



## Cognitive Behavior Associates Fall Newsletter

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### Upcoming Webinar "Trauma Conceptualization and Treatment: Re-Wiring Survival Instincts toward Healing"

Presented by Amanda Gorlick, Ph.D., & CBTI

Friday, November 9th, 2018  
11am-12:30pm (PST)

A large percentage of individuals experience trauma during their lifespan and a proportion of these individuals develop a diagnosis of PTSD. Even for those who do not receive a diagnosis of PTSD, the experience of trauma could lead to other mental health concerns and functional impairment. Amanda Gorlick, Ph.D., licensed psychologist, will discuss the identification and treatment of trauma-related symptoms and impairment. The webinar will include a discussion of theories, current literature, and



evidence-based practices to inform prevention and treatment in clinical practice. Vignettes will be used.

This webinar is designed to help you:

1. Describe the various types of trauma and symptom presentations in diverse populations.
2. Apply a broad and encompassing conceptualization of PTSD and trauma-related symptoms from a survival/protection perspective, which includes an understanding of the basic neurobiology of fear.
3. Utilize a combination of empirically-supported treatment techniques along with non-specific therapy factors to target trauma and associated symptoms.

1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.  
Joel L. Becker, Ph.D., Founder and Director



[Link to Sign up for Webinar](#)



## Clinicians Corner

### "Trauma Informed Care Facilitates Evidenced-Based Treatment"

by Denica Gordon-Mandel, M.A., MSW

The word *trauma* is being used quite frequently these days. We hear it when describing the experience of children being separated from their parents, those suffering through ongoing gun violence, survivors of sexual assault young and old, after facing natural disaster, managing the

needs of veterans, survivors of war or acts of terrorism, and even as we work to understand the root of the those turning to opioids. Trauma is all around us.

Trauma can be complex, historical, or a single event. Regardless of type, these experiences shatter our client's basic assumption of "I am safe," "People are basically good," and "I am in control." Trauma leaves us feeling powerless, with a debilitating sense of fear and with little hope. Research suggests that potentially half of all adults in the United States has experienced at least one major traumatic event. Other research points to the possibility that many of us stay silent after experiencing trauma.

Although they work hand in hand, trauma informed care is different from providing trauma treatment. While trauma informed care acknowledges the client's experience, evidence-based trauma treatment (and best practices) is the assessment of impact of the event on areas of a client's life and the critical work towards recovery. Cognitive Behavior Therapy (CBT) collaborates with clients to develop a treatment plan that recognizes the impact trauma has had on their life, identify the tools needed to work towards wellness based on identified values, and build a client's overall sense of resiliency. CBT utilizes various treatment strategies such as affect regulation, relaxation/mindfulness training, cognitive processing skills, trauma reprocessing, in-vivo mastery, prolonged and/or imaginal exposure, sessions with family/friends and/or group therapy, as well as ongoing safety enhancement.

As health care professionals, neglecting to acknowledge and treat underlying trauma has an inimical impact on treatment outcome. Grounded by the principles of trauma informed care, clinicians must underscore the importance of the individual's biopsychosocial story, establish a relationship based in collaboration, take the

survivor's perspective, all the while working not to re-traumatize. It's only after taking this trauma informed approach, that clinicians are able to provide the treatment necessary for overall wellness.

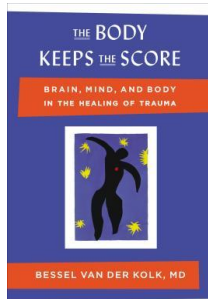
## Our CBA Team is Growing!

*Cognitive Behavior Associates welcomes Greg Stanford, Psy.D., to its team of providers.*

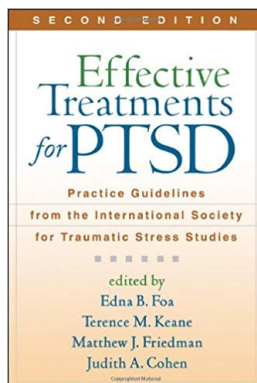


Dr. Greg Stanford is a Licensed Psychologist joining our Beverly Hills location. He also brings CBA an additional location in Arcadia, California, for those seeking treatment on the Eastside. Dr. Stanford is currently undergoing certification to become a Diplomate of the Academy of Cognitive Therapy. Dr. Stanford began his training in CBT in 2007, with a year-long internship treating panic, generalized anxiety, OCD, social anxiety, and agoraphobia. Dr. Stanford is also a member of World Professional Association for Transgender Health (WPATH). He received his Psy.D. in clinical psychology from California School of Professional Psychology in 2009. In addition to treating anxiety and depression, Dr. Stanford specializes in gender identity, grief, sleep disturbance, substance abuse recovery, terminal illness, and trauma.

## Recommended Reading



**The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**, by Bessel a. Van der Kolk  
Renowned trauma expert Bessel van der Kolk spent decades working with survivors. In his book, "The Body Keeps the Score," he explains the basis of traumatic stress, revealing how it rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. [Buy Book](#)



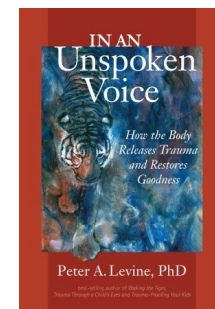
### Effective Treatments for PTSD

Edited by Edna B. Foa, Terence M. Keane, Matthew J. Friedman, Judith A. Cohen

This book is the definitive best-practice reference for practitioners caring for both adult and children that have suffered trauma. Developed by the PTSD Treatment Guidelines Task Force of the International Society for Traumatic Stress Studies, leading clinical scientists reviewed the literature on widely used therapeutic, providing clinicians succinct treatment guidelines and insightful that will help clients and clinicians overcome frequently encountered obstacles. [Buy Book](#)

### In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness

by Peter A. Levine  
"Unspoken Voice" is based on the idea that trauma is neither a disease nor a disorder, but rather an injury caused by fright, helplessness and loss that can be healed by engaging our innate capacity to self-regulate high states of arousal and intense emotions. [Buy Book](#)



## Social Anxiety Group

**Location: CBA Offices**

Social anxiety, the fear of being negatively judged or evaluated by others, is not always experienced in the same way. Some individuals are fearful of a variety of social situations, whereas others may experience anxiety in only one or two contexts. Research has found that the most effective treatment for social anxiety is cognitive-behavioral therapy (CBT). The Social Anxiety Group at CBA is based upon CBT principles. It is designed to help members develop ways to successfully cope with social anxiety, and utilizes methods such as:



- Learning effective communication techniques
- Testing feared social situations in a deliberate, gradual manner (i.e., exposure therapy)
- Identifying negative thought patterns related to social situations and developing new ways of thinking
- Relaxation and mindfulness training

This social anxiety group will offer an environment in which these methods can be efficiently learned and practiced, with the added benefit of real-time feedback from fellow group members. Limited to 8 members, the group will meet weekly for 90 minutes, with one week off per month.

[Please inquire for further details.](#)

Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.  
Founder and Clinical Director of CBA &  
Cognitive Behavior Therapy Institute  
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STAY CONNECTED:

