



APPROACHES IN RELATIONAL TRAUMA AND MENTAL HEALTH

Welcome to our latest GXC BLAST.

Here is a selection from our extensive continuing professional development agenda on **Approaches in Relational Trauma and Mental Health**.

Leading experts share insights on trauma work, modern attachment theory, relational life therapy, and shadow work, ensuring you leave with practical tools to elevate your practice and enhance client care.

Merging brain science with therapeutic practices, considering societal, cultural, and relational factors in treatment, and providing actionable strategies to improve client outcomes.

As a not-for-profit organization, GXC unites diverse professionals to enhance patient care and wellbeing.

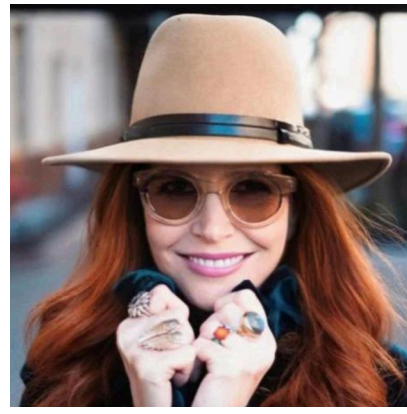
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A Relational Life
October 8th 2024 | 1:00 - 2.30pm



Terry Real, LIC SW is an internationally recognized family therapist and author of "Us: Getting Past You and Me to Build a More Loving Relationship." He created Relational Life Therapy (RLT) and has worked with thousands of individuals, couples, and therapists.



Michelle Esrick is an award-winning filmmaker and social activist known for her films "Cracked Up" and "The Wavy Gravy Movie." She collaborates with experts to raise awareness on trauma and recovery.

Overview: Terry Real's Relational Life Therapy (RLT) offers a progressive couples therapy model that addresses complex dynamics and fosters connection. This session highlights the power of relational skills in transforming personal and community relationships. Through insights from Terry Real and filmmaker Michelle Esrick, attendees will learn how RLT helps partners understand negative patterns, make rapid changes, and heal relational trauma.

Learning Objectives:

- Understand core principles and techniques of RLT.
- Manage power dynamics in intimate relationships.
- Gain practical skills for fostering connection and intimacy.
- Recognize the impact of relational skills on personal transformation.

Chasing Shadows; Using Shadow Work in the Quest for Healing

October 9th 2024 | 8:30 - 11:30am



Overview: This workshop delves into the concept of shadow work, which originated with Carl Jung and has evolved over the years. Participants will explore how shadow work relates to trauma and hardship, using tools and modalities to identify and change behaviors for healing. The session focuses on understanding the subconscious mind and discovering

Terra Holbrook, LCSW, CADC is a speaker, educator, and facilitator specializing in mental health and addictions. She co-founded Family Recovery Center and developed programs addressing trauma for first responders and other individuals.

hidden aspects that hinder growth and self-understanding.

Learning Objectives:

- Describe the history and recent developments of shadow work.
- Learn the connection between shadow work and trauma.
- Use session tools to explore the shadow side and encourage growth.
- Develop a plan for continued work with the shadow self.

Integrating Neuroscience, Psychopharmacology and IFS For Trauma

October 8th 2024 | 9:45 - 10:45am



Dr. Frank Anderson, MD is a psychiatrist and psychotherapist specializing in trauma and dissociation. A former clinical instructor at Harvard Medical School, he integrates neuroscience knowledge with the Internal Family Systems model in his therapy approach.

Overview: This presentation delves into the neurobiology of trauma and the role of medications in treating trauma and dissociation. It explores how trauma affects brain function and discusses the distinctions between biological and psychological symptoms. Using the Internal Family Systems model, the session demonstrates how to navigate medication decisions and integrates biological, psychological, and systemic perspectives for effective therapeutic outcomes.

Learning Objectives:

- Understand the basics of neuroscience in relation to therapy.
 - Categorize memory types and understand neurobiology of trauma.
 - Gain insight into medication mechanisms and neurotransmitters.
 - Distinguish between biological and psychological symptoms.
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Shattered Wounds: Understanding Betrayal and Relational Trauma

October 8th 2024 | 3:00 - 4:30pm



Dr. Adam McLean, Psy.D. is the Director of Business Development for Guest House Ocala, with a focus on trauma and addiction. He has extensive experience in developing treatment programs that combine traditional therapy with outdoor adventure and other modalities.

Overview: This session explores the relationship between betrayal trauma and PTSD, including the neurological impacts of PTSD. Betrayal trauma, which occurs when trusted individuals or institutions violate one's trust, can have profound psychological consequences. Understanding the interplay between betrayal trauma and PTSD is crucial for developing effective treatment strategies that address both the psychological and biological dimensions of trauma.

Learning Objectives:

- Recall the concept of neuroplasticity and its implications for trauma recovery.
- Compare various trauma treatment modalities.
- Summarize the concept of betrayal trauma and its impact
- Apply effective treatment modalities in clinical practice.

Modern Attachment Theory: A Clinically Integrated Paradigm

October 8th 2024 | 8.30 - 9.30am



Dr. Anne Kelley, Ph.D. is a licensed psychologist and co-founder of the



Sue Marriott, LCSW, CGP is a licensed clinical social worker with 30+ years in

podcast "Therapist Uncensored." She specializes in couples therapy from an integrative attachment-based relational framework. Dr. Kelley brings her love of research and relational sciences to audiences both nationally and internationally.

bringing attachment theory and interpersonal neurobiology into mainstream understanding. She co-hosts the popular "Therapist Uncensored" podcast with Dr. Anne Kelley, translating complex psychological concepts into practical insights.

Overview: Attachment theory has evolved significantly over the past 70 years. This workshop reconceptualizes attachment by examining it as a dynamic process influenced by lifespan, relationships, and contexts. Integrating insights from relational neurobiology, trauma science, and cultural studies, this new framework helps clinicians understand the impacts of societal systems and lived experiences on attachment security. The session provides practical strategies to enhance therapeutic attunement and secure relating abilities, ultimately improving outcomes for all clients.

Learning Objectives:

- Examine limitations of traditional attachment categorizations.
- Explore a spectrum-based framework of attachment activation.
- Analyze defensive activation patterns and targeted interventions.
- Identify societal influences on attachment security.

[Review the agenda](#)

CE Credits



This year, GXC 2024 is partnering with TPN.Health to provide free continuing education, advanced career-building opportunities, and a digital profile to gain visibility within the larger clinical community.

TPN.health strives to promote a safe space to connect the behavioral health ecosystem. Their mission is to improve behavioral health outcomes – and everything they do supports this goal.

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