

Short Course

Keeping the Body in Mind: Affect Regulation for Trauma Survivors ***with Tally Tripp, MA, MSW, LCSW, ATR-BC, CTT***



Tally Tripp

Traumatic stress can evoke emotional extremes in survivors who are often described as feeling “too much” (flooding) or feeling “too little” (shut down). This workshop introduces participants to a range of neurobiologically-informed therapeutic tools and techniques that can be utilized in clinical practice with dysregulated clients. Keeping the body in mind, we will experiment with a range of body-based, “bottom up” interventions designed to promote grounding and attunement and facilitate self-awareness and affect regulation for trauma survivors.

Participants in this short course will be able to:

1. Describe the basic (mind-body) neurobiology of trauma.
2. Identify and assess affect dysregulation in clients and self.
3. Practice a range of somatic interventions focused on grounding, attunement and affect regulation.
4. Apply neurobiologically-informed (brain wise) approaches in clinical practice.

This program is appropriate for clinicians at all levels of experience and offers 3 CEs.

About our Speaker:

Tally Tripp, LCSW, ATR-BC, CTT is a licensed clinical social worker, registered, board certified art therapist and certified trauma therapist who has been working extensively with complex trauma for many years. Certified in Sensorimotor Psychotherapy and Eye Movement Desensitization and Reprocessing (EMDR), Tally applies neurobiologically-informed experiential approaches in her practice. She is a professor in the George Washington University Art Therapy Program where she also serves as Director of the Art Therapy Clinic. Tally has presented nationally and internationally on the topic of experiential approaches for treating trauma, and has written numerous articles and book chapters on this subject.

Continuing education credit: 3 CE credits available for full attendance. The Institute of Contemporary Psychotherapy and Psychoanalysis (ICP+P) is approved by the American Psychological Association to sponsor continuing education for psychologists. ICP+P maintains responsibility for this program and its content. ICP+P is approved by the Maryland Board of Social Work Examiners to offer Category I continuing education credit. As our CE program receives oversight from a licensed social worker, the CE credits we award are highly likely to be recognized by licensing boards in Virginia and the District of Columbia. These continuing education credits meet the ANCC standards for nurses. Marriage and family therapists licensed in the District of Columbia, Maryland, and Virginia may submit these CE credits to their licensing boards. (Marriage and family therapists in other jurisdictions and licensed counselors should inquire with their local Boards regarding continuing education credit.) Attendees from the above professional groups will earn 3.0 CE credits for attending the CE activity. Full attendance is required to receive the designated CE credit. ICP+P is accredited by MedChi, the Maryland State Medical Society to provide continuing medical education for physicians. ICP+P designates this educational activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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REGISTRATION FORM

Limited space is available.

Name _____ License/Degree _____

Address _____ City, State, Zip _____

Email _____ Cell Phone _____

FEES:

- \$75 ICP+P Members
- \$30 ICP+P 1st Year Members, Emerging Professionals, MITs, Graduate Student Members, Fellows, and Unaffiliated Students
- \$45 ICP+P 2nd Year Members
- \$105 Non-Members

For more information or to register, please visit <https://icpeast.org/short-course/> or email administrator@icpeast.org. A refund for cancellation is available up to 10 days before the seminar.

Mail-in registrations should be sent by November 1st to:
ICP+P, 4601 Connecticut Ave., NW, Suite 8, Washington, DC 20008

** Tally Tripp, LCSW, ATR-BC, CTT, as presenter and planner, has informed us that she does not have a conflict of interest and has disclosed that she has no relevant financial relationships with any commercial interests pertaining to this educational activity. Any references to "off-label" (non-FDA approved) use of medication, products or devices will be explicitly disclosed in the presentation.*

CE Credit is granted to participants with documented attendance at individual workshops and completed evaluation forms for those sessions. Credit will not be granted to registrants who are more than 15 minutes late or depart more than 15 minutes early from a session. Please arrive at least 10 minutes before the scheduled start to allow time to check in.