

ATTACHMENT, TRAUMA & PSYCHOTHERAPY

Join world-renowned neuropsychiatrist and *New York Times* bestselling author of *Mind* and *Mindsight*, Dr. Dan Siegel, for this seminar and explore the properties of psychological well-being and how new scientific insights are providing us with a deeper understanding of why psychotherapy works. As we continue to discover more about neural integration and the deeply social nature of the brain we are moving towards remarkable new insights into the nature of the mind.

Three human experiences have been documented as promoting well-being: secure attachment, mindfulness meditation, and effective psychotherapy. You will explore how these systems share similar neural mechanisms and the implications that this has for both attaining a state of well-being and transforming the brain.

In this seminar, discover how the classic descriptions of major psychopathology - from autism to bipolar disorder - reveal blockages to neural differentiation and linkage in regions of the brain involved in social cognition and self-regulation. Take home new approaches to clinical assessment that are based on revealing the precise impairment to integration, and offering a new conceptual framework for your clinical practice.

Dr. Siegel is a pioneer in the field of interpersonal neurobiology. He is the author of 10 books and offers educational programs throughout the world. He has lectured for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, London's Royal Society of Arts (RSA), and TEDx. Do not miss this rare and exciting opportunity to learn from one of the world's foremost experts and captivating presenter!

Neural Integration as a Pathway to Resilience and Well-Being

★ **Satisfaction 100% Guaranteed** ★

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

CLINICAL OBJECTIVES

- Determine the differences among secure, ambivalent, anxious, and disorganized attachment categories
- Integrate findings from the Adult Attachment Interview into clinical assessment and treatment.
- Analyze ways in which traumatic experiences impact neural development, structure, and function.
- Evaluate impairment of integration in memory processes in everyday life and in trauma.
- Articulate the role of both implicit and explicit memory in trauma resolution and health.
- Point out ways in which the brain develops and changes through relationships, consciousness, and neuroplasticity.
- Analyze how Presence, Attunement, and Resonance foster Trusting relationships – the PART we play in psychotherapy.

SPEAKER



Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine and founding co-director of the Mindful Awareness Research Center at UCLA. An award-winning educator, he is a Distinguished Fellow of the American Psychiatric Association. Dr. Siegel is the executive director of the Mindsight Institute, an educational organization that focuses on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

Dr. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA. He served as a National Institute of Mental Health Research Fellow at UCLA.

Dr. Siegel publishes extensively for the professional audience. He is the co-editor of the *Handbook of Psychiatry* and the author of numerous articles, chapters, and the internationally acclaimed text, *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are* (Guilford, 1999). This book introduces the field of Interpersonal Neurobiology, and has been utilized by a number of clinical and research organizations worldwide, including the U.S. Department of Justice, The Vatican's Pontifical Council for the Family, Microsoft and Google. *The Developing Mind, Second Edition* was published in March 2012.

Dr. Siegel serves as the founding editor for the Norton Professional Series on Interpersonal Neurobiology which contains over three dozen textbooks. He has also authored *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* with Mary Hartzell, M.Ed. (Tarcher/Penguin, 2003), *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being* (Norton, 2007), *Mindsight: The New Science of Personal Transformation* (Random House, 2010), *The Mindful Therapist* (Norton, 2010), *The Whole-Brain Child* (Random House, 2011), *Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind* (Norton, 2012), and his latest book *Mind: A Journey to the Heart of Being Human* (Norton, 2016).

Dr. Siegel's ability to make complicated concepts exciting as well as easy to understand has led him to be invited to address local, national and international organizations where he speaks to groups of educators, parents, public administrators, healthcare providers, policy-makers, clergy and neuroscientists. He lives in southern California with his family.

Speaker Disclosures:

Financial: Dr. Daniel J. Siegel is the executive director of the Mindsight Institute. He is an author for W.W. Norton publishing and receives royalties. He is an author for Bantam publishing and receives royalties. He is an author for Guilford Press and receives royalties. He is an author for Tarcher/Penguin and receives royalties. He is an author for Random House and receives royalties. He receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Daniel J Siegel is a clinical professor at UCLA School of Medicine. He does not receive compensation.

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with

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