

12th World Summit on Mental Health, Psychiatry and Wellbeing

July 24-25, 2025 | Webinar

Volume : 28

Healing Trauma: A Holistic Approach Integrating Psychotherapy, Pharmacology, and Mindfulness Interventions

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Statement of the problem: Individuals with complex, or long-term trauma are at an increased risk of subsequent traumatic experiences and victimization. Further, trauma is known to increase vulnerability to mental and physical health conditions. Oftentimes, the presenting symptoms and conditions are being diagnosed and treated without addressing the history of trauma and utilizing trauma-focused interventions. This presentation describes a female client in her 30s with multiple traumas, including abuse in childhood, parental discord and separation, parental drug and alcohol misuse, foster care and group home placement, peer sexual abuse, and romantic relationship trauma. The client has been diagnosed with bipolar II, nightmare, panic, and anxiety disorders, and, more recently, PTSD, and has a history of somatic malingering and non-suicidal self-injury as a teen. She has been diagnosed with several physical health conditions and has displayed hypochondriasis. The client decided to start therapy after ending a long-term traumatic relationship and seeking support throughout this transition.

Biography

Natalia Shtompel, Ph.D., LCSW, MA, RYT (500) is an Associate Professor and DSW Program Director at Barry University Department of Social Work. Her main interests are Yoga and mindfulness for mental health, trauma-responsive practice, and cognitive vitality and quality of life among older adults. Dr. Shtompel teaches courses at undergraduate, Master's, and Doctoral levels, including psychopathology, neurobiology, trauma, research, evaluation, and other courses. As a Licensed Clinical Social Worker, she is trained in Eye Movement Desensitization and Reprocessing (EMDR) and Trauma Center Trauma-Sensitive Yoga and has a private practice working with adults diagnosed with a variety of mental health conditions. Additionally, Dr. Shtompel serves as the Co-Chair of the Barry University Institutional Review Board (IRB) and the Chair of the Aging Practice Section of the National Association of Social Workers (NASW). .

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Abstract received : February 21, 2025 | Abstract accepted : February 27, 2025 | Abstract published : December 16, 2025