“It’s like flying instead of crawling,” said one 50-year-old woman describing her life with specialized treatment for complex PTSD versus treatment without. Her story includes severe childhood abuse, attachment issues, bipolar disorder, suicide attempts, domestic violence, depression, anxiety. None of her former providers were treating her complex trauma.

What is complex trauma? Basically, is PTSD on a grander scale. Everything related to the trauma and the symptoms are bigger. There were repeated long-term traumatic events. Normal life experiences become dissociatively managed.

Look for the following in your clients:

- Impaired affect regulation
- Chronic destructive behavior
- Amnesia and dissociation
- Somatization
- Alterations in relationship to self
- Distorted relationships with others
- Loss of one’s system of meanings

(Bessel van der Kolk, 2001)

These are adaptive measures for handling threats to life, identity and attachment. At one time, helpful and necessary, they become a constant alert system for perceived trauma and anticipated disasters.

So what can you do? Here are 7 things that you can start right away:

1.) Educate yourself. In order to look for dissociation and the effects of complex trauma, you have to know what you are looking for. There are good resources online about treating both. The International Society for the Study of Trauma and Dissociation (ISST-D) and International Society for Traumatic Stress Studies (ISTSS) are great resources for therapists--providing education, guidelines for treatment and more. Learn treatments for PTSD and complex PTSD at ISTSS guidelines, ISSTD.

2.) Start looking for dissociative symptoms in your clients. The Dissociative Experience Scale (DES) is a good screening tool and can be found at https://traumadissociation.files.wordpress.com/2014/01/des-ii-copyright-free.pdf. A good article about how to assess dissociation and use the DES can be found at http://www.emdrhap.org/content/wp-content/uploads/2013/11/HAP-DES-Article-Joanne-Twombly.pdf.

3.) If your client has a trauma history, assume dissociation is a treatment issue until proven otherwise.

4.) Learn about and utilize the Window of Tolerance: http://media.wix.com/ugd/074d7e_f319971c904c4c218f7dc191d6766497.pdf. Therapeutic work must happen within the client’s window of tolerance.

5.) Question your clients’ diagnoses. Some of your clients with racing thoughts, sleep difficulties, thoughts of self-harm, relational problems, depression, and somatic complaints have complex PTSD. It is easy to diagnosis them with bipolar disorder, borderline personality disorder and major depressive disorder, especially as they fail to respond to treatment. They may very well have multiple diagnoses and may need medication for stabilization, but specific treatment on how to stabilize PTSD symptoms will be needed.

6.) Think about dissociation on a continuum from one end where we all dissociate, not remembering how we got to the grocery store and the other, where there are separate parts dealing with and functioning in life.

We encourage you to submit short articles (50-500 words) on therapeutic approaches, mental health topics, case studies, or therapeutic book/movie reviews, etc., & will publish them as space allows. We reserve the right to edit all submissions.
(Continued from Page 1)

7.) Seek consultation from a trauma-focused therapist, join a listserv, join a consultation group focused on trauma and trauma treatment.

We hope that by using these tips, your clients will be flying instead of crawling, too!

Flo Holt is a licensed professional counselor/psychotherapist with over 20 years of experience working with children, teens and adults in private practice, mental health agencies, college campuses, foster care agencies and domestic violence programs. She specializes in complex trauma, PTSD, attachment, child and family conflict, adults who experienced childhood trauma, anxiety and life transitions. She is an EMDRIA Approved Consultant and certified in EMDR. She offers individual and group consultation in EMDR. She can be reached at floholt@livethejourney.com.

Dorinna S. Ruh, LCSW, CACIII has been in the counseling field since 1989. She is currently in private practice where she focuses on treating complex trauma. Dorinna is certified in EMDR, an Approved Consultant in EMDR, and a facilitator-in-training for HAP/Trauma Recovery. In addition to her therapy practice she provides individual consultation, group consultation and training in EMDR and trauma treatment. Dorinna can be reached dorinnalcsw@aol.com.

Dorinna and Flo co-coordinate the Northern Colorado Regional EMDR Network at nocoemdr@aol.com.

Spring Mini-Training series with Dorinna Ruh, LCSW, CACIII

The Importance to Orienting to Time and Place

Time gets distorted when someone has a history of trauma. The adult sitting in our office knows that it is 2017, but parts of her or him are stuck in the past. These parts are unaware of the client’s actual age, physical place or present safety. They react from this child-like perspective. Orienting these parts to the present is an enormously helpful and stabilizing resource.

This two-hour presentation will focus on learning the basics of using this important concept. The information in this training is very applicable to EMDR, however, this is not an EMDR training.

