

# TRANSFORMING TRAUMA RETREAT, SEDONA

- Imagery
- EMDR
- Somatic Interventions
- Trauma-Sensitive Yoga
- Mindfulness
- DBT Skills
- Mindfulness
- Meditation

This is a training opportunity that is a **MUST** if you work with traumatized clients—and an opportunity in a serene setting to safely do personal work.

In the beautiful Sedona Mago Retreat Center near Sedona, Arizona, you will spend 6 days filled with **transformation and skills-building**. Leave transformed and revitalized with the confidence to improve treatment outcomes and heal.

Through didactic illustration and explanation; live and videotaped demonstrations; and a host of experiential exercises including a daily trauma-sensitive yoga practice, this retreat will provide you with the principles of trauma theory, diagnosis, and best practices for effective treatment.

You will be guided through the newly updated traumatic stress disorders—those included in—and those excluded from—the new DSM-5®: Simple PTSD, Complex PTSD, Developmental Trauma Disorder, and Borderline Personality Disorder. For all but single incident trauma, the tri-phasic model remains today's state-of-the-art treatment approach. Once familiar with the phase model of treatment (including each phase's goals, along with the clinical tools to reach those goals), clinicians will begin to practice using these new tools.

Limited availability! Register today at [www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)

## HIGHLIGHTS OF THE CENTER

- HEALTHFUL (AND TASTY!) PESCO-VEGETARIAN CUISINE
- STYLISH ACCOMMODATIONS
- YOGA MAT FOR YOUR USE DURING YOUR STAY
- HEALING GARDEN AND LAKE
- VORTEXES
- COVERED PATIOS AND MEDITATION AREAS
- LOUNGE (WITH WiFi ACCESS)
- INCREDIBLE LANDSCAPES

## Tools & Modalities for Stabilization & Trauma Processing



## How to Register

For additional details: [www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)

Choose the easiest registration method for you:

ONLINE	<a href="http://www.pesi.com/traumaretreat">www.pesi.com/traumaretreat</a>	FAX	800-554-9775
PHONE	800-844-8260	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000
RETREAT LOCATION	Sedona Mago Retreat 3500 E. Bill Gray Rd Sedona, AZ, 86336 (800) 875-2256		

★★★★★  
Your satisfaction is our goal — and our guarantee! If you are not satisfied we'll make it right!

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_ Profession \_\_\_\_\_

Dept./Floor/Suite \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_

Dept. Ph ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

For your convenience, confirmations are sent via email.

2 Tuition and 5-nights stay (55472SED)  Early bird by 7/15/2017 \$2,399 per person

September 24-29, 2017  Standard \$2,599 per person

Registration closes September 5th

CE Certificate & Course manual Included

Healthful pesco-vegetarian cuisine (3 meals daily) Included

Yoga mat for use during your stay Included

\*\*Bring a friend and SAVE \$200 each!

Tuition and 5 nights stay, double occupancy\*  Early bird by 7/15/2017 \$2,199 per person

Standard \$2,399 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: \_\_\_\_\_

3 Please indicate method of payment.

Check enclosed payable to PESI, Inc.

Am. Exp. (15 Digits)  VISA (13-16 Digits)  MC (16 Digits)  Discover/Novus (16 Digits)

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_\_ Total \_\_\_\_\_

Signature: \_\_\_\_\_ Valid #: \_\_\_\_\_

For cancellation policy and FAQ go to: [www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)

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## Lead Instructor

Linda Curran, BCPC, LPC, CACD, CCDPD, is president of Integrative Trauma Treatment, LLC, in Havertown, PA. She provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma.

Linda is the author of best-selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and her newest book *101 Trauma-Informed Interventions* (PPM, 2013). She is the producer of the best-selling Interview Trauma DVD series in which she collaborated with the world's leaders in Trauma: Bessel van der Kolk, M.D.; Peter Levine, Ph.D.; Babette Rothschild, MSW, LCS; Stephen Porges, Ph.D.; Janina Fisher, Ph.D.; and many more.

**Featuring Certified Trauma-Sensitive Yoga Instructor Kirsten Voris (RYT-200).** Kirsten completed her certification in Trauma-Centered Trauma Sensitive Yoga (TCTSY) in early 2017 at Bessel van der Kolk's The Trauma Center, Boston. She completed her initial yoga certification in Ankara, Turkey, where she brought yoga to clients from the international aid community. Last fall she expanded on this work by facilitating the yoga and meditation component of a training on secondary and vicarious trauma for aid workers in Cusercoli, Italy.

### SPEAKER DISCLOSURES:

Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Linda Curran has no relevant non-financial relationship to disclose.



