

Two-Day Trauma Competency Conference

This two-day seminar delivers the bio-psycho-social aspects of traumatic stress, traumatic grief, & traumatic loss. Mental health professionals are on the front lines and, in many cases, have the initial contact with the individual(s) who has experienced traumatic stress. Clinicians are routinely called upon to serve survivors of major disasters, war, childhood physical and sexual trauma, rape, violent crime, and other forms of traumatic events. Participation in this workshop leads to a holistic and systemic understanding of traumatic stress and provides skills for immediate use in a variety of clinical settings.

How people respond to traumatic stress is an individual matter based on a number of factors including psychological, emotional, social, cultural, biological, spiritual, and familial. The two-day training will involve an analysis of the various defense mechanisms and other coping skills individuals employ during and following the experience of traumatic stress. Key approaches and interventions include:

- Crisis intervention
- Critical incident stress debriefing
- Cognitive Behavioral Therapy
- EMDR
- Sensorimotor approaches

This training provides take-away evidence-based, best-practice clinical interventions and techniques for the Assessment, Safety & Stabilization, and Remembrance & Mourning phases of trauma treatment. In addition, completion of this two-day seminar meets the educational requirement when applying to become a Certified Clinical Trauma Professional (International Association for Trauma Professionals, www.traumapro.net)

Meet Your Speaker

Mike Dubi, Ed.D., LMHC, is an associate professor and has been teaching in the Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology programs at Argosy University/Sarasota since 1997. He has been engaged in the practice of individual and group psychotherapy for over 30 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also a Board Certified Expert in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, Certified in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross and is a Certified Compassion Fatigue Specialist.

Mike is a founder and president of the International Association of Trauma Professionals, editor of the *International Journal of Trauma Professionals* and the *TraumaPro* newsletter. He has published several book chapters and a variety of articles on trauma, power therapies, case conceptualization and supervision.

Over the course of his career, Mike has treated more than 2500 survivors of child and adult sexual abuse and is currently working with OEF/OIF veterans whom he treats pro bono. He works with athletes and musicians to help them perform better. Mike is actively involved in research to help redefine sex offender typologies.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for more than 40 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver and road cyclist.

Speaker Disclosure:

Financial: Michael Dubi maintains a private practice. He receives compensation as an Associate Professor at Argosy University. Mr. Dubi receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Dubi has no relevant non-financial relationship to disclose.



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

Benefits of Membership:

- Certificate of Membership
- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
- **10% Discount** on all PESI books, CD's, DVD's and online courses
- Traumatology Tool Kit (assessment instruments, treatment protocols)

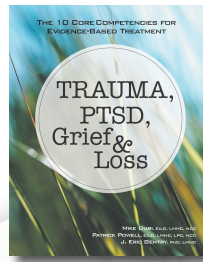
Questions?

Call customer service at **800-844-8260**

Visit the IATP website at www.traumapro.net for more details on the non-profit association.

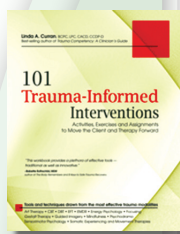
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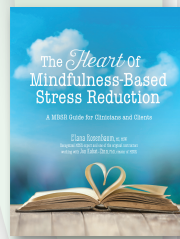
Trauma, PTSD, Grief & Loss:
The 10 Core Competencies for Evidence-Based Treatment
By Michael Dubi, Ed.D., LMHC - **Your Speaker**
Patrick Powell, EDD, LMHC, LPC, NCC
& J. Eric Gentry, Ph.D., LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, Self-Regulation, EMDR, Tri-Phasic Models, Exposure-Based Therapies, CBT and Narrative Exposure Therapy.



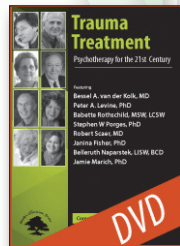
101 Trauma-Informed Interventions: *Activities, Exercises and Assignments to Move the Client and Therapy Forward*
By Linda Curran, BCPC, LPC, CAC-D, CCDPD

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.



The Heart of Mindfulness-based Stress Reduction
A MBSR Guide for Clinicians and Clients
By Elana Rosenbaum, MS, LICSW

Elana Rosenbaum, one of the original instructors working with Mindfulness-based Stress Reduction (MBSR) founder Jon Kabat-Zinn, PhD, has combined her 30 years of teaching into a new guide to help transform the psychological and physical pain in your clients' life. A valuable resource in any practice, this workbook is filled with evidence-based approaches for healing and improving treatment outcomes for anxiety, depression, addictions, grief, trauma and catastrophic illness



Trauma Treatment: *Psychotherapy for the 21st Century (3-Disc Series)*
By Multiple Speakers

In this three-part series, the world's leading trauma researchers and clinicians share their knowledge and perspectives on the nature of trauma, how it is experienced and how when left untreated continues to be re-experienced. You will learn a paradigm for understanding trauma's far-reaching psychological and physical consequences, without which, psychotherapeutic interventions remain extremely limited, and at times harmful to our clients.

More info and resources at www.pesi.com/bookstore

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Two-Day Trauma Competency Conference

The Core Competencies and Treatment Strategies for Trauma, PTSD, Grief & Loss

This conference meets the education requirements when applying to become a Certified Clinical Trauma Professional



BONUS! Attend both days and receive a Free year membership in the IATP! \$99 value/Details Inside!

