

2-DAY INTENSIVE SEMINAR

Developmental Trauma and The Fear-Driven Brain

Applied Neuroscience to Provide Hope and Healing in Trauma Treatment

You've looked into the eyes of traumatized clients and seen absolute fear. For you, working with trauma isn't about a paycheck.

You care about outcomes.

Abuse, abandonment, neglect and violent trauma. Experienced at an early stage of development, it sets up a **life-shattering pattern of chronic fear, inner chaos and dysregulation**. It disrupts the development of the brain, disorders the capacity for attachment, and distorts your clients' relationships with themselves and others.

In therapy, an over-active amygdala sets off the stress response again and again, keeping clients from making real progress in traditional talk-based therapies. **Without addressing the brain's fear circuitry directly, therapeutic progress can prove elusive.**

Sebern Fisher "gets" trauma. She knows what the fear-driven brain is all about. And insights and guidance from her groundbreaking work in the field of trauma and **neurofeedback can provide you with a whole new paradigm to achieve the positive treatment outcomes you want for your clients.**

In his foreword to her critically acclaimed book *Neurofeedback in the Treatment of Developmental Trauma*, internationally recognized **trauma expert Bessel van der Kolk, MD**, proclaims **"Neurofeedback is applied neuroscience – it is a new frontier in helping innumerable people** who up until now have been condemned to just make the best of feeling chronically fearful, unfocused and disengaged." **Dr. van der Kolk praises Fisher** as "an immensely experienced neurofeedback practitioner [and] **the right person to teach us how to integrate it into clinical practice."**

Join Sebern and take your potential for healing to a new level as she profoundly effects the way you view the operation of the human mind and the possibilities that exist for effective treatment options in the remedy of attachment disorders and trauma!

Give the possibility of hope and healing to traumatized clients.

Sign up today for this unique opportunity to learn from this best-selling author and internationally recognized expert on the use of neurofeedback in the treatment of developmental trauma!

Speaker

Sebern Fisher, MA, LMH, BCN is an internationally recognized expert on the use of neurofeedback in the treatment of developmental trauma and best-selling author of *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*. She has been working with traumatized people for over 35 years and has integrated Neurofeedback and psychotherapy in her treatment of developmental trauma in adults and adolescents for the past 20 years.

Prior to adopting neurofeedback, Sebern was the clinical director of a residential treatment program for severely disturbed adolescents for 15 years. While there she introduced the understanding of the impact of attachment rupture and was the first to implement DBT in a residential setting.

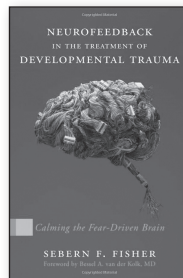
Sebern consults and trains on the integration of neurofeedback and therapy, nationally and internationally.

Speaker Disclosures:

Financial: Sebern Fisher is in private practice. She is an author for W.W. Norton and receives royalties. She receives a speaking fee from EEGer. Ms. Fisher receives a speaking honorarium from PESI, Inc.

Non-financial: Sebern Fisher has no relevant non-financial relationship to disclose.

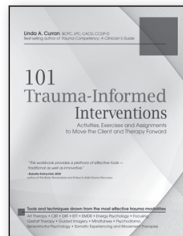
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Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain

By Sebern Fisher, MA, LMH, BCN **Your Speaker!**

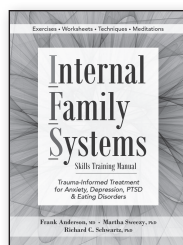
A mix of fundamental theory and nuts-and-bolts practice, the book delivers a carefully articulated and accessible look at the mind and brain in developmental trauma, what a "trauma identity" looks like, and how neurofeedback can be used to retrain the brain, thereby fostering a healthier, more stable state of mind. Essential clinical skills are also fully covered, including how to introduce the idea of neurofeedback to clients, how to combine it with traditional psychotherapy, and how to perform assessments.



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

By Linda Curran, BCPC, LPC, CAC-D, CCDP

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.



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.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.

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

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Applied Neuroscience to Provide Hope and Healing in Trauma Treatment

Portland, OR
Monday & Tuesday
September 17 & 18, 2018

Live Video Webcast
both days!



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"Neurofeedback is applied neuroscience – it is a new frontier in helping innumerable people...[Sebern Fisher] is the right person to teach us how to integrate it into clinical practice."

