# 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 is a Licensed Clinical Psychologist with over 20 years of specialized experience in neuropsychology, trauma treatment, and evidence-based interventions. Her clinical practice integrates neuroscience research with practical therapeutic applications, making complex brain science accessible and actionable for mental health professionals.

Dr. Donarski's expertise spans neuropsychological assessment across the lifespan, trauma and anxiety treatment, veterans and military family care, and forensic psychological evaluation. She holds advanced certifications including EMDR Level II practitioner, Clinical Anxiety Treatment Professional (CCATP), Evergreen Dementia Care Specialist, Certified Hypnotherapist, and Neuro-Linguistic Programming practitioner.

As a board member for Clinical Anxiety Treatment Professionals certification, Dr. Donarski has trained mental health professionals for over a decade, translating neuropsychological research into clinical practice. 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.

Dr. Donarski's teaching approach emphasizes the neurobiological foundations of therapeutic interventions, helping clinicians understand not just what techniques to use, but why they work at the neural level. Her training programs equip practitioners with evidence-based tools for working with treatment-resistant presentations and integrating body-based awareness into traditional therapeutic frameworks.

**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
Additional Resources
Handout - ABCWorksheet
Handout - Challenging Questions
Handout - Identifying Emotions

**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*