WINCHESTER, VA
Tuesday & Wednesday
January 16 & 17, 2018

FREDERICK, MD
Thursday & Friday
January 18 & 19, 2018

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Outline

A Brief History and Evolution of Traumatic Stress, Grief & Loss

- Systemic traumatic stress theory
- Symptom review
- Review of effective treatments
- Tri Phasic model
- Most commonly used instruments to assess traumatic stress

10 Core Competencies of Traumatic Stress, Grief & Loss

Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

- Precipitating events
- Meaning making
- Physiology of Trauma
- Perception

Adaptive and Maladaptive Coping Behaviors

- Trauma Adaptation
- Systemic influences
- Emotional & psychological stressors
- Integrated theoretical concepts from stress, crisis & trauma theories
- Information Processing Model
- Psychosocial Model

Review of Effective Treatment Interventions

- Cognitive Behavioral Techniques (PE, CPT & SIT)
- EMDR & Bilateral Stimulation
- Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)
- Sensorimotor

The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

- Affective volatility
- The body keeps the score
- Biology of traumatic stress

The Impacts of Traumatic Stress Over Time& Across & Within Developmental Stages

- Epigenetics
- Reactive Attachment Disorder
- Adrenal fatigue

The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

- Traumagenesis
- Traumaddiction
- Comorbidity

Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

- Systemic perspective
- Strengths perspective
- Survivor metaphor

Traumatic Stress Exists Across the Continuum of Systemic Levels

- Systemic trauma theory
- Community trauma
- Vicarious secondary traumatization

Evidence-Based Trauma Treatments & Interventions

Theories of Traumatic Stress, Loss and Grief

- Information processing model
- Psychosocial model
- Contemporary thoughts

Bereavement and Adjustment Disorders

- Supporting Normal Bereavement
- Treating Complicated Bereavement

Assessment of Traumatic Stress Disorders

- Diagnostic and Statistical Manual of the APA
- DSM-5® changes
- ACE & Developmental Trauma
- Diagnosing PTSD with the PCL-5

Techniques/Interventions

- Relaxation/Self-regulation
- Grounding
- Containment
- Writing/journaling
- Drawing art
- Healing metaphors
- Transitional objects

Demonstrations: Interactive Exercises/Application of skills

- Cognitive Behavioral Techniques
- Narrative Exposure Therapy Technique
- Thought Field Therapy (TFT)
- Bilateral Stimulation

Closure: Lessons Learned

Objectives

- 1 Determine clearly the nature of traumatic stress, grief, & loss and their sequelae.
- 2 Evaluate the various theoretical models of traumatic stress, grief & loss.
- 3 Analyze traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives.
- 4 Explore the key current interventions employed for the treatment of traumatic stress, grief & loss.
- 5 Display the importance of self-regulation for treatment and professional resiliency.
- 6 Analyze the pioneering work that informs evidence-based treatments.
- 7 Breakdown clinical interventions and techniques for the assessment, safety and stabilization, as well as the remembrance and mourning phases of trauma treatment.
- 8 Analyze the changes to the Diagnostic and Statistical Manual of the APA (DSM-5®).
- 9 Incorporate the specified techniques and interventions as demonstrated during the conference to add to your clinical toolbox.
- 10 Determine the potential limitations and applications of needs assessment.
- 11 Teach the 10 core competencies of traumatic stress, grief and loss.
- 12 Generate a framework of healing for survivors of traumatic stress.

“Mike Dubi’s seminar was absolutely fantastic. Since May ‘16 I have had 99% success rate, not only with my patients but myself as well... He has changed my life and the lives of others.”

-Workshop Participant

Live Seminar Schedule (both days):

- 7:30** Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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 \$60 cancel fee. Substitutions are permitted at any time.

Live Conference Continuing Education 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 who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. 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 or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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 12.5 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Virginia Board of Counseling recognizes courses and providers that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

WEST VIRGINIA COUNSELORS: PESI, Inc. has been approved as a continuing education provider through the West Virginia Board of Examiners in Counseling. Provider #: WVBECC-558. This course qualifies for 12.5 continuing education credits.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

This activity qualifies for 12.5 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 12.5 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 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 12.5 (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.

WEST VIRGINIA SOCIAL WORKERS: The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

OTHER PROFESSIONS: This activity qualifies for 760 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.



International Association of Trauma Professionals™

A membership association providing trauma professionals with state-of-the-art training, education, certification and research.

Benefits & more info at www.TraumaPro.net

Conference Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
Therapists • Marriage & Family Therapists • Other Mental Health Professionals • Nurses



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2-DAY TRAUMA COMPETENCY CONFERENCE: THE CORE COMPETENCIES AND TREATMENT STRATEGIES FOR TRAUMA, PTSD, GRIEF & LOSS

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January 18 & 19, 2018 [59173FRC]
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3 Check Tuition:

TUITION WITH SEMINAR MANUAL

- ☐ **\$389.99** per person for **both days** (postmarked 3 wks prior to event) - Includes 1 Year Free IATP Membership
- ☐ **\$429.99** per person for **both days** (standard) - Includes 1 Year Free IATP Membership
- ☐ I am an IATP™ Member. Take **\$25 off** my registration fee. My # is: _____

ADD-ON PRODUCTS

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- ☐ **\$24.99*** *Trauma, PTSD, Grief & Loss* book
- ☐ **\$29.99*** *101 Trauma-Informed Interventions* book
- ☐ **\$24.99*** *The Heart of Mindfulness-based Stress Reduction* book
- ☐ **\$129.99*** *Trauma Treatment (3-Disc DVD Series)*

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ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. *Advance registration by phone required.*

Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required.*

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- **Trauma Competency Conference + FREE IATP Membership (\$99 Value!)** Multiple CDs* (audio) \$269.99 (RKIT051137)
- **Trauma, PTSD, Grief & Loss** book* \$24.99 (PUB084790)
- **101 Trauma-Informed Interventions** book* \$29.99 (PUB045620)
- **The Heart of Mindfulness-based Stress Reduction*** book \$24.99 (PUB084875)
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