

PRESENTS

LINDA THAI, LMSW

**BOTTOM-UP STRATEGIES FOR WORKING AT
THE INTERSECTION OF TRAUMA AND
NEURODIVERGENCE**

DATE: SATURDAY, NOVEMBER 16, 2024

TIME: 9:00 AM - 12:00 PM

(REGISTRATION: 8:30 AM - 9:00 AM)

LOCATION: VIRTUAL VIA ZOOM MEETING

WORKSHOP SUMMARY:

This interactive workshop is designed for social workers and other therapists who wish to enhance their knowledge of working with bottom-up strategies to support their clients with histories of complex developmental trauma who may/may not identify as neurodivergent.

We will start with the impact of acute and chronic perceptions of threat on the nervous system. We'll look at how the psyche adapts to create future-oriented survival strategies that guide responses in the present, how that turns into autonomic nervous system dysregulation, and how it can present in various DSM diagnoses. You'll gain a perspective that depathologizes and destigmatizes the symptoms and experiences of clients so you can reframe the ways in which nervous system dysregulation may be expressed as mental health symptoms.

We will then pivot towards numerous, simple, effective, practical ways to apply this knowledge to bring stabilization, resourcing and regulation - for yourself as well as for your clients.

The second segment of this course will cover the five common sensory systems and the three hidden sensory systems. We'll discuss sensory differences and preferences, Sensory Processing Disorder, and the confluence between sensory system differences, ADHD, Autism and complex developmental trauma. You'll have a working knowledge of sensory differences, the intersection of trauma responses, and innate differences in neuro-processing.



LEARNING OBJECTIVES:

Participants will be able to

- Identify eight physiological responses to perceived overwhelming distress
- Distinguish between reactive survival-oriented responses and proactive preventative survival-oriented responses
- Identify ten holistic causes of stress, anxiety and depression
- Identify one effective client-friendly metaphor to illustrate how trauma triggers become encoded into the brain
- Identify at least eight DSM diagnoses that correlate with various expressions of autonomic nervous system dysregulation
- Identify the five main sensory systems and the three hidden sensory system
- Identify at least three expressions of sensory seeking and of sensory avoidance for each of the sensory systems
- Identify at least three strategies for sensory seekers and for sensory avoiders for each of the sensory systems
- Identify the areas of clinical nuance and complexity when it comes of the confluence of Sensory Processing Differences, ADHD, Autism and complex developmental trauma

DETAILED SCHEDULE:

8:30 AM - 9:00 AM Registration & Refreshments

9:00 AM - 9:50 AM Traumatic stress and the nervous system

9:50 AM - 10:15 AM Bottom-up techniques for stabilization

10:15 AM - 10:30 AM Break

10:30 AM - 11:30 AM Sensory Processing Differences: The Confluence of ADHD, Trauma & Autism

11:30 AM - 12:00 PM Q & A

PRESENTER BIO:

Linda Thai LMSW (she, her) is a trauma therapist who specializes in cutting-edge brain- and body-based modalities for the healing of complex developmental trauma.

As an educator and consultant, she is gifted with the capacity to contextualize, synthesize and communicate complex and nuanced issues pertaining to trauma, attachment and the nervous system, including the impact of oppressive systems upon identity, mental health and wellbeing.

Linda is passionate about breaking the cycle of historical and intergenerational trauma at the individual and community levels, and deeply believes in the healing power of coming together in community to grieve.

Born in Vietnam, raised in Australia, and now living in Alaska, Linda is a former child refugee who is not only redefining what it means to be Vietnamese, to be Australian, and to be a United States-ian....she is redefining what it means to be wounded and whole and a healer.

CONTINUING EDUCATION CREDITS:

FOR PENNSYLVANIA SOCIAL WORKERS, MARRIAGE AND FAMILY THERAPISTS, AND PROFESSIONAL COUNSELORS: This program is approved for credits for professional workshops sponsored by the Pennsylvania Society for Clinical Social Work, a state affiliate of the Clinical Social Work Association listed in Section 47.36 of Title 49, Chapter 47 of the PA Code, State Board of Social Work Examiners. This program is also approved for 3 credits for professional workshops for marriage & family therapists (Section 48.36) and professional counselors (Section 49.36).

FOR NEW JERSEY SOCIAL WORKERS: This program is approved for 3 clinical credits. Attendance at programs or courses given at state and national social work association conferences, where the criteria for membership is an academic degree in social work, are a valid source of continuing education credit (N.J.A.C. 13:44G-6.4(c)4).

Workshop Fees (including CE Certificate):

- Members: \$70
- Non-Members: \$85
- Student Members: \$20
- Student Non-Members: \$30

Late Registration (after November 1, 2024):

- Members: \$80
- Non-Members: \$95
- Student Members: \$25
- Student Non-Members: \$35

Registration Information:

To register for this event, visit <http://www.pscsw.org>. If you need to cancel, refunds (minus a \$15 administrative fee) will be issued up to the program date.

Contact Information:

For more information, please contact Lauren Montemuro at laurendmontemuro@gmail.com or 610-662-9104.

