical Screenings and Evidenced-Based Interventions

Treatment Preparation

Paradoxical Therapy

Acceptance Over Avoidance

Diaphragmic Breathing

Self-Care Assessment

Safety Behaviors

## Exposure Models and Cognitive-Behavioral Strategies

Exposure Therapy- Models and Types

Different Exposure Therapy

Goals for Exposure & Personalized Interventions

Tips for Treatment Effectiveness

EMDR

CBT Part I

CBT Part II

Reframe Anxiety

Narrative Therapy

Acceptance and Commitment Therapy

Neuroscience Key Strategy and Identifying the Con

DBT

Self-Compassion

AWARE Observation Skills and Homework

The Panic Cycle

Inhibitory Mismatch and Non-Linear Hierarchy

What Else to Consider

Conclusion

Bibliography

## Additional Resources

Handout - ABCWorksheet

Handout - Challenging Questions

Handout - Identifying Emotions

Handout - Patterns of Problematic Thinking

## **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).

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision). For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)