
Neuropsychotherapy and Trauma Interventions

Powerful Tools for Recovery

Part A: Sessions 1 — 4:

The Neuroscience of Trauma & Recovery

Dr Jenni Sweeton



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Neuropsychotherapy and Trauma Interventions

Welcome to the essential companion for your training series on *Neuropsychotherapy and Trauma Interventions* with Dr. Jenni Sweeton.

You have engaged with the sessions; now it is time to solidify that knowledge. This isn't just a book of notes—it is your structured laboratory for translating neuroscience into clinical practice. Inside, you will move beyond theory to build hands-on mastery, from detailing the mechanics of memory reconsolidation to safely rewiring overactive threat systems.

The workbook is organized into four parts to help you integrate learning one step at a time:

Part A: The Neuroscience of Trauma & Recovery (Sessions 1–4)

Uncover the “why” behind symptoms. This section decodes survival systems, explaining why the amygdala hijacks rational thought and how trauma rewires neural networks. You will learn the science of bottom-up versus top-down processing and the precise “rules of brain change” needed to reverse these patterns.

Part B: EMDR, Stability & The Window of Tolerance (Sessions 5–8)

Master safe processing. This section focuses on EMDR and memory reconsolidation, teaching you to access trauma networks without overwhelming the client. You will gain skills in Target Sequence Planning, identifying core negative cognitions, and managing stability using the “distress thermometer”.

Part C: Exposure, Integration & The Neural Profile (Sessions 9–12)

Move beyond avoidance with precision. This section demystifies Prolonged Exposure (PE) and Neural Desensitisation (NDIT). Learn to map a client's “Neural Profile” to find effective entry points for healing—sensations, thoughts, or emotions—and integrate PE into EMDR for accelerated results.

Part D: Cognitive Shifts & Advanced Application (Sessions 13–17)

Deepen the work. This final section equips you with tools like psychological distancing and Cognitive Processing Therapy (CPT) to transform rigid “stuck points”. You will explore somatic interventions and witness these techniques in action through real-time clinical demonstrations

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Introduction to PART A: Sessions 1–4

The Neuroscience of Trauma & Recovery

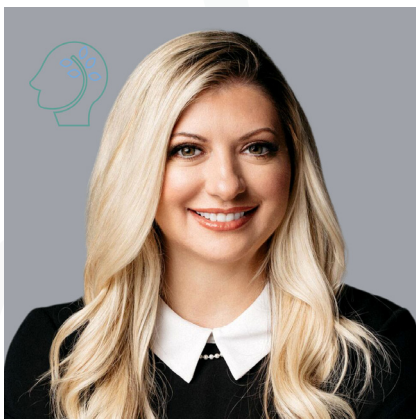
Welcome to the foundation of trauma treatment. In this first volume, we journey directly into the brain's architecture to understand why trauma feels like it is happening “right now” long after the event has passed.

Over these four sessions, Dr. Sweeton unpacks the hidden survival systems that keep clients in a state of hypervigilance. You will explore the interactions between the amygdala, insula, and prefrontal cortex to see exactly how “fight, flight, and freeze” responses overpower rational thought.

In this workbook, you will:

