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Trauma Art Narrative Therapy™ Level 1 Training

DATE: January 24, 2020

TIME: 9 AM to 4 PM COST: \$100

Target Audience: Mental, Behavioral Health, Substance Use
Providers, Professionals, & Clinicians

Lyndra J. Bills, MD, is a board-certified psychiatrist. She completed a PTSD fellowship as part of an internal medicine/psychiatry residency at West Virginia University. Dr. Bills created the Trauma Art Narrative Therapy method in 1993 to help individuals process traumatic events. She has been refining the TANT™ method since. Dr. Bills has extensive experience using the Sanctuary Model of trauma-informed care.

Trauma Art Narrative Therapy™ (TANT) is a non-interpretive creative narrative cognitive exposure technique that provides trauma resolution and is beneficial for:

- > Reducing intrusive symptoms, depression and anger from a traumatic stress exposure
- > Integrating verbal and nonverbal aspects of traumatic stress exposure
- > Providing resolution to traumatic experiences

Training Includes:

- Principles of TANT, clinical examples, research findings
- Experiential TANT practice session
- TANT+ Resiliency Tool
- Workbook provided with step by step guide for applying the TANT method and All workshop materials

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