

Outline

Part I: Assessment

Symptoms of trauma
Symptoms of attachment disorder
Traumatized brain and biochemistry
Core beliefs and expectations
attachment styles
Life script: Psychosocial history and relationship patterns

Part II: Treatment Interventions Structure

Synergistic Trauma and Attachment Therapy (STAT™) Model
3-step treatment process
Integrative approach: mind-body-spirit

Experiential and Skill-Based Interventions

Facilitate emotional and neurobiological connections
Foster trust and secure attachments
Heal interpersonal trauma to self-acceptance
Confront traumatic events: move from victim to survivor
Change negative beliefs and narratives
Resolve anger, fear, shame and loss
Exposure Therapy to alleviate trauma and PTSD symptoms
Forgiveness to let go and move on

Posttraumatic Growth: Recovery and Resilience

Positive psychology
Instill optimism and hope
Gratitude and positive emotions
A sense of meaning and purpose
Use signature strengths
Enhance relationships and social support
Self-esteem and self-efficacy
Volunteering and giving

Improve Relationships

Strengthen the hardwired need for a safe emotional bond
The language of attachment
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend
Attachment Communication Training:
Constructive communication, problem-solving and conflict-management skills
Sensory Processing and fulfillment of attachment needs

Therapeutic Goals

Develop positive core beliefs
Resolve loss and grief
Promote safe and secure attachments
Alleviate anxiety, depression, shame, and “victim mindset”
Reduce biochemistry of trauma
Stress management skills
Constructive parenting skills
Supportive and fulfilling family relationships
Mitigate defensiveness, enhance motivation and cooperation

Live Seminar Schedule

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.

Questions?

Call customer service at
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Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorder.
2. Develop effective individual and relationship-based assessment tools and methods.
3. Provide skill-based and experiential techniques to improve emotional dysregulation, core beliefs, brain wiring and biochemistry, PTSD symptoms and relationship patterns.
4. Incorporate the Attachment Communication Training to foster effective communication, conflict-management and secure attachment.
5. Explore how traumatized and resistant individuals can achieve positive personal and relationship goals, including posttraumatic growth.
6. Create secure and fulfilling relationships by facilitating limbic resonance and attachment security.

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TRAUMA & ATTACHMENT

Effective Treatment Strategies for
Helping Challenging Clients



BURLINGTON, VT
February 5, 2018

MANCHESTER, NH
February 6, 2018

PORTLAND, ME
February 7, 2018



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TRAUMA & ATTACHMENT

Effective Treatment Strategies for
Helping Challenging Clients

- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients' lives transformed through case studies and demonstrations
- Walk away with strategies to use immediately with your traumatized clients!

BURLINGTON, VT
Monday
February 5, 2018

MANCHESTER, NH
Tuesday
February 6, 2018

PORTLAND, ME
Wednesday
February 7, 2018

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Anna Rustick** at arustick@pesi.com or call **715-855-8195**.

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TRAUMA & ATTACHMENT


Effective Treatment Strategies for Helping Challenging Clients

Join Arthur Becker-Weidman, PhD, in this cutting-edge seminar as he teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

Demonstrations, case studies and role plays will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.



Speaker

Arthur Becker-Weidman, PhD, received his Ph.D. from the University of Maryland's Institute for Child Study. He has achieved Diplomate Status in Child Psychology and Forensic Psychology from the American Board of Psychological Specialties, and is a certified therapist, consultant, and trainer by the Attachment-Focused Treatment Institute and also by the Dyadic Developmental Psychotherapy Institute. He is the director for the Center for Family Development, with offices in Western New York and New York City.

Dr. Becker-Weidman consults with families, therapists, and organizations throughout the United States and internationally. He supervises and trains the clinical staff at several residential treatment centers in attachment models of residential treatment and Dyadic Developmental Psychotherapy in the United States and internationally.

Dr. Becker-Weidman was the vice president of the Board of Directors of the Association for the Treatment and Training in the Attachment of Children. He is an adjunct clinical professor at the State University of New York in Buffalo, The Academy for Human Development in Singapore, and Medellie College in Buffalo. He serves on the Board of NY APSAC as Treasurer. Dr. Becker-Weidman was founder and first president of the Board of the Dyadic Developmental Psychotherapy Institute. He is the director of the Attachment-Focused Treatment Institute, which is a program of the Graduate Counseling Program at the Academy of Human Development, a University in Singapore.

Dr. Becker-Weidman has published many papers in peer-reviewed professional journals. He is the author of six books on treatment of trauma and disorders of attachment as well as four training DVDs.

Speaker Disclosures:
Financial: Arthur Becker-Weidman is the director for the Center for Family Development. He receives a speaking honorarium from PESI, Inc.
Non-financial: Arthur Becker-Weidman serves on the Board of NY APSAC as treasurer.

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

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101 Trauma-Informed Interventions:
Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CACD, 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.

Trauma, PTSD, Grief & Loss:
The 10 Core Competencies for Evidence-Based Treatment

By Eric Gentry, PhD, LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & Michael Dubi, Ed.D., LMHC

Trauma, PTSD, Grief & Loss provides a holistic and systemic path of understanding traumatic stress, and charts the most effective treatments, outlined in the 10 core trauma competencies. Trauma experts J. Eric Gentry and Mike Dubi bring 70+ years of clinical trauma experience, providing best-practice, evidence-based clinical interventions and techniques.

Internal Family Systems Skills Training Manual:
Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D.; Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.

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.

LIVE SEMINAR 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 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 6.0 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.

NEW YORK ADDICTION PROFESSIONALS: This course has been submitted to OASAS for review.

COUNSELORS: This intermediate activity consists of 6.25 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.

MAINE COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

VERMONT COUNSELORS: This course has been submitted to the Board of Allied Mental Health Practitioners (BAMHP) for review.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

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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 6.25 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 6.25 (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.

NEW HAMPSHIRE SOCIAL WORKERS: This intermediate activity consists of 6.0 Category A credits. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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VERMONT SOCIAL WORKERS: Please contact our customer service department for the most current information.

OTHER PROFESSIONS: This activity qualifies for 380 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.

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