

Supporting a Person with Post-Traumatic Stress Disorder

David Pitonyak

Tuesday, June 13, 2017

Morning: 9:00 AM – 12:00 PM

Afternoon: 1:00 PM – 4:00 PM

Pyle Center, 702 Langdon St, Madison, WI 53706, Rm 325/326

This workshop examines the impact of trauma in the lives of people who experience disabilities. Many experience Post Traumatic Stress Disorder as a result of early loss of family (institutionalization), medical procedures, treatment procedures, sexual and physical abuse. This workshop explores strategies for helping people to heal, even in the aftermath of extraordinary suffering.

The morning session will lay a foundation and framework focus on supporting people with PTSD including specific physiological changes that overcome a person in distress, and strategies that make sense for the person and his or her caregivers. Late morning will bring in discussion on concrete strategies to support a person with PTSD and physiological changes that occur in people who have experienced trauma.

The afternoon we will build upon this discussion and address specific questions about the people you support, work through scenarios, talk about practical strategies, and share additional material on supporting individuals with PTSD.

HANDOUTS (Found on David's website: www.dimage.com)

Recommended: [Supporting A Person with Post Traumatic Stress Disorder](#). Optional: [Discovery Workbook](#) with Support Plan Forms ([abbreviated](#) and [extended](#)). [Upside Down and Inside Out: Supporting a Person in Crisis](#) and [Jumping Into the Chaos of Things](#).



ABOUT DAVID PITONYAK

The largest part of my work involves meeting individuals who are said to exhibit "difficult behaviors." Most of these individuals exhibit difficult behaviors because they are misunderstood and/or because they are living lives that don't make sense. Often they are lonely, or powerless, or without joy. Often they are devalued by others, or they lack the kinds of educational experiences that most of us take for granted. Too often their troubling behaviors are the result of an illness, or even a delayed response to traumatic events.

You might say their behaviors are "messages" which can tell us important things about their lives. Learning to listen (see Herb Lovett) to an individual's difficult behaviors is the first step in helping the individual to find a new (and healthier) story.

I also believe, to paraphrase Jean Clark, that a "person's needs are best met by people whose needs are met." Supporting a person with difficult behaviors also involves an honest assessment of and attention to the needs of a person's supporters.

Another part of my practice involves training. I provide workshops and seminars on a variety of topics, including supporting people with difficult behaviors and supporting the needs of a person's friends, family, and caregivers.

In the recent past, I have provided consultation and training for individuals, families and professionals throughout the United States, Canada, Puerto Rico, England, and the Republic of Ireland. I have worked with people in a variety of settings, including: home and professionally-staffed residential settings, schools, supported competitive job sites, sheltered workshops, and day activity programs.

The best, and most important, part of my life is my family. I live in Blacksburg, Virginia with my wife Cyndi. We have two boys, Joe and Sam.

REGISTRATION INFORMATION

Morning Only: \$50 (reduced fee for Dane County DD Support Providers: \$30)
3 Continuing Education Hours for Social Workers

Full Day: \$75 (reduced fee for Dane County DD Support Providers: \$50)
6 Continuing Education Hours for Social Workers

Lunch is on your own (12:00 – 1:00 PM) if registered to attend the full day: The Pyle Center is located near downtown Madison's State Street, with dozens of dining options.

Register Online:

<http://cow.waisman.wisc.edu/traincon.html>

Contact: Rachel Weingarten

weingarten@waisman.wisc.edu

608-890-0777