

TRANSFORMING TRAUMA IN A RETREAT SETTING

This is a training opportunity that is a MUST if you work with traumatized clients – and an opportunity in a serene setting to practice treatment skills.

In the beautiful The Art of Living Retreat Center near Boone, North Carolina, you will spend several days filled with learning evidence-based trauma treatment skills. You will have the opportunity to practice these skills in a safe setting and gain confidence to improve treatment outcomes with your clients.

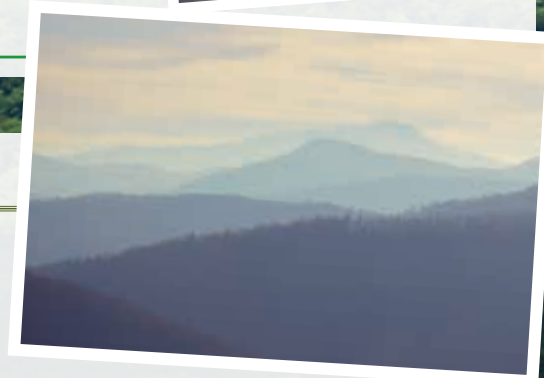
Through didactic illustration and explanation; live and videotaped demonstrations; and a host of experiential exercises, this educational opportunity in a retreat setting will provide you with the principles of trauma theory, diagnoses and best practices for effective treatment.

This training is structured to guide you through newly updated traumatic stress disorders – those included in, and those excluded from – the DSM-5™:

- Simple PTSD
- Complex PTSD
- Developmental Trauma Disorder
- Borderline Personality Disorder

Once familiar with what is referred to as the “tri-phasic model” of treatment, including each phase’s goals, and the clinical tools to reach those goals, you will begin to practice these tools in the later stages of the training.

This is a rare opportunity to separate yourself from the day-to-day tasks in your work and home to focus fully and intentionally on building clinical skills, working alongside fellow professionals to improve your clinical trauma treatment.



PESI sponsored retreat located at The Art of Living Retreat Center, Boone, North Carolina



www.pesi.com/BooneAugust

HIGHLIGHTS OF THE CENTER

- 380-acre setting in the peaceful Blue Ridge Mountains
- Plant-based dining
- Incredible landscapes

HIGHLIGHTS OF THE CLINICAL TRAINING:

- Tools and Modalities for Stabilization & Trauma Processing
- Imagery
- Somatic Interventions
- DBT Skills
- Mindfulness
- Meditation

Tools & Modalities for Stabilization & Trauma Processing

Limited availability! Register today at www.pesi.com/BooneAugust

Instructor

Linda Curran, BCPC, LPC, CACD, CCDPD, is president of Integrative Trauma Treatment, LLC, in Havertown, PA. She provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma.

Linda is the author of best-selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and her newest book *101 Trauma-Informed Interventions* (PPM, 2013). She is the producer of the best-selling Interview Trauma DVD series in which she collaborated with the world’s leaders in Trauma: Bessel van der Kolk, M.D.; Peter Levine, Ph.D.; Babette Rothschild, MSW, LCS; Stephen Porges, Ph.D.; Janina Fisher, Ph.D.; and many more.

Speaker Disclosure:

Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Linda Curran has no relevant non-financial relationship to disclose.

How to Register

For additional details: www.pesi.com/BooneAugust

Choose the easiest registration method for you:

ONLINE	www.pesi.com/BooneAugust	FAX	800-554-9775
PHONE	800-844-8260	EMAIL	events@pesi.com
Please have credit card available			
RETIREAT LOCATION	The Art of Living Retreat Center 136 Virgil Day Road Boone, NC 28607 800-392-6870	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000



RETIREAT IS LIMITED TO TRAINING PARTICIPANTS ONLY.

1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.

Name	Profession
Dept./Floor/Suite	
City	County
State	Zip
Home/Cell Ph ()	
Dept. Ph ()	
E-mail address	

For your convenience, confirmations are sent via email.

2 Tuition and 5-nights stay (632588NE) August 21-26, 2018 <i>Registration closes August 6th</i>	<input type="checkbox"/> Early bird by 7/31/2018 \$2,399 per person
CE Certificate & Course manual	<input type="checkbox"/> Standard \$2,599 per person
Healthy vegetarian cuisine (3 meals daily)	<input type="checkbox"/> Included

