



# 2022

*Academy Membership includes full access to all the following courses. Immediately.*

1. The Mental Component: for all trauma survivors
2. Psychotherapy for PTSD: for therapists, prescribers, professionals, and caregivers
3. Sex Therapy for PTSD: for everyone
4. Couples Course for PTSD
5. Pet Therapy for PTSD: for everyone
6. Anxiety Reduction Course: for panic disorder

# Course Catalog

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# The PTSD Academy

## Catalog 2021-2022



*Information herein is subject to change without notice.*

*Release date August 20, 2021.*

## About the Course Catalog

The PTSD Academy Course Catalog is intended to serve as a guide to help you reach your desired goal, and it was prepared from the existing information and policies, current at the time of dissemination. These courses use virtual classrooms with online teleconferences, hence there is no in-classroom portion. Established in 2009, Premedical Solutions, LLC has sought after leaders in the field of clinical practice, education and research to provide current insights into society's most pressing problems—the physician shortage and now posttraumatic stress.

Courses are taught by professionals that are passionate about improving the lives trauma survivors. The modules are self-paced but there is a test at the end that you must pass in order to receive credit. You only get two attempts to pass the test in order to receive a certificate. The questions are not difficult but emphasize important points necessary to achieve mastery in the subjects. We advise students to listen to the modules in their entirety and take notes prior to taking the quiz at the end of each section. Please let us know in advance of enrollment if you require any special accommodations so that we may let you know if we are able to accommodate the request. Our Courses are not accredited.

The Catalog is intended to serve as a resource to the student body of the institution but does not serve as a contract between The PTSD Academy and any person or entity. It is important to note that to the extent that any of this Catalog conflicts with or is inconsistent with PTSD Academy policies (current or as amended in the future), then Academy policies will control and govern. The content is subject to modification and change at any time in order to accommodate those changes in educational plans, certification credentials, resources, policies, procedures, and administrative, state and federal regulations. For curriculum changes and updates, refer to the Catalog online at [www.PTSDacademy.com/catalog](http://www.PTSDacademy.com/catalog).

# The Mental Component

*For All Trauma Survivors*

<b>Number</b>	<b>Title</b>	<b>Description</b>
RE1001	Regulating Emotion	Designed to introduce the concepts of activating the frontal lobe in order to calm anxiety, reduce panic, stop worry, fall asleep faster and end dissociation. <b>RE1001</b> introduces the <i>trauma release work</i> in the final stages of trauma healing covered in <b>BC4001 Body Component</b> . Graduates will learn the overlapping scientific principles behind Trust-Based Relationship Intervention, Brain Gym, Creative Visualization, Eye Movement Desensitization and Reprocessing (EMDR), Freedom Tapping Technique, Tension and Trauma Release Exercises (TRE), Acupuncture, Yoga, Massage, Controlled Breathing Exercise, Safe Place Exercise, and Touch Therapy.
CP2001	Choosing Power	Designed to introduce the concepts of applied behavioral analysis to overcome poor motivation, replacing self-criticism, stopping self-sabotage and identification with the aggressor. <b>CP2001</b> teaches the full curriculum for both Surviving Posttraumatic Stress. Graduates will learn that beliefs are a choice, they come from valid life experiences, and, therefore, can be improved with new information. Coursework relies heavily on the scientific principles found in Motivational Interviewing, Behavioral Activation Therapy, Animal-Assisted Therapy, Problem Solving Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Cognitive Processing Therapy.

