
TRAUMA MODEL THERAPY

**A TREATMENT
APPROACH
FOR
EATING DISORDERS
& ADDICTIONS**

FRIDAY, FEBRUARY 3, 2017

FREE copy of
Dr. Ross's Book
"Trauma Model
Therapy" with
Registration!



*A One-Day Workshop
with*

Colin Ross, MD

Dakota Lodge, West St. Paul, MN
6 CEUs provided

REGISTRATION COSTS:

Licensed Professionals: \$100
Pre-Licensed Professionals: \$75
Student/Military: \$50

R E G I S T E R T O D A Y

www.MNTraumaProject.org

In this workshop, Dr. Ross will explain the principles and techniques of his Trauma Model Therapy (TMT). TMT was developed for treatment of people with complex PTSD and dissociative disorders, including their extensive comorbidity.

This often includes depression, borderline personality disorder, substance abuse, panic disorder, OCD, eating disorders and somatoform disorders. TMT can be adapted for people with less severe trauma and less complex mental health problems and is suitable for all practice settings. It is based on Dr. Ross' Trauma Model, which is a comprehensive, scientifically testable theory of the relationship between psychological trauma and a wide range of different disorders, addictions and self-defeating behaviors.

Dr. Ross will explain the principles of TMT including: the problem of attachment to the perpetrator; the locus of control shift; the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle. The two core features of the therapy are a focus on conflicted, ambivalent attachment and the self-blame and self-hatred arising from the locus of control shift. These two aspects of the model are based on the biology of mammalian attachment and developmental psychology. The techniques of TMT will be illustrated through case examples.

The therapy involves a blend of cognitive, systems, behavioral, experiential and psychodynamic techniques within a unified theory.

Dr. Ross will discuss the role of genes and environment in eating disorders and will review research data proving that genes are a minor contributor to eating disorders. His treatment case examples will focus on eating disorders and addiction within a trauma framework.