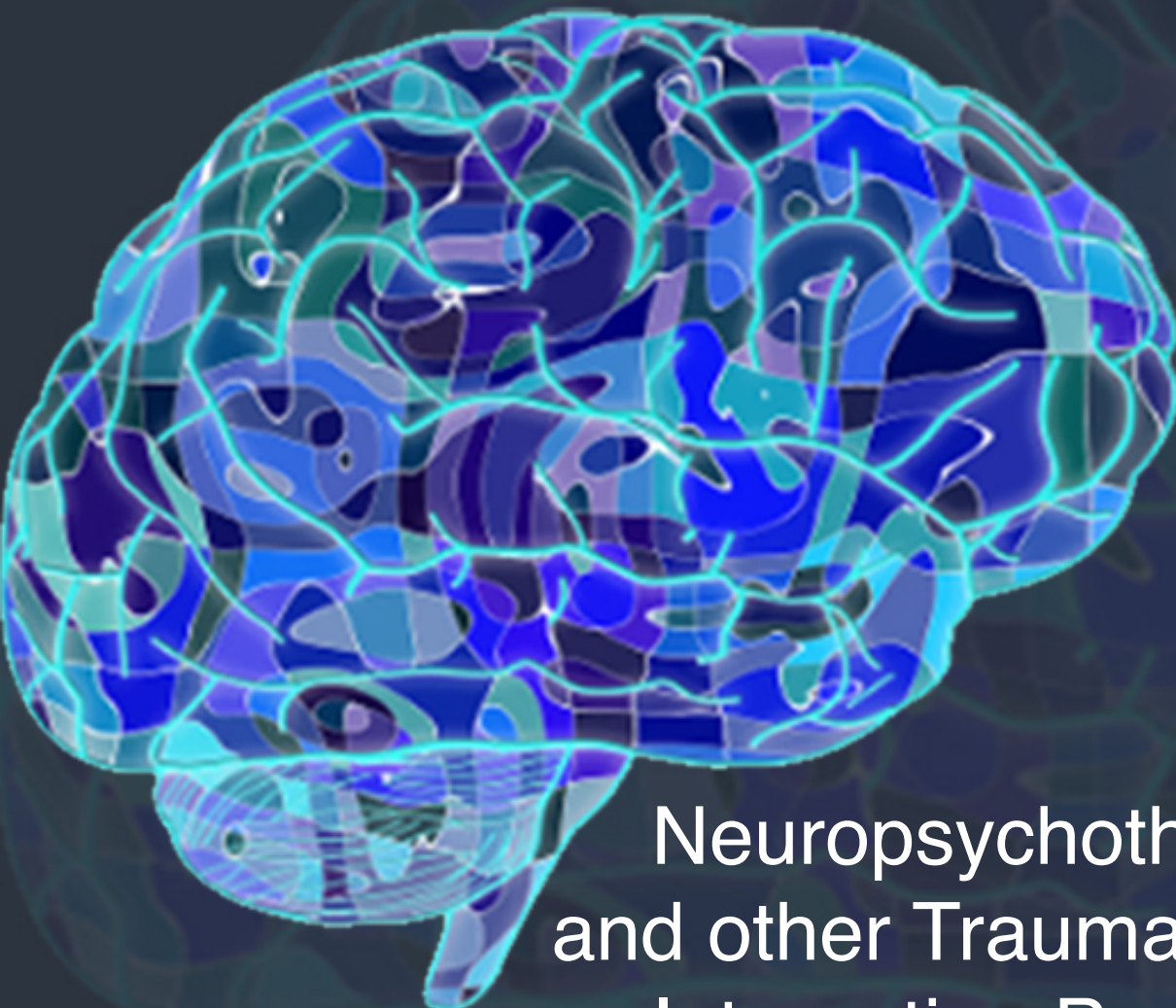
- **Decode the Amygdala Hijack:** Understand why fast survival pathways beat rational thinking and how to intervene.
- **Differentiate Triggers from Baseline Stress:** Learn why calming practices work for baseline stress but often fail during sudden trigger reactions.
- **Map the Road to Regulation:** Master Dr. Sweeton's step-by-step roadmap: Safety → Body Reconnection → Regulation → Cognition → Trauma Processing.
- **Apply Hebb's Principle:** Learn how to use “neurons that fire together wire together” to actively rewire maladaptive neural networks.

About Dr Jenni Sweeton



Originally trained as a neuroscientist, Dr. Jennifer Sweeton is a Stanford-educated clinical and forensic psychologist specializing in trauma treatment and the neuroscience of mental health.

A firm favorite with the wisemind.com audience, she is known for her insightful and engaging presentations. She is also the presenter of two other very popular wisemind.com series on EMDR.



Neuropsychotherapy, EMDR,
and other Trauma Interventions:
Integrating Powerful Tools for
Recovery