Number	Title	Description
LF3001	Living Faith	<p>Designed to help alleviate hopelessness, lack of purpose, worthlessness, moral injury and bereavement. <b>LF3001</b> emphasizes finding purpose in the new life after trauma and loss, incorporating effective discipleship for personal growth, and clarifying a target audience for personal ministry to help others. Graduates will write their Definite Major Purpose, learn to develop action-based faith <i>during</i> their time of need, how to walk with comfort throughout the day, and to have peace through living out their faith in everyday life—no matter what the circumstances.</p>
BC4001	Body Component	<p>Designed to introduce the concept of traumatic and emotional memories that get stored in the complex nervous system of the brain and body. <b>BC4001</b> teaches trauma release work which increases awareness of, and techniques for, healing the pain, tension, headaches, dissociative memory loss, pseudoseizures, muscle spasms, nightmares, and fitful sleep due to traumatic memories stored in the body. Graduates will learn to listen to what their bodies are telling them, both in safe and unsafe environments, to grow more attuned to themselves, other people, and better carry out their Definite Major Purpose. Coursework relies heavily on the scientific principles found in Somatic Experiencing Therapy, Yoga, Acupuncture, Massage, Mindfulness, Eye Movement Dissociation and Reprocessing (EMDR), Dream Analysis, Narrative Therapy, and Reality Therapy.</p>

## Pet Therapy for PTSD

*For Everyone*

<b>Number</b>	<b>Title</b>	<b>Description</b>
RE1002	Pet Therapy for PTSD	Designed to expose you to the innate genius of animals and the natural world. You will get lessons in the State of the PTSD Research, Assuming Animals are Always Communicating, Connecting with your PTSD Dog, Clearing Breed Energy, and Animal Abuse is a Predator Response to be Cleared. <b>RE1002</b> emphasizes the trauma survivor becoming conscious of their own energetic and emotional states – in real time. Additional topics include Anxious People Foster Anxious Animals, Risk-Benefit Analysis of Service Animals, U.S. Legal Requirements of Service Animals vs. Emotional Support Animals so you can take your dog anywhere.

## Sex Therapy for PTSD

*For Everyone*

RE1003	Sex Therapy for PTSD	PTSD Academy is dedicated to keeping an open mind to all forms of therapy that help with symptoms of PTSD, regardless of their culture of origin. The emphasis is on married couples in our examples, but we will talk tastefully about sexually graphic material. As always, we do not discuss details of trauma. <b>RE1003</b> includes lectures on Safe Ground Rules, Posttraumatic Intimacy, How to Nurture Your Partner, Maintaining One's Own Identity, and Sex Drive Imbalances.
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# Psychotherapy for PTSD

*For Therapists, Prescribers, Professionals and Caregivers*

CP2002	Psychotherapy for PTSD	Designed to provide world-class education for professionals to enable you to better deliver psychotherapy for PTSD. This course is based upon the required text book, <a href="#">The Warrior Class: Caregiver's Guide to PTSD</a> , which includes all patient handouts. The video course is not a duplicate of the book and therefore both are needed to pass the exam for this certificate course. <b>CP2002</b> includes the popular topics Communicating with Veterans: A Skill to be Learned, Suicide as a Crisis of Hope, Acute Phase treatment of Posttraumatic Stress, What Not to Do, Traumatic Event Management, How to Process a Group Trauma, Nonviolent Crisis Intervention, Medication Therapies for Acute and Chronic PTSD, Psychotherapies that Work, Aftercare Planner, Life After PTSD Treatment, The Gift, and Problems with Recovery.
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## FREE RESOURCES FOR YOUR PATIENTS

### The PTSD Blueprint

This eBook contains the show notes for the first 13 podcasts. It will save you time introducing your patients to what holistic therapy actually is. The PTSD Blueprint is a 50-page PDF file that organizes the show notes, contact info, and contains links to all the things mentioned in the show.



To get your free copy today, join the PTSD Academy email list:

<https://ptsdacademy.com/the-ptsd-blueprint-download/>

### 9-Line PTSD Test

This eBook explains the State Assessment by Phenotypic Level (STAPLE) approach to trauma outlined in the Psychotherapy for PTSD course.



To get your free copy today, join the PTSD Academy email list:

<https://ptsdacademy.com/the-ptsd-blueprint-download/>