

Meet Your Speaker



Don Meichenbaum, Ph.D., is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada from which he took early retirement 15 years ago to become research director of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence in Miami. (Please see www.melissainstitute.org that has had over 2 million hits worldwide). He is one of the founders of Cognitive Behavior Therapy. In a survey of

clinicians reported in the *American Psychologist* he was voted "one of the 10 most influential psychotherapists of the 20th century." He recently received a Lifetime Achievement Award from the clinical division of the American Psychological Association and was an honorary president of the Canadian Psychological Association.

He has presented in all 50 U.S. states and internationally. He has published extensively and most recently published *Roadmap to Resilience: A Guide for Military Trauma Victims and Their Families* (visit www.roadmaptoresilience.org). His other books include *Treatment of Individuals with Anger Control Problems and Aggressive Behavior*; *Stress Inoculation Training*; *Facilitating Treatment Adherence*; and *The Unconscious Reconsidered*.

He has consulted for various populations including veterans' hospitals, the National Guard, psychiatric treatment centers for children, adolescents and adults, treatment center for individuals with traumatic brain injuries, torture victims, Native populations, deaf populations and school boards. See papers by Dr. Meichenbaum on www.melissainstitute.org (go to home page and click on Author's Index and scroll to Meichenbaum).

Speaker Disclosure:

Financial: Donald Meichenbaum is Research Director of the Melissa Institute for Violence Prevention and Treatment. He is the Distinguished Professor Emeritus for the University of Waterloo, Ontario, Canada. Dr. Meichenbaum receives a speaking honorarium from PESI, Inc.

Non-financial: Donald Meichenbaum has no relevant non-financial relationship to disclose.

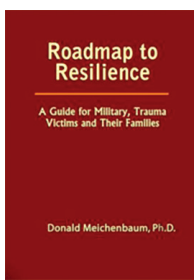
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Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
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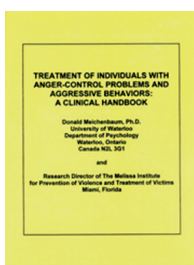


Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families

By Donald Meichenbaum, Ph.D.

Seminar presenter!

Roadmap to Resilience is designed for individuals, along with their families and friends, who have experienced traumatic and victimizing events. It is accessible both to military service members and civilians. This practical "How To" guidebook to resilience will be a valuable tool for clinicians working with clients who have experienced traumatic events, whether those events are due to natural disasters or caused by human design. *Roadmap to Resilience* will enhance the readers' level of resilience by helping them to cope with the past in order to better their futures.

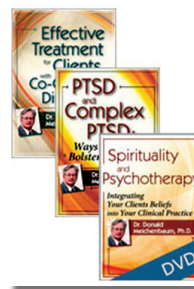


Treatment of Individuals with Anger-Control Problems & Aggressive Behaviors

By Donald Meichenbaum, Ph.D.

Seminar presenter!

This Clinical Handbook provides a life-span assessment and treatment approach for individuals who have problems controlling their anger and are prone to engage in aggressive behaviors. It provides practical treatment steps and procedures on how to implement cognitive-behavioral stress-inoculation procedures. Included in this 446 page book are 25 TABLES of HOW TO Procedural Steps, Patient Handouts, Guidelines on How to Improve Generalization, an Appendix of How to talk an aggressive individual into a Social Problem Solver and an extensive list of related Website resources and an extensive Reference list. How to address comorbid problems that co-occur with aggressive behaviors are also addressed. Tests of how to assess your level of "expertise" are included at the end of each of the five Sections of the book.



Don Meichenbaum Three Part Series Special

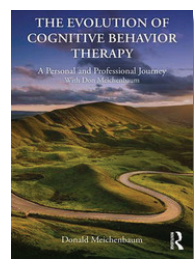
By Donald Meichenbaum, Ph.D.

Seminar presenter!

In this three-part series, Dr. Don Meichenbaum, voted "one of the most influential psychotherapists of the 20th century" explores the ways therapists can help their clients change the nature of the stories they tell themselves and others, and moreover, how they can learn to cope more effectively and become more resilient.

Included in this series:

- Effective Treatment for Clients with Co-Occurring Disorders
- PTSD and Complex PTSD: Ways to Bolster Resilience
- Spirituality and Psychotherapy: Integrating Your Clients Beliefs into Your Clinical Practice

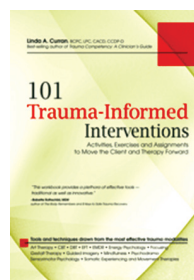


The Evolution of Cognitive Behavior Therapy
A Personal and Professional Journey with Don Meichenbaum

By Donald Meichenbaum, Ph.D.

Seminar presenter!

The Evolution of Cognitive Behavior Therapy: A Personal and Professional Journey with Don Meichenbaum explores the "untold story" of how Cognitive Behavior Therapy emerged and discusses the controversies encountered along the way. This volume will feature a personal account of Don Meichenbaum's contributions from his initial work on self-instructional training with schizophrenics and impulsive children, through his work on stress inoculation training, and his most recent works with traumatized individuals. These previously published papers are complemented with updated papers and accompanying commentary.



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

By Linda A. Curran, BCPC, LPC, CACD, CCDPD, EMDR Level II Trained

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.

Questions?

