

# RISING FROM THE ASHES

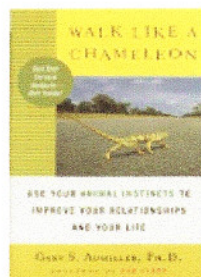
## Traumatized or Energized – The Choice After a Trauma

In the natural course of life, everyone experiences traumatic events. Some people are negatively affected the rest of their lives, some have short-term effects, some are resilient and seem to know how to go on. And still others use the trauma to improve their life considerably. They rise up and make great changes in their lives and sometimes the world. The aftermath of trauma is the focus of many types of therapy, many articles on development and many self-help movements in this country. This seminar is packed with information on helping people deal with all types of trauma, from long-term victims of abuse and torture, to disaster victims, to victims of cumulative small traumatic events, to victims of terrorism.. The seminar starts at the top -- in the brain -- and traces the trauma reaction in the body, mind and soul. It discusses how trauma reactions are different from regular stress and rely more on instinctual survival strategies innate to all animals. Dr. Aumiller emphasizes the need for individualized treatments for trauma that rely on first assessing the person's survival instincts, then properly choosing and applying any of the variety of treatments dependent on the person's distinctive survival strategy. This seminar stresses the individual, not a technique.



Dr. Aumiller teaches with clear stories and anecdotes why most shrinks have got it all wrong. Trauma is a defining moment in a person's life, but the direction a life takes after an event is a matter of choice. This is a talk about getting better, better than even before the trauma. It is a talk about how the course of treatment after a trauma can improve a life -- how a person can rise from the ashes stronger than ever. The weightlifter is taught that in order to build muscle one must break the fibers down first and build them back stronger. People are that way also, and trauma is the time to build a stronger happier and more simplified life. Dr. Aumiller will apply his famous self-help techniques on simplifying life and building a pattern of success and happiness to the time after a traumatic incident..

Whether a novice or an expert, this seminar will break new ground for you. The seminar integrates information gained from research, theory and extensive experience, as well as disciplines of psychology, medicine, biology, sociology, anthropology, zoology, history, philosophy, theology and the arts. This seminar is the best way for any practitioner to either build a strong base in their understanding of trauma, or fill in the gaps of their knowledge in this important area. Dr. Aumiller's book "Walk Like a Chameleon: Animal Instincts that Control Your Life" serves as a format for the program.



## CURRICULUM

### ATTENDEES WILL LEARN:

- How and where trauma begins in the brain, and why permanent changes occur after a trauma
- How trauma differs from stress, and must be treated differently
- How animal instincts control trauma survival
- How trauma treatment must be individualized
- How medications help and hurt
- How to choose the type of treatment for the person
- Panic attacks, suicide & depression after trauma
- Trauma at different life stages from child to adult
- Whether PTSD was just a creation to make money
- Distortion of perception and thought in trauma
- How a crime victim differs from a terrorist victim
- How helpers can be traumatized by those they help

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# TRAUMA SURVIVAL



## 8 SIGNS THIS YOU ARE READY FOR THIS SEMINAR

- ✓ You have begun to doubt whether quick intervention techniques after a traumatic event really work
- ✓ You have wondered whether people ever totally recover after a trauma
- ✓ You have wanted to know why some people do well after a traumatic event and some suffer for a long time
- ✓ You want to learn better how to explain what happens to someone after a trauma in term they will understand
- ✓ You are not sure what to say when someone is hurting, how you can reach them when they are in pain
- ✓ You have started to question whether people look for an excuse to be miserable
- ✓ You find more and more people are having trouble whenever something unplanned happens in their life
- ✓ You have thought somethings in psychology with complex explanations are just nature -- human nature and animal nature



## ABOUT THE PRESENTER

**DR. GARY AUMILLER** has appeared on over 135 talk shows as a police psychologist and author, has written over seventy articles on a variety of topics that have been published, and two regional bestselling books called *Keeping It Simple: Sorting Out What Really Matters In You Life* and *RED FLAGS!! How to Know When You're Dating a Loser*. His most recent book *Walk Like a Chameleon: Use Your Animal Instincts to Improve Your Relationship and Your Life* addresses the spontaneous survival patterns of all animals and how they determine human functioning in times of distress and in everyday life. His books have been printed in seven languages, in 12 countries. Dr. Aumiller is the past President and current President-Elect of the Society of Police and Criminal Psychology, and has been chosen as the American Representative to the International Law Enforcement and Criminalistics Academy in Rome, Italy. Dr. Aumiller has spoken and consulted at over 400 corporations, hospitals, conventions, colleges, and police organizations across the country, and as far as Europe and even Antarctica. He has led trauma teams in numerous crisis situations across the country.

Outside the field of psychology, Dr. Aumiller has acted as a consultant on three police movies, and even played a leading role of a serial killer in a movie released by Columbia Pictures, for which he won a best supporting actor award in a national film festival. Prior to his psychology career, Dr. Aumiller performed as a stage actor in professional stage and theatrical touring companies, and performed in three major city opera companies. He uses his theatrical background to make his presentations one of the most entertaining in the motivational speaking business, as well as using his experiences to highlight important information that applies to all wanting to improve their lives or their work.

