

Tentative Schedule/Agenda (subject to enhancement and/or modification):

Part I: Review: (2 hours)

- Brief Review: NDIT, and Trauma Treatment Roadmap
- Brief Review: Neuroscience of Trauma, PTSD, and Psychotherapy
- Brief Review: Memory Reconsolidation and Neural Networks
- Brief Review: Pendulation, Titration, and the Distress Thermometer
- Brief Review: Module 5 Skills Taught in NDIT Level I Training

Part II: Identifying the “What” and “How” of Trauma Processing: (3 hours)

- Two Categories of Trauma Processing Techniques:
 - Desensitization (feeling less, in order to process)
 - Activation (feeling more, in order to process)
- Determining Trauma Processing Strategy from Survival Responses:
 - Fight/flight for desensitization
 - Freeze for activation
- Category I: Desensitization:
 - Who’s it for?
 - The What: Target selection:
 - Memory-based targets
 - Somatic targets
 - Thought-based targets
 - Emotion-based targets
 - Belief-based targets
 - Putting “The What” All Together: Neural Profile of Trauma
 - The How: Neural Desensitization Techniques (Desensitization Acceleration Techniques):
 - Distractions: Examples and Practice
 - Stress Response Regulation: Examples and Practice
 - Psychological Distancing: Examples and Practice
 - Putting “The How” All Together: Trauma Processing Plan
- Category II: Activation:
 - Who’s it for?
 - The What: Target selection:
 - The How: Activation Techniques:
 - Somatic Strategies
 - Movement Strategies
 - Verbalizing Memories
 - Environmental Cues
 - What to do when a client cannot connect with the trauma memory

Part III: Trauma Processing Modalities: (1 hour)

- Three Types of Processing Modalities (Memory Target Worksheet):
 - Thinking (about a memory in its entirety, or a piece of it (rare))
 - Speaking (about a memory in its entirety, or a piece of it (rare))

- Writing/Reading (about a memory in its entirety, or a piece of it)
- Creating a Memory Target Using the Memory Target Worksheet
- How to Select a Processing Modality
- Aligning Neural Desensitization Techniques with the Selected Processing Modality
- Revisiting the Trauma Processing Plan Worksheet

Part IV: NDIT Titrated Trauma Processing (TTP) For Entire Memories: (3 hours)

- Used primarily when processing the entirety of a memory
- NDIT-TTP Phases I and II
- Demonstration/Example of NDIT-TTP with Writing About a Memory in its Entirety
- Demonstration/Example of NDIT-TTP with Talking About a Memory in its Entirety
- Demonstration/Example of NDIT-TTP with Thinking About a Memory in its Entirety (recommended less often)
- Recommended Desensitization Acceleration Techniques to Integrate
- Homework Recommendations

Part V: Processing Pieces of Memories: (1 hour)

- Processing One Piece
- Processing Pieces in Sequence for Titration
- Recommended Desensitization Acceleration Techniques to Integrate
- Homework Recommendations

Part VI: Neural Integration Techniques: (3 hours)

- Types of Resources
- Identifying Resources
- Creating Resources
- Resource Targets Worksheet
- Integrating Resources After Desensitization (Neural Integration)
- Preventing Contamination of Resources
- Steps of Neural Integration
- Use of Resources Pre- vs. Post-Desensitization (Module 3 vs. Module 5)
- Homework Recommendations