

Outline

The Impact of Adverse Experiences on Development

Adverse Childhood Experiences (ACEs) study correlation with mental illness and chronic pain  
Traumatic material can create developmental gaps  
Adverse experiences and trauma

A Timeline Approach for Better Assessment

Uncover adverse experiences not identified in standard assessment  
Adaptive experiences- strengths and positive moments  
Maladaptive experiences- adverse and traumatic material  
Distinguish and separate memories that have BOTH positive and negative aspects

Breaking Down Memories and Experiences To Help Clients Heal

Distinguishing images, body sensations, emotions and thoughts  
Identify dominant core beliefs using my concept of “cognitive buckets”  
Reshape their core beliefs in more adaptive ways

Effective Coping Resources for Clients

Easily track intensity of distress from moment to moment  
Quick, easy and effective coping strategies  
Tie in coping skills to behavioral rehearsal

Objectives

- 1. Incorporate ACEs into your intake to allow for a more effective trauma assessment with your clients.
- 2. Determine how adverse experiences, including ACEs, impact human development and how traumatic material can create developmental gaps in emotional development in your clients.
- 3. Incorporate the easy-to-use timeline method of assessment and treatment planning to better understand your clients’ history and how you can more effectively treat them.
- 4. Model how to gather important information about your client that will help to build upon their positive traits and experiences; then help them link these experiences to core beliefs that are more adaptive for success in treatment.
- 5. Integrate mindfulness skills, relational and communication skills, imagery, and grounding skills to help your clients reduce the intensity of the memory of their traumatic disturbance.
- 6. Determine how to help your clients take the adaptive foundation they have uncovered and use that to transform how they cope with disturbing or adverse experiences.
- 7. Integrate this assessment approach with several different therapy modalities to effectively help your clients in fewer sessions.

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



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Facilitate Breakthroughs with Challenging Cases

Overcome cognitive barriers that might inadvertently keep patients “stuck in therapy”  
Work through secondary gain issues  
Help patients become ready for new therapies

Integrate this Approach with Other Treatment Modalities

How to effectively incorporate with:  
CBT  
CPT  
EMDR  
Narrative Therapy  
Play Therapy  
DBT  
Art Therapy  
Solution-Focused Therapy  
Person-Centered Therapy  
ACT

**Live Seminar & Webcast Schedule**  
*(Times Listed in Eastern)*  
**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch *(on your own)*  
**4:00** Program ends  
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Adverse Experiences

A Structured Approach for More Effective Assessment, Treatment Planning and Interventions for Trauma Based on the ACEs Study

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Adverse Experiences

A Structured Approach for More Effective Assessment, Treatment Planning and Interventions for Trauma Based on the ACEs Study

- Collect trauma history in an easy, thorough, and safe manner
- Effectively work through trauma across the entire life span
- Incorporate this protocol with ANY clinical approach to therapy
- Leave with easy-to-use worksheets to guide your process

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# Adverse Experiences

## A Structured Approach for More Effective Assessment, Treatment Planning and Interventions for Trauma Based on the ACEs Study

I once worked with a client who was diagnosed with panic disorder after experiencing a horrific car accident. Utilizing traditional talk therapy over the course of nine months, it became clear that her symptoms were not improving; in fact, they were getting worse.

She was no longer working, avoided driving or riding in cars, had gained weight, developed chronic pain and suffered from insomnia – all while in treatment where she was supposed to be getting better! I was at a loss as to where to go with therapy.

Then (at last!) there was a breakthrough! It didn't happen by accident – I had discovered a new approach for assessment based on the Adverse Childhood Experiences (ACEs) study and implemented it with this client. Together we uncovered a long history of traumatic experiences that were the foundation of her symptoms-not only the car accident.

Based on this, we charted a very specific course of treatment and, **within just 8 sessions, her symptoms had dramatically improved.** She was back to work, driving with minimal distress, was panic-free, sleeping adequately and had begun exercising!. Success!

Attend this highly experiential training to learn this strengths-based approach that is grounded in multiple empirically-based disciplines, including EMDR, CBT, MBSR and positive psychology.

Integrate this approach to more effectively treat:

PTSD	Phobias	Somatization disorders	& many other clinical
Depression	Substance abuse	Chronic pain	issues
Anxiety	Eating disorders	General illness	

You don't want to miss out on this seminar!

- **Daniel Mitchell, Ph.D.**

## Speaker

**DANIEL MITCHELL PhD**, is a licensed psychologist at a busy medical practice in central Vermont. He has advanced training in Mindfulness Based Stress Reduction, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavior Therapy and EMDR as an EMDRIA certified therapist.

He has been in practice for over 15 years in a variety of settings including community mental health, hospitals, medical practices, and corrections. He employs a fully integrated mind body medicine approach to both his professional and personal practice.

Dan has also had a passion for clinicians in “the trenches” of mental healthcare, a driving force behind he desires to teach techniques and processes that have made his job easier and improved outcomes for his patients.

Speaker Disclosures:

Financial: Daniel Mitchell is affiliated with Central Vermont Medical Center. He receives a speaking honorarium from PESI, Inc.

Non-financial: Daniel Mitchell has no relevant non-financial relationship to disclose.



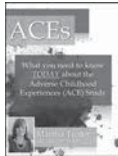
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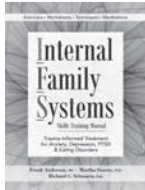
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By **Martha Teater, MA, LMFT, LCAS, LPC**

The consequences of childhood trauma can be **severe and life-long**. We know that toxic stress damages a child's developing brain. All too often we see intergenerational transmission, where adults with unresolved childhood trauma pass on its negative impact to their children. Join us and discover solid research into what constitutes an adverse childhood experience (ACE) and measureable ways to track the effect of that trauma.



**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.**

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ADVERSE EXPERIENCES: A STRUCTURED APPROACH FOR MORE EFFECTIVE ASSESSMENT, TREATMENT PLANNING AND INTERVENTIONS FOR TRAUMA BASED ON THE ACEs STUDY

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