Four Sections

Section 1: Translational Neuroscience and EMDR Basics

Section 2: Intensive Trauma Treatment Using EMDR, PE, NDIT

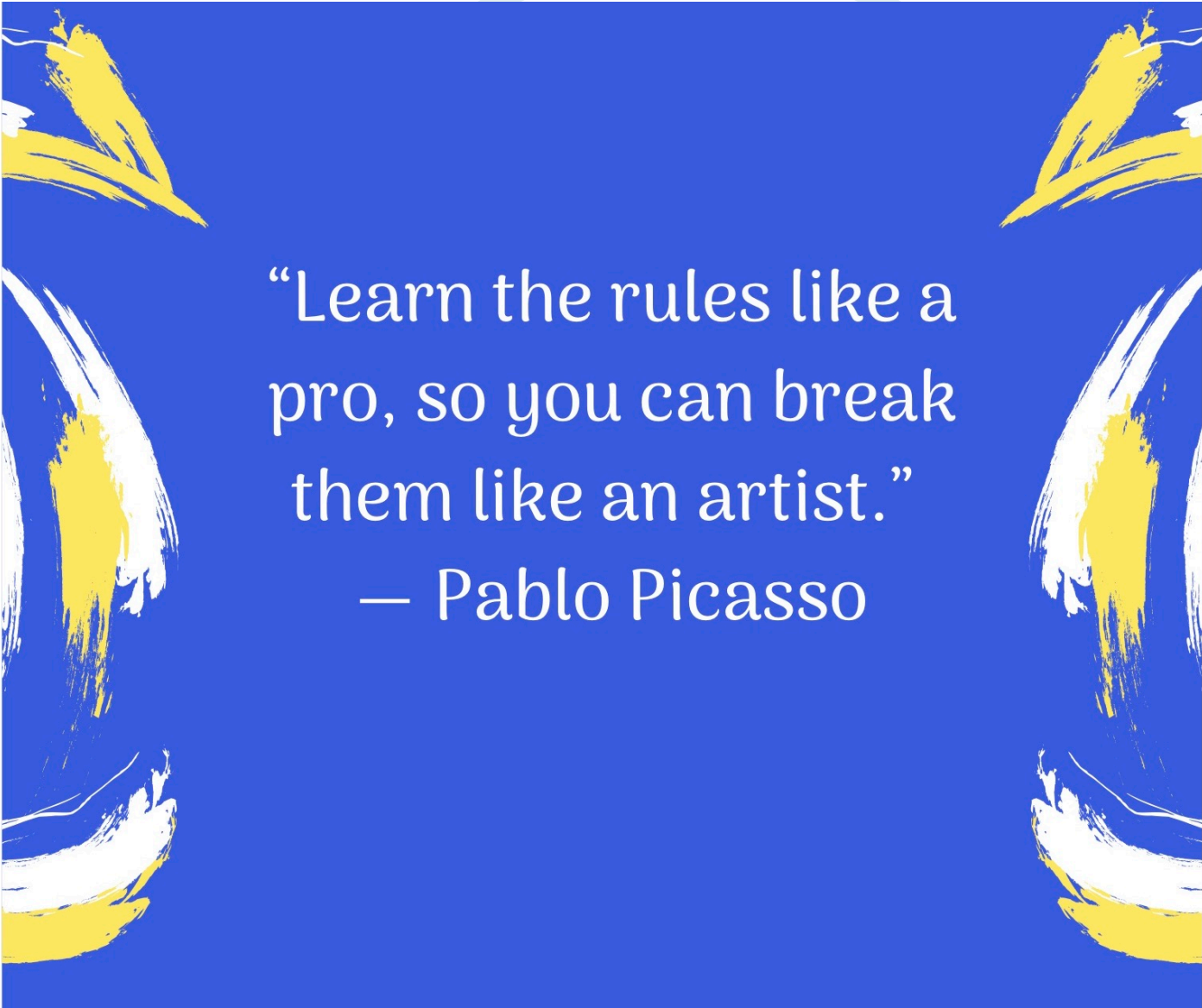
Section 3: Integrating EMDR with CPT, somatic therapies

Section 4: EMDR Modifications for Anxiety, Depression, etc.

