



**Aurora Behavioral Health System
Lunch & Learn CEU Seminar Series**

August 25, 2021 12:00 p.m. – 1:30 p.m.
Aurora East 6350 S. Maple Ave. Tempe, AZ 85283

1.5 CEUs Offered

From Trauma to Resilience: The Nervous System's Innate Ability to Recover from Trauma

In this presentation, Jonas Nordstrom, Ph.D., explains how evolution has developed the nervous system to not only deal with trauma but also to grow and thrive from them.

When animals in the wild complete the fight, flight, or freeze mechanisms – either by succeeding in escaping from the threat, fighting it off, or simply shaking it off after a freeze response – it seems they are not developing trauma. The same observations have been made in humans – when escaping a dangerous situation, fighting off a perpetrator or after life-threatening events down regulating the nervous system through “discharge tremors”, also called neurogenic tremors.

This presentation will discuss:

- Trauma from a neurobiological perspective
- The completion of the fight, flight, or freeze mechanisms
- The purpose of “discharge tremors” in animals and humans
- The polyvagal theory, post-traumatic growth and resilience
- How to support the client in creating a daily “completion routine”

Jonas Nordstrom, Ph. D

Jonas Nordstrom, Ph.D. is a Psychotherapist and the Clinical Director at Performance IOP located in Scottsdale, Arizona. In addition, Dr. Nordstrom is an Adjunct Professor at Arizona State University, and an international trainer and lecturer in the field of trauma recovery, crisis intervention, and addiction treatment.



Aurora Behavioral Health System Certificate of Attendance

This is to certify that:

Sara Cobb

attended the August 25, 2021 CEU seminar titled:

“From Trauma to Resilience: The Nervous System's Innate Ability to Recover from Trauma”

Presented by:

Jonas Nordstrom, Ph. D

1.5 CEU Hours

OMFL: SH4018

OBHL: BSH-2767

Jordan Peterson, Director of Business Development

Aurora Behavioral Health System