

## Trauma Work: I

### **Trauma, the nervous system, and change.**

#### **Learn amazing skills and earn 6 contact hours**

It's very popular today to deep dive into the "science" of trauma as if that's all there is. As a clinician, it's easy to be fascinated by the neurology, biochemistry, and genetics involved in a topic this important. In the middle of all this however, it's also easy to lose sight of what really matters... the client... and our ability to effectively help them change.

Have you been looking for a training opportunity that embraces the science, but is entirely focused on the skills you need to help your clients change? Maybe you're new to field, and you're looking to build an understanding of trauma, as well as a skill set that will allow you to really help the people you see. Maybe you're an experienced clinician, and you're looking to further develop your ability to effectively work with trauma. If you're searching for an opportunity to develop your ability effectively change the trauma dynamic, this workshop is for you.

#### **Location:**

The workshop will be held at the Arrowwood Cedar Shore Resort. 1500 Shoreline Drive Oacoma, South Dakota.

[https://arrowwoodcedarshore.com/?utm\\_source=GMBlisting&utm\\_medium=organic](https://arrowwoodcedarshore.com/?utm_source=GMBlisting&utm_medium=organic)

#### **Cost:**

The cost is \$190 per person, and space is limited. Call Sioux Falls Hypnosis at 605-702-6691 to begin your registration process.

#### **Training Outline**

1. Change and the Nervous System
  - A. Adaptation to stress
  - B. Adaptation, stress, and behavior
  - C. Patterns of function in the nervous system
  - D. Patterns of adaptation to stress
  - E. Practice

2. Nervous System States
  - A. Patterns of function and neurophysiological states
  - B. States of function: steps and stages
  - C. Memory, learning, and behavior is state dependent
  - D. Primary organizers of your state
  - E. Practice
  
3. Organization of the Nervous System
  - A. Archetypal, universal organizers of behavior
  - B. Self-organization and how it shapes trauma
  - C. Strategies of function in the nervous system
  - D. Practice
  
4. The Stress Curve
  - A. Tolerating stress and acting out
  - B. The bell curve of stress and its' stages
  - C. Acceptance is the goal of adaptation
  - D. Practice
  
5. Leveling and Trauma
  - A. Focus on emotion and experience
  - B. What change is
  - C. Conversation kills learning
  - D. Leveling as emotional experience
  - E. Practice

6. A Useful Understanding of Trauma
  - A. Neuro-physical activation in the nervous system
  - B. Trauma as biological fight, flight, and freeze
  - C. Frozen activation and learning
  - D. Nervous system learning to cope
  - E. Trauma as developmental learning
  
7. Anchors
  - A. Emotional, physical, and cognitive anchors for states
  - B. Patterns of trauma and the role of anchors
  - C. Working with anchors: interrupting, stopping, and change
  - D. Practice.

### **Learning Format:**

This training will be classroom based, and primarily experiential. It will be a combination of demonstration, lecture, practice, and feedback. Participants will take in information, and then see it demonstrated as a skill. They will have the opportunity to practice these skills, and take feedback on the process. The goal of this training is the development effective clinical skills that are built on sound research, and common sense.

### **Learning Objectives:**

1. Participants will develop an understanding of the nervous system, and its primary functions. Participants will be able to recognize the nervous system as a system of learning and change.
2. Participants will develop an understanding of the relationship between nervous system function, state/mood, and behavioral organization.
3. Participants will develop an understanding of the nervous systems movement through the stress curve, and how to use this to guide trauma work. Participants will practice techniques that impact the nervous system, and its process of learning.
4. Participants will understand the process of trauma from the perspective of the nervous system, and learning. This perspective will focus on the neuroscience of trauma, as well as the common-sense human experience of life. Participants will practice techniques that impact the nervous system with a focus on changing traumatic function.

### Refunds/Cancelations:

If an attendee cancels prior to the first day of training, they will receive a complete refund, minus applicable credit card, or other transfer fees. If an attendee completes the training, and does not feel satisfied with training, they will be refunded half of the cost of the training. Any other concern, or issue can be addressed directly with the trainer.

### Continuing Education:

#### **South Dakota Counseling Association**

The South Dakota Counseling Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2042. Programs that do not qualify for NBCC credit are clearly identified. The South Dakota Counseling Association is solely responsible for all aspects of the programs.

