

# Trauma, PTSD and Substance Abuse (sample agenda)

Julie A. Owens

- 9:00 – 10:00    Definitions of Trauma – APA, etc.  
Why Trauma Must be Addressed in Mental Health Settings  
Impact of Trauma – Physical, Psychological  
Common Traumatic Events  
Traumatic Stress Defined  
Symptoms of Traumatic Stress  
Assessing Life History of Trauma – The Traumatic Life Events Questionnaire (TLEQ)  
Impact of Cumulative Stress  
Posttraumatic Stress Disorder – diagnostic criteria, assessment issues & instruments  
Question & Answer Period
- 10:00 – 10:15    Break
- 10:15 – 11:00    Violence Against Women – The Most Common Source of Traumatic Stress?  
Physical Abuse – Impact on Health  
Psychological Abuse – Is it Torture?  
Risk Factors for Developing PTSD  
Resiliency Factors  
Parents with PTSD  
Research Findings  
Children with Traumatic Stress – DV, etc.  
Risk Factors for Developing PTSD  
Resiliency Factors  
Research Findings  
Co-Morbid conditions  
Substance Abuse & Trauma – Differences & Similarities, Gender Differences and Treatment
- 11:00 – 12:00    Neurobiological Theories and Findings  
Brain Areas Affected – Prefrontal cortex, amygdala, hippocampus  
Findings from Brain Imaging Studies  
Theoretical Models of PTSD Development  
Memory & Dissociation – Research findings & Theories; “False Memory Syndrome” and  
Memory Complications Related to Substance Use  
Helpful Therapies – Cognitive Behavioral, Pharmacological, EMDR, etc.  
New Research, Theories & Trends Related to Treatment and “Inoculation”  
Question & Answer Period