When: Thursday, March 30th 9:00—11:00am (come at 8:45 am for sign in, coffee, tea and snacks)

Cost: $45/person

The Window of Tolerance

This one-hour class will teach participants what this indispensable tool is and how to use it as a resource for both clients and therapists.

When: Wednesday, May 21st 11:45am—12:45pm (bring your lunch)

Cost: $25/person
EMDR Tune-Up
Learning EMDR can be an overwhelming process. We have so much to learn that it is easy to miss something, skip a phase, or remember a part completely wrong. Dorinna discovered, after 15 years of practicing EMDR, her own errors as she was recently training to become a HAP/Trauma Recovery facilitator.

This four-hour class will take participants through the 8 phases of EMDR therapy as well as the three-pronged approach so they can tighten up their EMDR practice and have more fidelity to the protocol.

You are a good candidate for this class if you were trained years ago, are not confident in your skills, are trained in EMDR therapy but use it rarely, want to ensure fidelity to the protocol and are the kind of person who wants to do things “right”.

When: Two training options:
• Two 2-hour classes, Thursdays April 20th and May 4th, 9:00—11:00am
• One 4-hour class, Saturday, April 22nd, 8:30am—12:30pm

Cost: $80 early bird sign-up before April 1st
      $90 after April 1st

All classes are held at 2120 S. College Ave, Suite 6 (across from Whole Foods on the corner of Rutgers and College) and presented by Dorinna Ruh, LCSW, CACIII, Approved Consultant in EMDR. See bio and email contact listed on page 2 or go to www.dorinnalcsw.com for more information.

Resources for the Professional
Extramarital Affairs: A Systems Perspective Training
A Professional Development and Networking Event with Miriam Bellamy, LMFT

Part One: Clinical limitations of rebuilding trust
Part Two: Clinical strategy from a systems perspective
Part Three: Live and/or recorded demonstrations

Date: Friday, April 7, 2017

Time: 9:00am-12:00pm. Networking, coffee, and pastries (including gluten free!) will begin at 8:30am

Cost: $95
      Non-CEU Audit: $85
      Groups of 2 or more: $85 each
      Pre-Licensed Professional: $50
      Student: $25

For more information, contact Miriam at (303)222-5118 or visit http://marriagehelpcolorado.com/therapist-trainings/.
Event room/classroom & workshop space rental. Fee starts at $25 for groups and increases depending on time/day needed. 2 hour minimum rental is available 7 days per week from 7am to 10pm. Comfortable seating for up to 35 people and includes a 32" HDTV with HDMI port and Apple TV (Airplay) with remote for presentations, 6’ presentation easel, and high-speed wireless internet access. There is also ample off-street parking.

Hourly office space rental. $25 monthly membership fee plus hourly room rates.

- Hourly Room Rental: $12/60 Minute Office Space
  $12/90 Minute Treatment Session
  $18/120 Minute Treatment Session

- Pricing includes access to our shared practitioner rooms & storage, Internet access, online and in-office access to scheduling calendar, new client referral availability, client amenities including waiting room with filtered water & tea.

To learn more about a One Source Holistic Healing Center membership or to schedule a tour, please call Jill Barends at (970)818-3320 or email Onesourcelivewell@gmail.com.

Field Response & Psychological First Aid Trainings

Become a Behavioral Health Disaster Responder

Field Response Training is for those interested in immediate disaster behavioral health response and gives an overarching view and introduction to behavioral health response protocol in a crisis event.

Psychological First Aid training will help you to better recognize and manage the basic symptoms of psychological distress. You will learn tools to bolster individuals’ functioning during times of extreme stress.

**Field Response Training (Course #1019466):**
Date: May 3, 2017
Time: 9:00 am—5:00 pm

**Psychological First Aid Training (Course #1020567):**
Date: May 4, 2017
Time: 9:00 am—1:00 pm

**Trainer:** Tammy Humphrey
**Location:** SummitStone Health Partners
  Horseooth Room
  125 Crestridge Street
  Fort Collins, CO 80525

Register for Field Response and Psychological First Aid Training on Co.Train:
- Go to www.Co.Train.org
- Create or log into your Co.Train account
- In the search box, enter 1019466 to register for Field Response training at SummitStone on May 3, 2017.
- In the search box, enter 1020567 to register for Psychological First Aid at SummitStone on May 4, 2017.

Tammy Humphrey will be your trainer.

