



Matt Quackenbush, LCSW

Deer Hollow's Director of Education & Trainings

Topic: *"Making Sense of Trauma and Post Traumatic Stress"*

Matt Quackenbush has nearly two decades of experience in the mental health arena. He is the owner and creator of Finding Strength and the Finding Strength Method, a cutting-edge therapeutic treatment approach. As Deer Hollow's Director of Education and Trainings he travels the Nation with a team of fellow passionate healers, on a mission to educate all who are willing to listen that there is hope available to any who suffer from trauma. Using many different mediums to accomplish this aim, Matt is also the host of the critically acclaimed podcast the Finding Strength Podcast, available anywhere you get your podcasts. A Certified Mind-Body Bridging Therapist, specializing in a variety of evidenced based trauma treatment models including EMDR, Internal Family Systems, CPT, Psychodrama, and mindfulness. He is currently working on obtaining a PhD in Psychology studying Traumatology and the neurological effects of trauma on the brain.

With over 10,000 hours of trauma focused therapy, Matt is considered an expert in the field of trauma treatment by many of his peers. In his presentation, Matt teaches us some of the latest research and techniques in Neuroscience, Traumatology, and Psychology. You'll learn the basics of the neurobiology of trauma, how it changes the physical structure of the brain, and the way the body responds to threat and stress. You'll learn about the new and cutting-edge treatments being used in the study of Traumatology. And when we're done, you'll walk away with easy-to-use take-home tools and techniques, more capable of changing the way your brain works and how your body responds to threat and stress.

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Using the latest research in neuroscience and mental health treatment, Matt Quackenbush, LCSW, a seasoned and expert clinician with over a decade of experience working with first responders and veterans, will teach us what trauma and stress are and what we can do about it. You will leave with a new skill set and new tools to be able to reduce your anxiety and better respond to stress, and most importantly understand what to do if you or someone you know is suffering from anxiety, depression, trauma, PTSD or other mental health issues.