PESI sponsored retreat located at Sedona Mago Retreat Center, Sedona, AZ



[www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)

## ★★★ CERTIFICATE PROGRAM ★★

# CLINICAL TRAUMA TRAINING RETREAT

September 24-29, 2017  
Sedona Mago Retreat Center, Arizona

Reserve today!  
Limited availability

Earn Your  
Certificate  
& 30 CE  
Hours

[www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)





# Retreat Content

## Day One—September 25, 2017

### Neuroscience of Trauma and DSM-5® Diagnostic Criteria

#### Neuroscience's Current Trauma Paradigm

- Biological nature of trauma
  - Primer: Triune brain, the nervous system and the stress response
  - Polyvagal Theory (informing trauma treatment of both hyperarousal and hypoarousal states)
- Trauma's Somatic and Sensorimotor Sequelae
- Specific trauma symptoms and their order of appearance
- Dissociation, body memories and "flashbacks"
- Traumatic stress: normal, prolonged, complex and developmental

#### Trauma and Attachment:

- Adverse Childhood Experiences Study (Implications)
- Primer: Attachment Essentials: *Baby/Momma Trauma*
  - Insecure Attachment Styles (assessment and primary treatment issues)
    - Avoidant
    - Preoccupied
    - Disorganized type (Main, Hesse)

## Day Two—September 26, 2017

### Trauma Treatment: Stage Model Trauma Tools

#### Assessment and Diagnosis of Trauma Disorders

- Simple PTSD (DSM-IV-R®)
- Complex PTSD (van der Kolk & Herman, 1992)
- Borderline Personality D/O vs. Affect Dysregulation D/O
- DTD Developmental Trauma Disorder (van der Kolk)

#### The Tri-phasic Model of Treatment (Janet's):

- *Stage One: Stabilization and Safety*
  - Assessment, rapport, psychoeducation (including medication)
  - Recognize and interrupting dissociative episodes and "flashbacks"
  - Practicing "Skills to Stay Stable"
    - Dual awareness
    - Mindfulness/"bodyfulness" (Levine)
    - EFT (sequenced tapping acupressure points)
    - Somatic exercises for grounding and centering
    - Techniques for physiological arousal reduction, containment and self-soothing
    - Multi-sensory guided imagery
    - Theory and practice trauma-sensitive yoga with Kirsten Voris
- *Stage Two: Processing Traumatic Memories*
- Brief Overview trauma processing modalities
  - Gestalt therapy (the quintessential trauma treatment)
  - Sensorimotor Psychotherapy (SP)
  - Somatic Experiencing (SE)
  - Internal Family Systems (IFS)

## Day Three—September 27, 2017

### Continued Stage Two: Processing Traumatic Memories

#### Trauma Processing Modalities

- Gestalt therapy (the quintessential trauma treatment)
- Sensorimotor Psychotherapy (SP)
- Somatic Experiencing (SE)
- Internal Family Systems (IFS)
- EMDR
  - Demonstration with volunteer
  - Triad selection

## Day Four—September 28, 2017

### Experiential: Processing Traumatic Memories with EMDR

#### Under supervision, clinicians will practice multiple sessions for both:

- Resourcing clients with guided imagery (Phase One)
  - Containment
  - Comfort and safety
  - Protection
  - Nurture
- Reprocessing traumatic memories

## Day Five—September 29, 2017

### Continued ~ Experiential: Processing Traumatic Memories with EMDR

#### Under supervision, clinicians will practice multiple sessions for both:

- Resourcing clients with guided imagery (Phase One)
  - Containment
  - Comfort and safety
  - Protection
  - Nurture
- Reprocessing traumatic memories (Phase Two)

#### Q/A Wrap up

Go to  
[www.pesi.com/traumaretreat](http://www.pesi.com/traumaretreat)  
for 30 Key Learning Outcomes

**Target Audience:** Psychologists • Counselors • Social Workers • Psychotherapists  
Marriage & Family Therapists • Nurses • Addiction Counselors • Mental Health Professionals  
This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. You will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material.

## Retreat Schedule Sept 24 - 29, 2017

### Sunday, September 24, 2017

- 3-5 pm Check in and Property Tour
- 5:30 – 6:30 pm Dinner
- 7:00 to 8:00 pm Community Gathering & Introduction

### Monday, September 25, 2017 – Thursday, September 28, 2017

- 6:30 – 7:15 am Yoga Experiential (optional)
- 7:30 – 8:30 am Breakfast
- 8:30 am – 12:15 pm Program
- 12:15-1:30 pm Lunch
- 1:30 – 5:00 pm Program
- 5:15- 7:00 pm Dinner
- 7:15 – 8:00 pm Closing Lecture and Mindfulness Experiential

### Friday, September 29, 2017

- 6:30 – 7:15 am Yoga Experiential (optional)
- 7:30 – 8:30 am Breakfast
- 8:30 am – 12:00 pm Program
- 12:15-1:15 pm Closing Lunch and departure



CERTIFICATE PROGRAM

CLINICAL  
TRAUMA  
TRAINING  
RETREAT

## Continuing Education Credit Information

**Credits listed below are for full attendance at the live event only.** Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 30.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

**COUNSELORS:** This intermediate activity consists of 30.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1800 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

**NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS:** This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 30.0 contact hours.

**PSYCHOLOGISTS:** PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 30.0 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 30.0 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**OTHER PROFESSIONS:** This activity qualifies for 1800 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.