Please contact Karen McMahon at 669-7550 or karen.mcmahon@summitstonehealth.org with questions.
Resources for the Professional

New Consultation Group

Are you interested in expanding your understanding and knowledge about working with transgender, non-binary, queer, gender fluid, or questioning individuals? Lauren Lessner, LMFT and Lori Lund, LMFT are starting a consultation group for therapists who want to learn more about gender non-conforming clients and how to best support them and their loved ones. Our group offers a safe and nonjudgmental space to ask questions, staff cases, and gain skills as a trans-informed therapist.

Consultation group meets once a month for two hours. Group hours can count towards LPC and LMFT licensure. Training certificates available for continuing education.

Cost: $50/session

For more information, please contact Lauren Lessner at (970)599-1211 or by email at laurenmlessner@gmail.com.

Job Announcements

Full-time therapist position on Family Care Coordinator (FCC) team, providing in-home family therapy for children and adolescents. Help youth and families overcome trauma and co-create healing and resilience. Provided with a highly supportive team, weekly clinical supervision, and agency wellness culture. Must be very flexible with scheduling, able to manage a caseload of 8-12 families, be able to collaborate well with other community providers, and must not mind driving to in-home client sessions and meetings in the community. Must have a fully completed Masters degree and solid experience working with at-risk youth and families. Additional pay provided for Bilingual therapist. If interested, go to Job Opportunities at www.summitstonehealth.org and apply for the Mental Health Therapist II/FCC position.

Please contact Morgan Bridger with any questions: morgan.bridger@summitstonehealth.org or (970)290-5685.

The Health District has an immediate opening for a regular full-time (40 hours per week - with benefits) Manager, Behavioral Health Strategy and Implementation for the Community Impact Team.

This position uses leadership, community organizing, research, analysis, strategic planning, project management and communication skills to work with partners and stakeholders to help the community develop and implement short and long-range solutions to community behavioral health-related issues. Must thrive on making sense out of complexity and ambiguity; be flexible with change; and enjoy problem solving and learning.

For the complete job description visit http://www.healthdistrict.org/jobs.
Resources for the Community

**Connections/CAYAC Adolescents Substance Use Group**

Announcing a new substance use group for adolescents in high school (Grades 9-12). This group is not a treatment group, but rather a place for teens who are considering reducing or ending their substance use to connect with peers and hear about ways to help them achieve those goals.

**Dates:** Groups will be held the second and fourth Thursdays of the month. The first group of the month will be structured with speakers/presenters. The second group will be an activity and time and location may vary.

**Time:** 4:00-5:30pm (Fourth Thursday of the month, time may vary dependent upon group activity).

**Cost:** Free

Group will start when enough participants are enrolled. For more information and to learn about inclusion criteria, please contact Megan Winick at (970)494-4368.

**Connections/CAYAC Tobacco Cessation Program**

Is your client or someone you know interested in stopping their tobacco use? Quitting tobacco is a huge step towards living a healthy life and Connections can help provide support along the way! Connections now has a Certified Tobacco Specialist on staff to assist those who are looking to stop their tobacco use! Our Certified Tobacco Specialist will meet with clients individually and group sessions are available for extra support. As needed, Nicotine Replacement Therapy is also available for adults.

**Group Information:**
Adolescent Group (Ages 17 and under): Tuesdays, 5:00-6:00pm
Adult Group (Ages 18 and older): Wednesdays from 5:00-6:00pm

**Location:** 525 W. Oak Street, Fort Collins, CO 80521

**Cost:** Free

For more information, please call Megan Winick at (970)494-4368 or by email at mwinick@healthdistrict.org.

**Parent Education Speaker Series at CAYAC**

Parent Education Speaker Series, hosted by the CAYAC team. Join us for a series of parent education classes where we address several different mental health and substance use topics. This free 8-week series started on February 22nd and is being held every Wednesday evening from 5:30-6:30pm until April 19th.

**Topics include:** Navigating the school system and CAYAC, anxiety, substance use in schools, ADD and ADHD, sexuality and LGBTQ issues, depression and suicide, and cutting.

Please pass this information on to friends, family, and clients who you think would benefit from these educational classes.

Space is limited. For more information, visit the Health District’s website at [http://www.healthdistrict.org/news/free-8-week-speaker-series-parents-addresses-mental-health-substance-use](http://www.healthdistrict.org/news/free-8-week-speaker-series-parents-addresses-mental-health-substance-use).
Join Voices Carry Child Advocacy Center and Townsquare Media Northern Colorado on Saturday, March 4th from 7:00-11:00pm at Nixon’s Rocky Mountain Smokehouse & Tavern for A Concert to Benefit Kids. The concert features FlipSide, a Denver-based band that plays rock, oldies, country, pop, and more. 100% of ticket proceeds will benefit Voices Carry Child Advocacy Center’s mission to reduce trauma to children and their families though a comprehensive response to child abuse.

