

# COUN7628 : Acceptance and Mindfulness Approaches with Trauma

In this course, students will be guided into an application of Acceptance and Commitment Therapy (ACT) for the treatment of trauma, crisis, and PTSD. As a result of crisis events, trauma, and PTSD, the client becomes stuck in fight, flight, freeze, or fawn behavioral patterns. While these responses are understandable during the time of crisis or trauma, they become problematic and unworkable outside of the traumatic context. ACT provides clients a way of relating to their traumatic experiences and behavioral patterns that can free them to move forward and create a life based on their values. Through this course, clinicians will be prepared to guide their clients through the psychological flexibility processes and be able to integrate a variety of evidence-based trauma-informed practices while conceptualizing through the ACT model. **Fee:** Additional fee required.

**Credits** 1

**Fees**

\$50