Practical Tools for Treating Trauma

COURSE DESCRIPTION

This workshop will begin by focusing on defining trauma and discussing trauma-informed care and ethical practices when dealing with clients with trauma history. We will look at diagnosis, including differential diagnosis and different criterion for diagnosing children vs adults with PTSD. Assessment instructions which are in public domain will also be provided which can be ethically used without specific training. We will discuss prevalence and etiology and practical evidence-based methods for treating trauma, most of which do not require specific training or certification to employ.

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Articulate various presentations of trauma and how to ethically employ trauma informed care.
2. Clarify ethics and specifics about diagnosis, differential diagnosis and adult vs. child PTSD and ethical use of various assessment instruments.
3. Differentiate incidence, prevalence, and etiology for Trauma and Stress-Related Disorders.
4. Apply how to get the most out of time-limited strategies for working with this population including anchoring/ grounding techniques, systematic desensitization, The Counting Method, de-mystification and identification of triggers, guided imagery, relaxation training, cognitive restructuring in dreamwork, cognitive behavior therapy, and interoceptive exercises, all of which can be applied immediately.
5. Discuss the overview of Eye Movement Desensitization and Reprocessing (EMDR) Thought Field Therapy (TFT) and Traumatic Incident Reduction (TIR) (all of which require specific training); Colin Ross' Trauma Model will also be discussed.

REGISTER HERE

Scan the QR Code.

For questions, contact Kimberly Morris
at 843-777-5352
kimberlymorris@mcleodhealth.org

Friday, May 1, 2026

9:00am - 4:00pm

McLeod Medical Park West
AHEC Conference Room, Suite 350
101 S. Ravenel St. Florence, SC 29501

INSTRUCTOR

Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/MAC, CS

Barbara has a private practice in Summerville and specializes in working with trauma, loss and self-injury. She is certified by the SC Supreme Court as a Family Court Mediator and has conducted conflict resolution and mediation trainings and also responds to critical incidents for R3 Continuum.

TARGET AUDIENCE

Counselors, Therapists, Social Workers, and any other healthcare professional

FEES:

Consortium Member: $50
Non-consortium Member:$100
Registration Deadline: Friday, April 30, 2026

CREDIT

AHEC: This program is approved for 0.6 CEU's (6.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 6.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 6.0 non-social work credit hours.

Pee Dee AHEC
Area Health Education Center