

Brief Bio

Dr. Catherine Brown, PhD, is a Licensed Clinical Psychologist who has been engaged in trauma treatment since her graduation in 1995. She brings to her practice 10-years of experience as a nurse, world-wide travel participating in medical missions as well as trauma recovery following genocide. She has also been privileged to teach neuro-biologically-based trauma understanding, treatment techniques, and attachment-based trauma treatment to other therapists at home and overseas. Intensive psychotherapy in a concierge model of treatment for those who live abroad is part of her work. Dr. Brown has a part-time private practice in Washington State that includes video-chat sessions mentoring therapists overseas. While not certified in addictions, she has treated quite a few addicts post-sobriety when they are trying to grow a new sense of Self and re-wire their brains.

Presentation Topic

Trauma recovery is an important part of long-term addictions recovery. This is true whether the addiction began as an attempt to self-manage the thoughts and emotions residual from trauma, or whether the trauma was “self-inflicted” by addiction behaviors.

Much of trauma treatment focuses on *event* trauma. However, *attachment trauma* is often more prevalent and impactful. Unfortunately, there is little training in recognizing and treating attachment trauma, so it is buried under a focus on other behavioral symptoms, thoughts, and emotions and often goes unrecognized and untreated. It then continues to undermine sobriety.

I propose to present the following:

- What is attachment trauma vs event trauma
- The Four Core that make up the base of attachment
- Brief neurobiology of the brain reaction involved (which explain symptoms)
- How to recognize clients’ hot spots around the Four Core
- Basic treatment model
- Questions/Discussion