This organization, The South Dakota Counseling Association approval ID 1058, is approved as a provider for continuing education by the: South Dakota Board of Social Work Examiners.

Sadie Hanson Administrator

South Dakota Counseling Association

P.O. Box 95 Aberdeen SD, 57402

[sdca.counseling@gmail.com](mailto:sdca.counseling@gmail.com)

[www.sdcounseling.org](http://www.sdcounseling.org)

#### **South Dakota Social Workers**

Daniel Burow #1067 is approved as a provider for continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 6 hours of continuing education clock hours for participating in this course.

### Trainer

Daniel Burow is a psychologist, consultant, trainer, and past C-suite executive for healthcare and behavioral health operations across the United States. He started his career as a Professor of Psychiatry at the University of South Dakota School of Medicine. He left this position to be a founding partner, and the Vice President of Operations at Curaquick, one of the nation's first retail health care chains. The Curaquick team opened clinics in seven states working with both Walmart and HyVee stores. Daniel sold his interests in Curaquick, and went on to become the Chief Clinical Officer at Deer Oaks Mental Health. He was part of the management team that took Deer Oaks from 150 clinicians in 9 states to more than 300 clinicians in 19 states. During his time at Deer Oaks, the company went from 13 million to 30 million a year in revenue. Daniel left Deer Oaks to take the position as Vice President of Operations with Medoptions, at that time the nation's largest provider of behavioral health services in rehabilitation and long-term care. At Medoptions he managed a clinical staff of more than 800 Social Workers, Psychologists and Psychiatrists providing care in 21 states, including psychotherapy, and psychiatry services. While at Medoptions, Daniel managed the integration of one of the largest behavioral health business acquisitions ever completed, and when he left Medoptions the company generated over 90 million a year in revenue.

Daniel currently works as a consultant for corporations, and private equity groups who are engaged in the behavioral health space. He specializes in working with executive teams, operations managers, and clinical staff to improve operations, revenue cycle, and clinical services. Daniel has ownership interests, and management roles in multiple behavioral health services.

Daniel is the owner of Sioux Falls Hypnosis where he offers hypnosis services as well as training, mentorship, and supervision for psychologists, counselors, social workers, hypnotists, coaches, business managers, sales staff, and lay people working in the helping fields. Daniel provides training programs in advanced communication, non-verbal communication, and behavioral analysis to business teams, sales teams, clinical teams, government agencies, and law enforcement groups.

Daniel is the author of *Rebels Poets and Mystics*, published in 2008 as well as his latest book, *The Bigger Picture*, which was released in 2021 and available on Amazon.

### What others say...

If you want a new, exciting, interactive learning experience, look no further. Daniel has vast knowledge in this field and is able to lead your practice in a new direction that makes sense to you.

Kelsey Foote, Counselor SD

Daniel Burow is a talented hypnotherapist and teacher. He is compassionate, creative and has tremendous integrity. I highly recommend him!

Dr Stephen Gilligan, Psychologist CA

Our attendees raved about his cutting-edge knowledge, warm manner of delivery, and seamless transition between topics. Dan is very articulate and answers questions with ease. Many of our participants commented that the sessions were not long enough and expressed a desire to see him present during a longer time slot. He is able to break down complex topics... at a level that even the layman can understand. His enthusiasm for knowledge and his desire to share that with others makes him a top-notch presenter. SDCA is looking forward to working with him again in the future.

Rebecca Christiansen, LPC-MC, LPC, NCC SDCA Executive Director

The most useful part of this training was truly embracing my inner intuition and "go with it." You will make mistakes and that's okay. The point is to be authentic and create the most powerful experience possible for client.

Megan Spawn, Counselor SD

Not only did the training provide me with the skills I needed to practice, but it led me to gain insight into myself and achieve a level of confidence to do my life's work. When I walked into this training... I did not have this.

Akela Sorenson, Counselor SD

This training has changed the way I look at my career and the world of mental health completely – to say I walked away with a set of useable skills would probably be the least valuable thing I could tell you... I can't wait to see where I'm going from here

Holly Garrett, Counselor SD

Hypnosis is truly the missing piece to overall care for others. Daniel was so personable and knowledgeable and made me want to continue to know more.

Cori Haag, Counselor SD

I now see what I need to see and I understand how to achieve what needs to happen to help others decide to change. This means I have more capacity and more energy and I can bring therapy to a whole new level.

Blair Sedlacek, Social Worker SD