

Join renowned trauma expert and *NY Times* bestselling author, Bessel van der Kolk, MD, for this transformational 2-day intensive workshop on the latest research and drug-free treatment techniques for your trauma clients.

Dr. van der Kolk will give you a new understanding of the neuroscience of traumatic stress and the research demonstrating the efficacy and possible limitations of mind-body treatment approaches. He will detail the benefits of neurofeedback, EMDR, mediation, yoga, mindfulness, and sensory integration methods such as dance and movement.

Through intriguing videos, case studies, and masterful explanation, you will learn how to give your clients:

- A way to find words that describe what is going on
- Ways to regulate their emotions
- The ability to trust other human beings after the shameful and horrific details of their lives
- The research on the latest tools to process traumatic memories
- Transformation! – to be fully alive in the present, not stuck in the past

This is a “don’t miss” workshop that is based on Dr. van der Kolk’s own research but also that of other leading specialists.

Reserve your seat today!

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 31-February 1, 2019, 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 \$99.99 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/67323

It’s easy and convenient!

Sit at your own computer or gather your coworkers and watch and participate in the live video webcast as a group!

• Watch and participate in the seminar in real time

• Your whole office can attend for one low price!

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Psychotherapists • Therapists • Marriage and Family Therapists
Psychiatrists • Addiction Counselors • Occupational Therapists • Case Managers • Nurses
Other Helping Professionals



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.

Praise for the work of Dr. Bessel van der Kolk and *The Body Keeps the Score*

“This book is a tour de force...deeply empathic, insightful, and compassionate perspective promises to further humanize the treatment of trauma victims...”

Jon Kabat-Zinn, professor of medicine emeritus,
UMass School of Medicine; author of *Full Catastrophe Living*

“Van der Kolk, the eminent impresario of trauma treatment...”

Norman Doidge, author of *The Brain That Changes Itself*

“A fascinating exploration of a wide range of therapeutic treatments...”

Francine Shapiro, PhD, originator of EMDR therapy



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.**

LIVE SEMINAR & WEBCAST SCHEDULE (WEBCAST TO BE AIRED AT 8:30 AM PACIFIC TIME)

DAY ONE:

8:00 am Check-in/Morning Coffee & Tea

8:30 am Program begins

11:50-1:00 Lunch (on your own)

4:30 pm Program ends

DAY TWO:

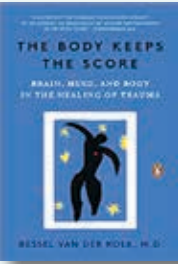
8:00 am Check-in/Morning Coffee & Tea

8:30 am Program begins

11:50-1:00 Lunch (on your own)

4:30 pm Program ends

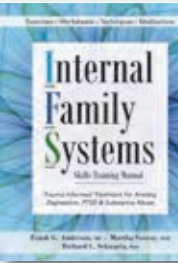
- There will be two 15-min breaks (mid-morning & mid-afternoon).
- Actual lunch and break start times are at the discretion of the speaker.
- A more detailed schedule is available upon request.



The Body Keeps the Score

Bessel van der Kolk, MD - **You're Presenter**

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing, renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.



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.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 cespi@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 Network.

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.

CALIFORNIA ALCOHOLISM & DRUG ABUSE COUNSELORS: PESI, Inc. is an approved provider by the CCAPP-EI, Provider #: OS-03-036-1017. This activity meets the qualifications for 12.5 CEH's (continuing education hours).

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.

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.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 12.5 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance. Please bring your license number to the seminar; certificates of successful completion will not be issued without your license number.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 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: This activity consists of 12.5 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



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.



CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 12.0 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.

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.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715-855-8167.

SAVE BY INCLUDING THESE PRODUCTS WITH REGISTRATION!



101 Trauma-Informed Interventions:

Activities, Exercises and Assignments to Move the Client and Therapy Forward

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

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.



Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

2-DAY TRAUMA CONFERENCE
THE BODY KEEPS THE SCORE - TRAUMA HEALING

ONLINE

pesi.com/express/67321

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

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

Mail Code:

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: *(make copy of locations)*

☐ **SAN FRANCISCO, CA**

January 31-February 1, 2019

[67321SFR]

Holiday Inn Golden Gateway

1500 Van Ness Avenue • 94109

(415) 441-4000

☐ **LIVE VIDEO WEBCAST**

January 31-February 1, 2019

[PLW67321]

Broadcast LIVE to your computer!

3 Check tuition:

ON-SITE TUITION with seminar manual

\$399.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$439.99** standard

ADD-ON PRODUCTS

- ☐ **\$18.00*** *The Body Keeps the Score* book
- ☐ **\$29.99*** *101 Trauma-Informed Interventions* book
- ☐ **\$29.99*** *Internal Family Systems Skills Training Manual* book
- ☐ **\$34.99*** *Somatic Psychotherapy Toolbox* book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

☐ **\$389.99** registration (+ tax in HI, MN, NM, PA, WI)

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

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

☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)
(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

2-Day Trauma Conference: *The Body Keeps the Score*

— Seminar on DVD* (video) \$299.99 (RNV047325)

— Seminar on CD* (audio) \$269.99 (RNA047325)

— ***The Body Keeps the Score*** book* \$18.00 (SAM84085)

— ***101 Trauma-Informed Interventions*** book* \$29.99 (PUB045620)

— ***Internal Family Systems Skills Training Manual*** book* \$29.99 (PUB085175)

— ***Somatic Psychotherapy Toolbox*** book* \$34.99 (PUB085450)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

Product total \$ _____

*Shipping _____

**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

Subtotal _____

****Tax** _____

TOTAL _____