

The Emotional Aspects of Trauma



Course Director

Rachel Brooks, MD, FCA

Time: 6:30pm - 8:00pm PST

Dates: May 5, 2021 - Session 1 (1.5hrs)
May 12, 2021 - Session 2 (1.5hrs)
May 19, 2021 - Session 3 (1.5hrs)
May 26, 2021 - Session 4 (1.5hrs)
June 2, 2021 - Session 5 (1.5hrs)

CME: No CMEs offered
(exemption not approved)

Cost: \$470 for series
(individual sessions not available for purchase)

Faculty (in chronological order)

Rachel Brooks, MD, FCA

CME Sponsor(s)

Osteopathy's Promise to Children

Activity Website

<https://promise.ce21.com/>

Lecture Series Description

The five presentations in this series are part of my course entitled "The Power of Presence 3". The emphasis of this teaching is on exploring the emotional aspects of trauma in our patients and applying the key concepts of Presence, using Stillness, and the use of active engagement with compressive forces. Practitioners may be uncomfortable with these emotional aspects because it is not often highlighted in our training. This series will offer approaches for communicating and working with patients where emotional trauma is a significant factor. The foundation for this course is grounded in the work of WG Sutherland and several members of his teaching faculty that I had the privilege to learn from. These teachings can be integrated into whatever your current approaches to treatment are and are appropriate for all levels of practitioners.

Learning Objectives

After completing this activity, learners will be able to:

Session 1: Understanding and Recognizing Emotional Trauma

- Understand the nature, reach, and range of emotional trauma.
- Incorporate inquiries about emotional trauma into the history taking.
- Recognize the palpatory clues that emotional trauma may be a significant factor.

Session 2: Working with Emotional Trauma

- Appreciate the crucial role of being grounded, centered, and present and develop skills in being a good listener.
- Develop perspectives and tools for managing the trauma reactions of their patients.
- Develop reflections and strategies for managing their own trauma reactions.

Session 3: Overview of the Neurobiology

- Understand and apply the basic principles of the Polyvagal Theory.

- Identify some of the key regions of the brain impacted by emotional trauma.
- Assess the patient for signs of disrupted neurobiology.

Session 4: Approaches to Treatment -- Part 1

- Develop skills for addressing acute and chronic shock.
- Develop skills for addressing the midline function of the patient.
- Identify some of the key anatomic structures and regions associated with emotional trauma.

Session 5: Approaches to Treatment -- Part 2

- Apply osteopathic treatment to key anatomic structures and regions.
- Understand the use of active engagement and compressive forces in treatment.
- Identify several adjunctive approaches and understand the rationale for their use.

Target Audience

This activity is for osteopathic and medical physicians (DO/MD) and students, and for International Osteopaths.

Prerequisite

There are no prerequisites.

Instructional Format

Internet (live) with slides and audio and internet (on-demand) event with slides and audio after the event.

Instructional Method of Participation

To participate in the activity, physicians will be required to take the following steps:

1. Read the learning objectives and faculty disclosures.
2. Complete Pre-Activity Test.
3. Participate in the activity.

4. Attest to the satisfactory participation in the activity. OPC verifies attestation against Internet (Live) or Internet (On-Demand) **percent viewed**.
5. Complete Post-Activity Test. A grade of 70% or above is required to pass the Quiz. Once you successfully obtain this score you can access your certificate. Attempts allowed: 3. Grading method: highest grade.
6. Complete the Post-Activity Survey and Evaluation. You will receive credit on successfully passing the Post-Activity Test and Post-Activity Survey and Evaluation.
7. Certificate (non-credit) can be accessed in your account via the online portal after ALL these steps are complete.

Schedule/Agenda

May 5, 2021

Rachel Brooks, MD, FCA

6:30PM - 7:30PM Lecture

7:30PM - 8:00PM Q&A, Closing Comments

May 12, 2021

Rachel Brooks, MD, FCA

6:30PM - 7:30PM Lecture

7:30PM - 8:00PM Q&A, Closing Comments

May 19, 2021

Rachel Brooks, MD, FCA

6:30PM - 7:30PM Lecture

7:30PM - 8:00PM Q&A, Closing Comments

May 26, 2021

Rachel Brooks, MD, FCA

6:30PM - 7:30PM Lecture

7:30PM - 8:00PM Q&A, Closing Comments

June 2, 2021

Rachel Brooks, MD, FCA

6:30PM - 7:30PM Lecture

7:30PM - 8:00PM Q&A, Closing Comments

Credit Designation

The Osteopathy's Promise to Children designates this program for a maximum of 7.5 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Exemption approval is currently pending. If approved this program qualifies for AOA Category 1-A credit under an exemption approved by the Council on CME of the American Osteopathic Association.