****Bring a friend and SAVE \$200 each!**

Tuition and 5 nights stay, double occupancy*
Registration closes August 6th

☐ Early bird by 7/31/2018 \$2,199 per person
☐ Standard \$2,399 per person

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: _____

3 Please indicate method of payment.

☐ Check enclosed payable to **PESI, Inc.**

☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

Card Number: _____ Card Expires: ____/____/____

Signature: _____ V-code #: _____

For cancellation policy and FAQ go to: www.pesi.com/BooneAugust

For additional details: www.pesi.com/BooneAugust

Reserve today!
Limited availability

August 21-26, 2018
The Art of Living Retreat Center
Boone, North Carolina

CLINICAL TRAUMA TRAINING

IN A RETREAT SETTING

★★ CERTIFICATE PROGRAM ★★

Earn Your
Certificate
Up To 27 CE
Hours

www.pesi.com/BooneAugust



Retreat Content

Day One—August 22, 2018

Neuroscience of Trauma and DSM-5® Diagnostic Criteria

Neuroscience’s Current Trauma Paradigm

- Biological nature of trauma
 - Primer: Research the nervous system and the stress response
 - Polyvagal Theory (informing trauma treatment of both hyperarousal and hypoarousal states)
- Trauma’s Somatic and Sensorimotor Sequelae
- Specific trauma symptoms and their order of appearance
- Dissociation, body memories and “flashbacks”
- Traumatic stress: normal, prolonged, complex and developmental

Trauma and Attachment:

- Adverse Childhood Experiences Study (Implications)
- Primer: Attachment Essentials
 - Insecure Attachment Styles (assessment and primary treatment issues)
 - Avoidant
 - Preoccupied
 - Disorganized type (Main, Hesse)

Day Two—August 23, 2018

Trauma Treatment: Stage Model Trauma Tools

Assessment and Diagnosis of Trauma Disorders

- Simple PTSD (DSM-IV-R®)
- Complex PTSD (van der Kolk & Herman, 1992)
- Borderline Personality D/O vs. Affect Dysregulation D/O
- DTD Developmental Trauma Disorder (van der Kolk)

The Tri-Phasic Model of Treatment:

- *Stage One: Stabilization and Safety*
 - Assessment, rapport, psychoeducation (including medication)
 - Recognize and interrupting dissociative episodes and “flashbacks”
 - Practicing “Skills to Stay Stable”
 - Dual awareness
 - Mindfulness (featuring the work of Peter Levine, PhD)
 - Somatic exercises for grounding and centering
 - Techniques for physiological arousal reduction, containment and self-soothing
 - Multi-sensory guided imagery
- *Stage Two: Processing Traumatic Memories*
- Brief Overview of trauma processing modalities
 - Gestalt therapy
 - Sensorimotor Psychotherapy (SP)
 - Somatic Experiencing (SE)
 - Internal Family Systems (IFS)

Get a FREE IATP membership by attending!

A \$99.99 value, plus waiving \$99.99 application fee for Certification!

Completion of this 5 day retreat meets the educational requirements when applying to become a Certified Child and Adolescent Trauma Professional (International Association of Trauma Professionals, www.traumapro.net).

Day Three—August 24, 2018

Continued Stage Two: Processing Traumatic Memories

Trauma Processing Modalities

- Gestalt therapy
- Sensorimotor Psychotherapy (SP)
- Somatic Experiencing (SE)
- Internal Family Systems (IFS)
- EMDR
 - Demonstration with volunteer
 - Triad selection

Day Four—August 25, 2018

Experiential: Processing Traumatic Memories with EMDR

Under supervision, clinicians will practice multiple sessions for both:

- Resourcing clients with guided imagery (Phase One)
 - Containment
 - Comfort and safety
 - Protection
 - Nurture
- Reprocessing traumatic memories

Day Five—August 26, 2018

Continued ~ Experiential: Processing Traumatic Memories with EMDR

Under supervision, clinicians will practice multiple sessions for both:

- Resourcing clients with guided imagery (Phase One)
 - Containment
 - Comfort and safety
 - Protection
 - Nurture
- Reprocessing traumatic memories (Phase Two)

Q/A Wrap up

Go to
www.pesi.com/BooneAugust
for 30 Key Learning Outcomes

Target Audience: Counselors • Social Workers • Marriage & Family Therapists • Nurses
Addiction Counselors • Mental Health Professionals

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. You will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material.

Retreat Schedule

Aug 21 - 26, 2018

Tuesday, August 21, 2018

- 3:00 – 5:00 pm Check in and Property Tour
- 5:30 – 6:30 pm Dinner
- 7:00 – 8:00 pm Community Gathering & Introduction

Wednesday, August 22, 2018 – Saturday, August 25, 2018

- 6:30 – 7:15 am Yoga Experiential (optional)
- 7:30 – 8:30 am Breakfast
- 8:30 am – 12:15 pm Program
- 12:15-1:30 pm Lunch
- 1:30 – 5:00 pm Program
- 5:15- 7:00 pm Dinner

Sunday, August 26, 2018

- 6:30 – 7:15 am Yoga Experiential (optional)
- 7:30 – 8:30 am Breakfast
- 8:30 am – 12:00 pm Program
- 12:15 – 1:15 pm Closing Lunch and departure

★★ CERTIFICATE PROGRAM ★★
CLINICAL TRAUMA TRAINING
IN A RETREAT SETTING



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.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 27.0 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.

COUNSELORS: This intermediate activity consists of 27.0 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.

PSYCHOLOGISTS: Many state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider. Please contact your state licensing board for further information. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. PESI, Inc. designates this live activity for a maximum of 27.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1620 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 27.0 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.

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 27.0 (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 1620 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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