Voices Carry is a safe place for children and families when there are concerns about child abuse or emotional trauma. Voices Carry provides proven child abuse prevention, victim support, family advocacy and forensic interviews through a comprehensive multidisciplinary approach. As the only agency accredited by the National Children’s Alliance that serves Larimer and Jackson counties, Voices Carry minimizes additional trauma by bringing a team of experts to the child and family.

To learn more about Voices Carry, please visit their Website at www.voicescarrycac.org.

A Hearing Voices Group is a place where people can meet to talk about their voices, visions, and other unique or extreme experiences without fear of judgment. It offers mutual support, with the opportunity to explore your experiences and learn from others with similar stories.

The Fort Collins Hearing Voices Group meets for FREE every Monday evening. In a Hearing Voices Group, everyone is the expert of their own life. It provides a non-judgmental space to explore unique and unusual experiences, with the understanding that these experiences ARE real. We all have the capacity to make meaning of our experiences and a Hearing Voices Group provides the space for that no matter where you’re starting from.

This is not a treatment program—no referrals or appointments are necessary. The group is not connected with any mental health provider.

Meeting information: Monday evenings, 5:45-6:45pm, second floor of Pathways to Wellness, 134 W, Harvard Street (no elevator). All are welcome to drop-in.

For more information, contact Shannon at (970)818-8346 or by email at shughes421@gmail.com. You can also visit www.hearingvoicesrockymtn.org to learn more.
## Resources for the Community

### Compassion Cultivation Training

Compassion Cultivation Training (CCT) is an eight-week program designed to develop the qualities of compassion, empathy, and kindness for oneself and for others. CCT integrates traditional contemplative practices with contemporary psychology and scientific research on compassion. The program was developed at Stanford University by a team of contemplative scholars, clinical psychologists, and researchers.

Please join Certified CCT Teacher, Amanda Mahoney, MA, MFT in exploring compassion further, being at the forefront of the compassion movement by participating in or inviting others to participate in one of the next CCT offerings by ColoradoCCT.

**Dates:** April 20-June 8, 2017 (8 consecutive weeks)

**Times:** 5:30-7:30pm

**Location:** 760 Whalers Way, Unit C10, Fort Collins

To learn more or to register, visit [www.ColoradoCCT.com](http://www.ColoradoCCT.com).

### Fort Collins Introvert Teens Tribe

For teens who think they don’t belong anywhere right now.

Maggie Graham, M.Ed., LPC, NCC, CPCC is offering an opportunity for high school students to spend time with others who share their temperament. Rather than a therapy group, this group affirms quiet strengths and explores what it means to be introverted.

**When:** This group will run for 6 weeks beginning in March 2017

**Cost:** $190

For more information, please contact Maggie at (970)215-6003. You can also view her website at [http://www.maggie-graham.com](http://www.maggie-graham.com).

### Career Change Workshop for Introverts

What if you could shed your career the way a snake sheds its skin?

If you know that what you’re currently doing with your professional life isn’t the right fit for you, but you’re not sure what is, you’ve come to the right place.

Taking stock of your current situation and determining which direction to move involves much more than checkboxes and online assessments. Simple questions like “What’s your passion?” just don’t cut it.

Together, we’ll gather in community with those who share your temperament, toss out old paradigms for career exploration, and make meaning of your career path to date. Then, we’ll find viable, sustainable, lucrative options for you.

**Cost:** $220 for 6 weeks

To learn more about this group, call Maggie Graham, M.Ed., LPC, NCC, CPCC at (970)215-6003. You can also visit [http://www.maggie-graham.com](http://www.maggie-graham.com).

### The Seven Principles for Making Marriage and Relationships Work: A Workshop for Couples

Join Suzanne Rudolph, Ed.D.P.C. Licensed Psychologist for a skills building program based on the research of Dr. John Gottman, focusing on what makes committed relationships work. This workshop features an interactive series of lectures, videos and activities designed to teach you what successful couples do to deepen their connection and strengthen and foster harmony in their relationships. Please note that couples will complete all exercises privately. There is no group work, sharing or public disclosure.

**Date:** May 5, 2017

**Time:** Registration begins at 8:30am. Workshop begins at 9:00am-Noon. Lunch on your own. Resumes 1:15pm to 4:15pm.

**Where:** Front Range Community College Student Center, Longs Peak West Room

**Cost:** $185 per couple. Space is limited to 12 couples. Fee includes a copy of the “Seven Principles for Making Marriage Work” by Dr. John Gottman and Nan Silver.

