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Title:

Regime Change In America: Understanding the Collective Trauma Caused by the New Administration in Washington

Format: Didactic

Equipment: None

Description: The concept of collective trauma was found useful following 9/11, when therapists had to understand how to deal with pervasive PTSD symptoms such as loss of hope as well as anxiety, insomnia, intrusive imagery and the like. The loss of the illusion of safety from foreign invasion was particularly salient. Therapists also had to deal with sharing clients' trauma themselves.

I posit that we can apply this to the 2016 presidential election, including a loss of the illusion of how effectively our democratic institutions protect us, if the therapist and client are both liberal.

We will discuss the extent to which these are valid topics for psychotherapy and when they are used as avoidance of personal issues. We'll also look at how FOT, in particular, can meet this challenge.

Summary: We will apply the concept of Collective Trauma to the 2016 presidential election and subsequent events. We will discuss how this trauma manifests and may connect to earlier traumas suffered. How can FOT be used to assess this trauma in the dyad, to process it, or work with its use as client avoidance? May the therapist's own trauma intrude?

Bio: Peggy Reubens, LCSW is an individual and couples therapist in New York City.

She has written and presented on trauma treatment including the collective trauma of 9/11. She founded the EMDR/Trauma Treatment Service at the National Institute for the Psychotherapies, where she also taught.

Learning objectives:

Attendees will be able to:

1. Understand and assess collective trauma in clients and themselves
2. Deal with potential transference/countertransference aspects of discussion of this trauma
3. Distinguish between trauma processing client's possible use of that discussion to avoid focusing on other internal phenomena that need work

References:

Boulanger, G. (2007) *Wounded by Reality: Understanding and Treating Adult Onset Trauma*. Mahwah, NJ: The Analytic Press.

Coates, S. W., J. L. Rosenthal, & D. S. Schechter, eds. (2003), *September 11th: Trauma and Human Bonds*. Hillsdale, NJ: The Analytic Press.

Gross, N. (2016), Is This Collective Trauma? *New York Times*, Dec. 18: 8

Continuing Education

If attended in its entirety, this course qualifies for:



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