

Concussions and PTSD

LEARNING OBJECTIVES:

By the end of this workshop students will:

- * Define what a concussion is
- * Describe how a concussion occurs
- * Describe the symptoms of a concussion
- * Identify the methods used to diagnose a concussion
- * Describe the symptoms of PTSD
- * Explain cases of PTSD
- * Identify the overlap between post concussive and post traumatic stress syndromes
- * Define a high impact injury/failure of physical defense
- * Define Global High Intensity Activation trauma
- * Describe the difference between minor traumatic brain injury (concussion) and more complex brain injury
- * List the elements that need to be treated for mild TBI and PTSD
- * Describe the Survival Response Cycle
- * Define Kinesphere
- * Demonstrate 3 boundary ruptures and repair interventions
- * -Describe basic Polyvagal theory and structures of the polyvagal system
- * Understand the basic elements of BASE™ touch work
- * Implement BASE™ touch with bone
- * Apply BASE™ concepts to working with structures of the cranium
- * Describe 3 motor reflexes affected by concussive injuries
- * Demonstrate 2 sounds used to renegotiate cranium dysregulation

Day 1 9:30-5:30

(6 hours)

1.5 hour	9:30-11 Lecture, Experiential Exercises and Demo: Defining and describing causes of a Concussion, Defining and describing causes of PTSD, basic cranium anatomy, Introduction to Polyvagal Theory 11-11:15 Break
1.25 hour	11:15-12:30 Practice Time: Polyvagal exercises 12:30-2 Lunch
1.5 hour	2-3:30 Lecture, Experiential Exercises and Demo: Survival Response cycle, PTSD, Kinesphere and Boundaries, High Impact Trauma, Global High Intensity Trauma 3:30- 3:45 Break
1.5 hour	3:45-5:15 Kinesphere and Boundary Assessment and Repair, touch without physical contact
.25 hour	5:15-5:30 Q & A, wrap up, review

Day 2

9:30-5:30 (6 hours)

1.5 hour	9:30-11 Lecture, Experiential Exercises and Demo: Basics of BASE, Introduction to therapeutic attunement and touch, Using touch to support stabilization. 11-11:15 Break
1.25 hour	11:15-12:30 Practice Time: Touch readiness exercises, 12:30-2 Lunch
1.5 hour	2-3:30 Lecture, Experiential Exercises and Demo: Using attuned touch to shift brain 'freeze', Bone/skull and it's role in protecting the brain 3:30-3:45 Break
1.5 hour	3:45-5:15 Practice Time: Strategies and Intervention with bone/skull
.25 hour	5:15-5:30 Q & A, wrap up, review

Day 3

9:30-5:30 (6 hours)

1.5 hour	9:30-11 Lecture, Experiential Exercises and Demo: Motor reflexes supporting survival responses, Concussion and PTSD, 11-11:15 Break
1.25 hour	11:15-12:30 Practice Time: Strategies related to motor reflexes 12:30-2 Lunch
1.5 hour	2-3:30 Lecture, Experiential Exercises and Demo: Sounds to support neurological stabilization after a concussion 3:30-3:45 Break
1.5 hour	3:45- 5:15Practice Time: Sounds and concussions
.25 hour	5:15-5:30 Q & A, wrap up, review