For more information and to register visit [www.coloradocounselingservices.com](http://www.coloradocounselingservices.com).
Resources for the Community

Jen Strating, Biofeedback Therapist and Yoga Teacher is facilitating a handful of classes relating to mindfulness, relaxation, and stress reduction. Take a look at her classes and please share with your family, friends, and clients!

### Guided Imagery for Relaxation
Learn and experience the benefits of guided imagery. This powerful mind-body technique can create deep relaxation and activate your natural capacity to heal. You'll be guided through different visualizations and leave with tools (including a guided imagery audios) you can incorporate into your life.

**Date:** Wednesday, March 8th  
**Time:** 6:30-8:00pm  
**Cost:** $20 (includes relaxation MP3's)

### Relax and Renew Workshop for Women
Come join us for a 3 hour deep relaxation workshop where you'll find tranquility. You'll experience relaxation techniques including progressive muscle relaxation, breathing exercises, yoga, guided imagery, positive affirmations and essential oils.

**Date:** Saturday, March 25th  
**Time:** 1:00-4:00pm  
**Cost:** $50 (includes handouts and relaxation MP3 download)

### Mindfulness for Teens
Teens will learn how to effectively use mindfulness to deal with stress, change, and strong emotions. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more! This class will give teens the ability to learn how to slow down, find their calm in their stressful lives and live in the present moment. For ages 12-17.

**Date:** Saturday, April 1st  
**Time:** 1:00-4:00pm  
**Cost:** $50 (includes handouts and relaxation MP3 download)

### Mindful Balance—4 Weeks of Mindfulness
During this 4 week class, you'll learn how mindfulness can help you find calm in the chaos of your busy life. Mindfulness reduces stress and anxiety, improves mood, improves sleep quality, increases focus and attention and much more. You’ll be introduced to several mindfulness practices you can incorporate into your daily life. You’ll receive course handouts, accompanying audio downloads that you can practice at home and daily e-mail reminders.

**Dates:** Tuesdays, April 11, 18, 25 and May 2  
**Time:** 6:30-8:00pm  
**Cost:** $75

All classes will be held at the Wholeness Center, 2620 E. Prospect Road, Suite #190, Fort Collins.

To learn more information about these classes, request flyers, or to register, please call Jen Strating at (970)221-1106.
If you wish to be removed from the Connections mailing list, your address is wrong, or you would like to receive the publication via email, contact Emily Leetham at eleetham@healthdistrict.org or call 970-494-4370.

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<tr>
<th>Resources in the Community</th>
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<tbody>
<tr>
<td><strong>DBT Skills Group for Adults</strong></td>
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<tr>
<td>Experiencing difficulties with relationships? Suicidal thoughts? A history of trauma? Substance use? Anxiety? Intense emotions? DBT group can help...</td>
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<td>Colorado State’s Psychological Services Center is offering a DBT group to community members.</td>
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<tr>
<td>DBT is based in acceptance of the person and recognizing unhelpful behavioral patterns that need to be changed. DBT is support oriented, helping a person identify their strengths and build upon them. DBT also helps identify thoughts, beliefs, and assumptions that make life harder through a collaborative process between the group members and the therapists.</td>
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<tr>
<td><strong>Cost:</strong> $30 per session (or $330 for 11 sessions). Payment plans are available.</td>
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<td>For more information or to discuss enrollment and/or payment information, please contact Rachel Eby at (970)316-4065 or by email at <a href="mailto:Rachel.eby@colostate.edu">Rachel.eby@colostate.edu</a>.</td>
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| **Acceptance and Commitment Therapy Group** |
| If you are experiencing difficulties with anxiety, depression, or stress, ACT group can help! |
| Colorado State’s Psychological Services Center is offering an ACT group. |
| ACT helps people build skills in mindfulness, awareness of thoughts and feelings, tolerating distress, and decision making. ACT has been shown to help improve quality of life for individuals struggling with depression, anxiety, pain, stress and more. |
| This closed group will consist of 6-8 members, both men and women, meet once per week for 75 minutes each, for 6 weeks. |
| **Cost:** $30 per session (or $180 for six sessions). Payment plans are available, as well as sliding scale. |
| For more information or to discuss enrollment and/or payment information, please contact Jamie Parnes at (585)708-9384 or by email at Jamie.parnes@colostate.edu. |

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**Connections**

mental health & substance abuse resources

525 W. Oak Street
Fort Collins, Colorado 80521