Internationally recognized trauma expert
Bessel van der Kolk, MD

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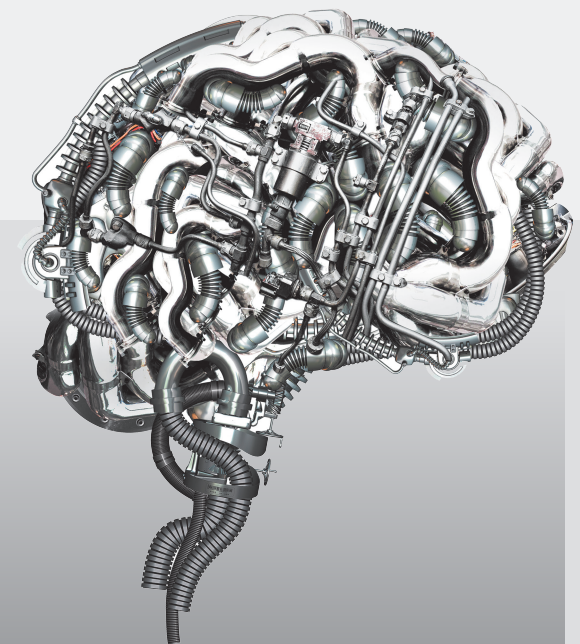
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2-DAY INTENSIVE SEMINAR

Developmental Trauma and The Fear-Driven Brain

Applied Neuroscience to Provide Hope and Healing in Trauma Treatment

Presented by critically acclaimed author and trauma expert
Sebern Fisher, MA, LMH, BCN



A mix of fundamental theory and nuts-and-bolts practice that will transform how you view and work with trauma

- How Neurofeedback can help trauma clients transition to a new identity free of fear
- Transform life-shattering patterns of chronic fear, inner chaos and dysregulation
- Go straight to the heart of trauma – learn to address the brain's fear circuitry directly
- Stop fear, shame and rage from hijacking trauma treatment

Portland, OR
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Live Video Webcast
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Outline

Insecure Attachment and Developmental Trauma

Neuronal patterns of PTSD
The innate potential for relationship
Unrepaired attachment disruption
The inheritance of insecure attachment – the state of baseline survival fear
Long-term consequences – void of self

The Fear-Driven Brain: Adverse Childhood Experiences and Trauma

The traumatized brain
The autonomic and central nervous systems
The brainstem and hypothalamus
The cerebellum, hemispheres and lobes of the brain
Neurodevelopmental consequences
Impaired brain development
Impaired emotional regulation and impulse control
Dysregulated stress response
Alterations in physical growth
Telomeres and cellular aging
The firing and misfiring of neural networks
Parasympathetic Nervous System shutdown and the vagal nerve
Polyvagal Theory in trauma practice - Porges
The role of glial cells
Accessing brain plasticity

Arousal, Reactivity, and Affect Dysregulation in Trauma

Overarousal and affect dysregulation
Primary, sub-cortical and right hemisphere affects
The inherent limits of talk therapy
Chronic baseline fear and self-reflection
The role of affect regulation in therapeutic effectiveness

Stop Letting Fear, Shame and Rage Hijack Trauma Treatment

Shortcomings of medication
The relationship between fear and shame
Cognition in “survival mode”
Manifestations of limbically driven emotions
Neurofeedback and the pulses of fear, shame and rage

Fear as the Core of Transference: Handle Transference and Counter-Transference Issues

Critical interpersonal dynamics – a partnership in affect regulation
Impacts on the therapeutic bond
Minimize intense transference
Cultivate presence and attunement
Neurofeedback and quieting the alarm of abandonment

Neurofeedback as Applied Neuroscience in Psychotherapy: Essentials and Assessment

The risks of treatment
Shift the burden of affect regulation from the therapist to the training
A new experience of homeostasis
Firing, frequencies, and arousal
Strengthen circuits
State dependence – fear states dysregulate
States to traits

Quiet Fear with Neurofeedback: Integrate Neurofeedback into Trauma Treatment

When to talk and when to train
Clinical assessment for neurofeedback
Attention, anxiety, depression, etc.

Considerations regarding sexuality and medication

Work with sensors, placements

Identify maladaptive patterns of neuronal firing

Using EEG – frequencies and amplitudes
Adjust function - operant conditioning of brain waves

Feedback - change the frequencies attributed to overarousal

Inhibit frequencies you want less of
Reward frequencies you want more of
Reward disconnected areas to connect or overly connected parts to disconnect

When training plateaus - lack of progress is not resistance

How do you know when training is over?

Who Will I Be When I’m Not Afraid: Working with the Fear-Bound Identity

A trauma identity inextricably bound to fear
The healing paradox

Treatment challenges when fear begins to quiet

Transition clients to an unfamiliar identity
Integration of new state, new traits and new sense of self

Live Seminar & Webcast Schedule (Both Days) (Times listed in Pacific)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15 min breaks (mid-morning & mid-afternoon)
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

TARGET AUDIENCE:

Counselors • Psychotherapists • Social Workers • Psychologists
Addiction Counselors • Marriage & Family Therapists
Case Managers • Nurses • Other Mental Health Professionals

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on September 17-18, 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, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$39.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/64269



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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 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.

ADDICTION 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.

OREGON 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.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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.

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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 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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.

WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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.



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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