Agenda

*Risky Business: Working with Compulsive and Self-Endangering Behaviors with Trauma Survivors*

John Briere, Ph.D.

9:00-9:10  Welcome and Introduction

9:10- 10:30  Distress Reduction Behaviors (DRBs) and the Reactive Avoidance model

10:30-10:40  Break

10:40-12:10  Stabilization, breath training, and harm reduction

12:10-12:50  Lunch

12:50 – 2:20  Metacognitive awareness, trigger management, and ReGAINing

2:20 – 2:30  Break

2:30 – 4:00  Processing trauma and attachment memories