

# 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!**

★ **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

1. Determine how the differences among secure, ambivalent, anxious, and disorganized attachment categories can better inform clinical assessment of trauma.
2. Integrate findings from the Adult Attachment Interview into clinical assessment and treatment.
3. Analyze ways in which traumatic experiences impact neural development, structure, and function in your clients.
4. Evaluate the clinical implications of impairment of integration in memory processes among clients.
5. Articulate the role that both implicit and explicit memory play in trauma resolution and health.
6. Point out ways in which the brain develops and changes through relationships, consciousness, and neuroplasticity, and how these changes inform clinical treatment interventions.
7. Analyze how Presence, Attunement, and Resonance foster Trusting relationships in clients.

## 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  
**DANIEL SIEGEL, M.D.**

In-Person in **Seattle, WA** or Online via **Live Video Webcast**  
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# ATTACHMENT, TRAUMA & PSYCHOTHERAPY

Neural Integration as a Pathway  
to Resilience and Well-Being

with  
**DANIEL SIEGEL, M.D.,**  
*New York Times* bestselling author of *Mind*  
and *Mindsight* and the leading expert on the  
confluence of interpersonal neurobiology,  
mindfulness and psychotherapy

In-Person in  
**Seattle, WA**  
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# OUTLINE

## Attachment

- How attachment relationships shape the brain
- Neural integration and self-regulation
- Interpersonal communication and inter-neuronal linkages
- The categories of attachment

## Trauma

- Developmental trauma and its impact on brain growth
- Abuse, neglect, and attachment
- Disorganized attachment and unsolvable fear
- The biological paradox of attachment figures as a source of terror
- Dissociation as a developmental result of trauma

## Psychotherapy

- The PART we play as therapists
- The healing power of presence
- Attunement to the sea inside
- Resonance and dyadic integration
- Trust and the social engagement system of the brain

## LIVE SEMINAR AND WEBCAST SCHEDULE

Times Listed in Pacific

**7:30** Check-in/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](http://www.pesi.com), find your event, and click on the seminar title.

## Neural Integration

- The framework of integration and health
- Chaos and rigidity as outcomes of impaired integration
- Harmony and coherence
- The recursive quality of integration

## Mind and Brain in Therapy

- Is the mind simply “brain activity” or something more?
- Using the mind to change the brain
- The central role of neuroplasticity in the mechanism of therapy
- The self-organizing aspect of mind in therapy
- Relationships and the brain

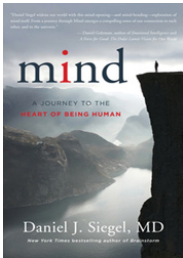
## Well-being and Resilience

- Aiming for more than relief of symptoms
- Integration at the heart of kindness, compassion, and creativity
- The ease of well-being
- Relational and neural integration at the heart of resilience and health

## TARGET AUDIENCE

Counselors, Social Workers, Psychologists, Psychotherapists, Therapists, Addiction Counselors, Marriage & Family Therapists, Case Managers, Nurses, Occupational Therapists & Occupational Therapy Assistants, Other Mental Health Professionals

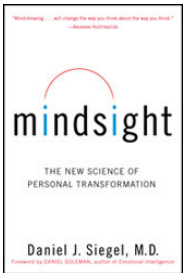
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### Mind: A Journey to the Heart of Being Human

Daniel J. Siegel, M.D.

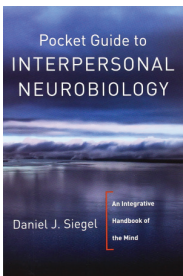
In this book, noted neuropsychiatrist and New York Times best-selling author Daniel J. Siegel, MD, uses his characteristic sensitivity and interdisciplinary background to offer a definition of the mind that illuminates the how, what, when, where, and even why of who we are, of what the mind is, and what the mind's self has the potential to become. MIND takes the reader on a deep personal and scientific journey into consciousness, subjective experience, and information processing, uncovering the mind's self-organizational properties that emerge from both the body and the relationships we have with one another, and with the world around us. While making a wide range of sciences accessible and exciting—from neurobiology to quantum physics, anthropology to psychology—this book offers an experience that addresses some of our most pressing personal and global questions about identity, connection, and the cultivation of well-being in our lives.



### Mindsight: The New Science of Personal Transformation

Daniel J. Siegel, M.D.

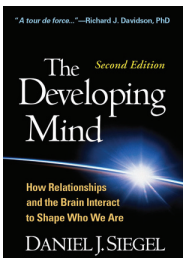
This groundbreaking book, from one of the global innovators in the integration of brain science with psychotherapy, offers an extraordinary guide to the practice of “mindsight,” the potent skill that is the basis for both emotional and social intelligence. From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental “trap” that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D., a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the UCLA Mindful Awareness Research Center, shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindsight, all of us can effect positive, lasting changes in our brains—and our lives. A book as inspiring as it is profound, Mindsight can help us master our emotions, heal our relationships, and reach our fullest potential.



### Pocket Guide to Interpersonal Neurobiology

Daniel J. Siegel, M.D.

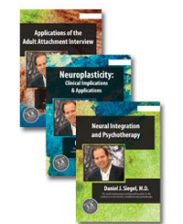
Daniel J. Siegel bridges domains of knowledge to offer a book that reveals the way the mind works via a format that reflects the brain's natural mode of learning. Flip the Pocket Guide open to any page and you will find an “entry point” that guides you to explore, in your own way, the web of integrated knowledge. Walking us through the intricate foundations of interpersonal neurobiology, Dr. Siegel allows us to see the personal and professional applications of this exciting new approach to developing a healthy mind, an integrated brain and empathic relationships.



### The Developing Mind, 2nd Edition

Daniel J. Siegel, M.D.

This bestselling book put the field of interpersonal neurobiology on the map for tens of thousands of readers. Daniel J. Siegel presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in promoting healthy development and resilience.



### Interpersonal Neurobiology Series With Dan Siegel, M.D.

Daniel J. Siegel, M.D.

Three Volume Series by Dan Siegel, M.D.:

1. Applications of the Adult Attachment Interview
2. Neuroplasticity: Clinical Implications & Applications with Daniel Siegel, M.D.
3. Neural Integration and Psychotherapy with Daniel Siegel, M.D.

## LIVE WEBCAST DETAILS

Join us on April 30, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$29.99 per CE Certificate for each additional participant.

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*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.*

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**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.

### OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:

PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**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](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 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.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This training has been approved for 6.25 CE's for Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers. WMHCA Provider #1504.

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