



# The National Institute for Trauma and Loss in Children

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A Program of **Children's Home of Detroit**

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## Managing and Discharging Activation Syllabi

8:30 a.m. - 9:00 a.m.	Registration
9 a.m. - 10:30 a.m.	Identification of Autonomic Nervous System function in the face of trauma.
10:30 a.m. - 10:45 a.m.	Break
10:45 a.m. - noon	Explore the trauma vortex and healing vortex concept, titration and deactivation of arousal.
noon - 1 p.m.	Lunch
1 p.m. - 2:30 p.m.	Identification of sensory based interventions.
2:30 p.m. - 2:45 p.m.	Break
2:45 p.m. - 4:00 p.m.	Identification of strategies for working with images, affect, memory and behavior.

### **BRIEF DESCRIPTION OF INSTRUCTIONAL FORMAT:**

Videotaped segments of interviews with traumatized children are used to demonstrate intervention process. Didactic presentation provides information and framework related to PTSD; break out sessions provide participants opportunities to practice strategies presented. Multiple handouts provide checklists, etc.

### **GOAL:**

To teach participants varied approaches for deactivating the arousal state so as to help restore normal, affective, cognitive and behavioral functions.

### **SESSION OBJECTIVES:**

To explore our innate survival reflex, the arousal state and the influence of the Autonomic Nervous System on affect, images, memory and behavior as a result of traumatization and the interventions which are designed to “deactivate the arousal state” so as to restore normal affective, cognitive and behavioral functions.

### **LEARNING OBJECTIVES**

The Learner will be able to:

- Identify survival reflexes of the Autonomic Nervous System and its relationship to Autonomic Hyperarousal.
- Identify the mechanisms of the “trauma vortex” and “healing vortex”.
- Identify sensory based interventions as ways to modulate “arousal”.
- Identify strategies for working with images, affect, and behavior related to trauma.