Accreditation Statement

The Osteopathy's Promise to Children designates this program for a maximum of 14 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT. Osteopathy's Promise to Children (OPC) is accredited by the AOA to provide continuing medical education for physicians.

OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program. In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible

conflicts of interest for the Planning committees, Authors, Faculty and staff.

The following faculty, presenters and planning committee members have indicated that they have no relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
Rachel Brooks, MD, FCA	Course Director, Content Developer & Lecturer	No relevant financial relationships to disclose

The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest		

Course Cancellation & Refund Policy

By applying for this course, the applicant ("Applicant") agrees that the application fee is non-refundable and represents the administrative cost of determining the Applicant's eligibility ("Application Fee"). The application shall require the payment of the Application Fee and the registration fee for the cost of attending the course ("Registration Fee"). In the event an Applicant is denied admission to a specific course, the Registration Fee shall be refunded. An accepted Applicant shall be registered for the course and the registration fee payment shall be credited against the Registration Fee for the specific course. If after registration the Applicant desires to cancel his or

her registration for the course, the Applicant must notify Osteopathy's Promise to Children ("OPC") of their CANCELLATION in writing, ("Notice of Cancellation"), at least fourteen (14) days prior to the initial start date for the course. If the Applicant timely and properly provides OPC with a Notice of Cancellation, OPC will issue a refund of the Registration Fee to the Applicant. If OPC receives a Notice of Cancellation less than fourteen (14) days prior to the initial start date for the course, or an Applicant fails to attend the course, OPC will not issue a refund of the Registration Fee. In the event an Applicant attends the course but feels that the course did not provide the material or training advertised, an Applicant may request a refund of the Registration Fee. All such requests shall state the course name, date and times of Applicant's attendance and the specific reasons for the requested refund. The Applicant's inability to attend a portion of the course shall not constitute a valid reason for a refund. All refund decisions shall be made by the Executive Director whose decision shall be final.

Course Director



Rachel Brooks, MD, FCA

Rachel Brooks, MD, FCA, will speak on "The Emotional Aspects of Trauma". She is a graduate of the University of Michigan Medical School and completed her post-graduate work there in Physical Medicine and Rehabilitation. She holds certifications as Diplomate, American Board of Physical Medicine and Rehabilitation, May 1983 and Diplomate, National Board of Medical Examiners, July 1980. She is currently practicing physical medicine and rehabilitation, specializing in osteopathic manipulative medicine privately in Portland Oregon. Dr. Brooks has been involved in teaching cranial osteopathy since 1986. Her osteopathic journey began when she met Dr. Rollin E. Becker in 1975, just before she entered the University of Michigan Medical School. That first meeting with Dr. Becker inspired her to pursue the study and practice of osteopathy. After completing a residency in physical medicine and rehabilitation in 1982, she began her private practice in osteopathy the following year. At that time, she had the opportunity to study for many years with Anne Wales, DO. In addition to her teaching, she has undertaken several publication projects. She assisted Anne Wales, DO in the editing of *Teachings in the Science of Osteopathy* by William G. Sutherland, DO, and she helped edit the second edition of Sutherland's *Contributions of Thought*. Dr. Brooks is the editor of the Stillness Press books on the teachings of Rollin Becker: *Life in Motion* and *The Stillness of Life*. Dr. Brooks was a member of the board of trustees of the Sutherland Cranial Teaching Foundation, serving from 1988 through 2004. She continues to be sought worldwide for her personal and historical insights regarding the practice and foundations of Osteopathic practice. She is a member of the American Academy of Osteopathy and the Osteopathic Cranial Academy and a Fellow of the Osteopathic Cranial Academy, 2017.

Disclaimer

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. The viewpoints expressed in this CME activity are those of the authors/ faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

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