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Don Meichenbaum, Ph.D. presents

**New Developments
in the Treatment of PTSD,
Complex PTSD and
Co-Occurring Disorders**
Ways to Bolster Resilience



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Don Meichenbaum, Ph.D. presents

New Developments in the Treatment of PTSD, Complex PTSD and Co-Occurring Disorders

Ways to Bolster Resilience

This is your opportunity to learn the latest developments in the treatment of PTSD, Complex PTSD and comorbid disorders from one of the world's leading psychotherapists. Dr. Meichenbaum is a cofounder of Cognitive Behavior Therapy and he was voted "one of the 10 most influential psychotherapists of the 20th century."

Attend this seminar and learn the assessment and treatment implications of research findings on neuroscience and resilience. Learn how to use a Case Conceptualization Model that informs treatment decision-making and ways to implement the Core Tasks of Psychotherapy that "expert" therapists employ. You will learn how to provide integrated evidence-based therapy with clients who experience a variety of comorbid disorders including PTSD and Prolonged and complicated grief disorders, suicidal behavior, substance abuse disorder, Borderline Personality Disorder and traumatic brain Injuries. You will also learn how to integrate spiritually-based interventions and psychotherapy.

Dr. Meichenbaum will use his vast clinical and research experience, humorous, engaging, presentation style, along with video case presentations and provide a detailed and practical set of handouts with tools and techniques to be used in your practice.

Live Seminar 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 cepses@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.

ADDITION 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.

PENNSYLVANIA ADDITION COUNSELORS: This course has been reviewed and approved for by the Pennsylvania Certification Board. This course will award 6.25 PCB Approved Hours of Education. (Valid for PA locations only)

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DELAWARE 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.

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.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: 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.

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 participants who complete the program evaluation.

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL 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.

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.

Outline

THE NATURE AND IMPACT OF TRAUMA EXPOSURE: THE "UNTOLD STORY" OF RESILIENCE

Controversies in the field of PTSD and Complex PTSD: "State of the Art"

What distinguishes the 75% of individuals who evidence resilience VERSUS the 25% who develop persistent PTSD and related co-occurring disorders and adjustment difficulties

The nature and neurobiology of resilience: Implications for assessment and treatment
Constructive Narrative Treatment Perspective: How to help clients develop "healing stories" and accompanying coping strategies

What resilient individuals DO and do NOT do

A Case Conceptualization Model of risk and protective factors that informs treatment decision-making

SPECIFIC EVIDENCE-BASED INTEGRATED TREATMENT APPROACHES FOR CLIENTS WITH COMORBID DISORDERS

The Core Tasks of Psychotherapy: What "EXPERT" therapists do

PTSD is more than a Fear-based Anxiety Disorder: The role of guilt, shame, disgust, anger, prolonged and complicated grief and moral injuries

Detailed clinical examples of INTEGRATED treatment with clients experiencing a variety of clinical disorders

Prolonged and Complicated Grief Disorder

Borderline Personality Disorder

Suicidal behavior

Substance abuse disorder (including how to integrate 12 AA step programs and ways to enhance Recovery Transition Coping skills)

Traumatic Brain Injuries and PTSD

Seminar & Webcast Schedule (Times in Eastern)

7:30 Registration / Morning Coffee and 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 DVDs or CDs 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.

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HOW TO IMPLEMENT THE CORE TASKS OF PSYCHOTHERAPY

Develop, maintain and monitor a therapeutic alliance

Treatment-informed feedback

Collaborative goal setting using Motivational Interviewing to nurture hope and positive emotions

Psycho-education using a CLOCK metaphor

Teach intra- and interpersonal coping skills: Intervention guidelines on ways to increase the likelihood of treatment generalization

Bolster the client's resilience in six domains: physical, interpersonal, emotional, cognitive, behavioral and spiritual

Integrate spirituality and psychotherapy

Address the needs of health care providers: Ways to bolster "vicarious resilience"

PRESENTATION OF A CLINICAL TOOL BOX TO BE USED IN YOUR PRACTICE

Detailed CLIENT-BASED Checklists

Coping strategies with Grief

Transition Recovery strategies from substance abuse

Consumer guidelines on how to evaluate treatment centers

12 step AA checklist

Spirituality-based activities assessment and others



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**

Objectives

1. Evaluate the nature and neurobiology of resilience as well as related treatment implications.
2. Employ a Case Conceptualization Model of risk and protective factors that informs assessment and treatment planning.
3. Conduct evidence-based, trauma-focused interventions with a variety of mental health issues and disorders, including complicated grief, Borderline Personality Disorder, suicidal behavior, substance abuse disorders and traumatic brain injury.
4. Integrate the core tasks of psychotherapy into your clinical practice, including development of the therapeutic alliance and collaborative goal setting.
5. Teach clients intra- and interpersonal coping skills in order to reduce symptoms of PTSD and related mental health disorders.
6. Implement strategies to increase client resilience in six domains (physical, interpersonal, emotional, cognitive, behavioral and spiritual) to decrease symptomology and improve level of functioning.

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FREE MILITARY TUITION: PESI Inc. is proud to offer this seminar free of charge (on live seminar tuition) for veterans and active duty military personnel.
Advance registration by phone required.

\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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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.
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☐ **\$52.95* The Evolution of Cognitive Behavior Therapy** book

☐ **\$29.99* 101 Trauma-Informed Interventions** book

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