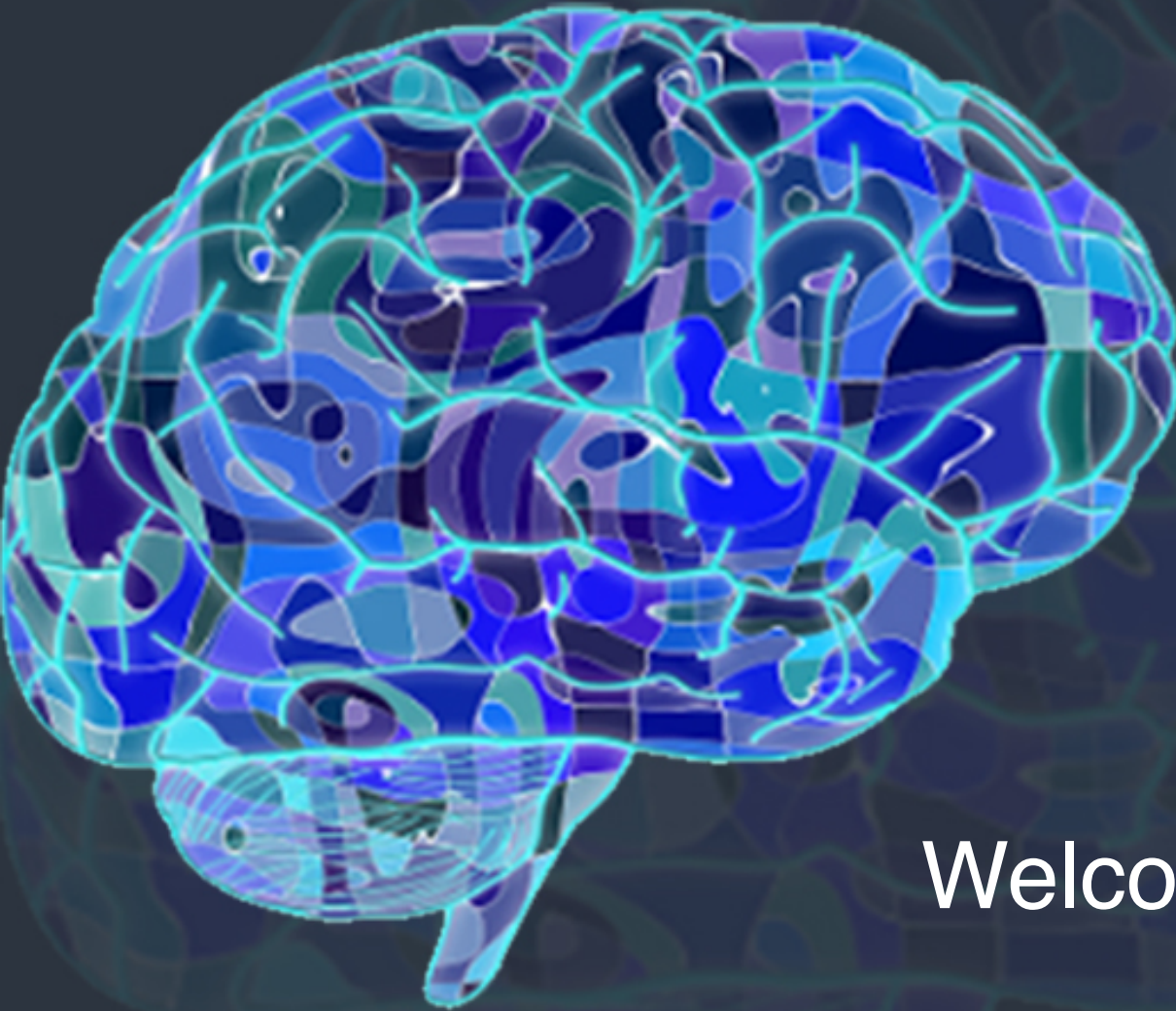
Other: Experiential exercises / Demonstrations

Other: Dyad practice





“Learn the rules like a
pro, so you can break
them like an artist.”
— Pablo Picasso



Welcome to Section I



Section I: Translational Neuroscience and EMDR Basics: The What, How, and When

Part I: Your Brain on Trauma

Part II: Trauma Treatment Roadmap

Part III: Brain Science of Psychotherapy: Bottom-Up Approaches

Part IV: Brain Science of Psychotherapy: Top-Down Approaches

Part V: EMDR: The Original 8-Phase Model in a Nutshell

Part VI: EMDR Basics





Thalamus

Gateway for sensory information
(except smell)

Main objective is to share sensory
information with as much of the brain as
possible, as fast as possible!



Neuropsychotherapy and Trauma Interventions

THIS IS A PREVIEW OF THE NEUROPSYCHOTHERAPY & TRAUMA INTERVENTIONS WORKBOOK

wisemind.com members can access the full
workbook. **Try our 7 day FREE trial.**

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Neuropsychotherapy and Trauma Interventions

**THIS IS PART A OF THE
NEUROPSYCHOTHERAPY & TRAUMA
INTERVENTIONS WORKBOOK.**

**SUBSEQUENT PARTS WILL BE MADE AVAILABLE
AS WE PROGRESSIVELY RELEASE THE FULL
SERIES.**

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