

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).

← Turn the page for conference details, CE information and to register!

Meet Your Speaker

Eric Gentry, Ph.D., LMHC, is an internationally recognized leader in the field of disaster and clinical traumatology, having trained thousands of professionals and paraprofessionals worldwide in the treatment of traumatic stress. His doctorate is from Florida State University where he studied with Professor Charles Figley, one of the pioneers of traumatic stress. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of Southern Florida. Dr. Gentry, along with Dr. Anna Baranowsky, is the co-author and co-owner of the Traumatology Institute Training Curriculum – 17 courses in field and clinical traumatology leading to seven separate certifications.

Dr. Gentry has been a clinical member of several CISM teams and has provided assistance in many different disaster and critical incidents including Oklahoma City, New York City, and hurricanes in Florida. He was the developer of the Community Crisis Support Team, which began in Tampa, Florida, and has become a model for communities to integrate mental health services into their disaster response network.

Dr. Gentry is the co-author of the critically acclaimed *Trauma Practice: Tools for Stabilization and Recovery* (Third Edition) (Hogrefe and Huber, 2011). His newest books include *Forward Facing Trauma Therapy* (2016) and is co-author of *Trauma, PTSD, Grief & Loss* (PPM, 2017). Additionally, Dr. Gentry has published many research articles, book chapters, and periodicals in this maturing area of study. He has a private clinical and consulting practice and is adjunct faculty at many universities. Dr. Gentry draws equally from his scientific study and from his rich history of 30+ years of clinical experience with trauma survivors to balance this training with current, empirically grounded information and experienced-based compassionate intervention skills. You will be challenged, inspired, and uplifted by Dr. Gentry and this unique training.

Speaker Disclosures:

Financial: J. Eric Gentry receives compensation as Owner of Compassion Unlimited. He receives royalties as an author for Hogrefe & Huber Publishing. Dr. Gentry receives a speaking honorarium from PESI, Inc.

Nonfinancial: J. Eric Gentry has no relevant nonfinancial relationship to disclose.

ONLINE COURSE - LIMITED TIME OFFER



Dr. Bessel A. van der Kolk's Intensive Trauma Treatment Course

Dr. van der Kolk presents his proven treatment approach in an intensive online course that will transform your work with trauma clients. In this revolutionary 6-week course, he will give you a new understanding of the neuroscience of traumatic stress and the research demonstrating the efficacy of mind-body treatment approaches.

Dr. van der Kolk will detail the benefits of numerous treatment modalities including neurofeedback, EMDR, meditation, yoga, mindfulness, and sensory integration methods such as dance and movement. Through intriguing videos, case studies, and his masterful explanation, **you will learn for whom each method works, why it works, how often it works, and how well it works** — Dr. van der Kolk's own research and that of other leading trauma experts.

Plus, Dr. van der Kolk personally selected five renowned experts in the field of trauma to share their insight on traumatic stress — professionals and colleagues who over the years have brought a deeper understanding of this field to him — and now to you!

\$199⁹⁹
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Register Now: pesi.com/vdk75



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
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- Traumatology Tool Kit (assessment instruments, treatment protocols)

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

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



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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!
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Monday & Tuesday
June 18 & 19, 2018

Charlottesville, VA
Thursday & Friday
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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 Examine the nature of traumatic stress, grief and loss and their sequelae.
- 2 Analyze the clinical application of various theoretical treatment models for traumatic stress, grief and loss.
- 3 Evaluate traumatic stress, grief and loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
- 4 Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
- 5 Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
- 6 Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
- 7 Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
- 8 Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
- 9 Incorporate clinical interventions and techniques for the initial assessment, safety and stabilization phase of treatment as well as the remembrance and mourning phases of trauma treatment.
- 10 Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
- 11 Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
- 12 Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.

Live Conference 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.



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.

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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.

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.

ADDITION 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.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 12.5 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.

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.

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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 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.

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 board or organization for specific requirements.



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.**



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

Walk-Ins:

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:

• **FREE MILITARY TUITION:** 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.

• \$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.

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