

Outline

Day 1 Program

The Effects of Early Relational Trauma: Emotional, Physiological, Relational

- What is a ‘trauma’?
- Single events versus enduring conditions
- Remembering with our emotions and our bodies
- Procedural or conditioned learning
- Effects on brain and body

Habitually-Learned Survival Responses Recreate the Sense of Threat

- Triggers and Triggering: stay prepared for danger
- Animal defense survival responses in human beings
- Effects of traumatic adaptation on relationships

The Danger of Closeness and the Threat of Distance

- How trauma-related patterns affect the capacity for intimacy
- Body and emotional memories re-create the sense of danger
- Chronic conflict as activation of animal defenses
- Why couples cannot process conflicts or tolerate empathy

Strategies for Working with Couples in Chronic Conflict

- Create neutral space in therapy sessions
- Provide psychoeducation about trauma
- Inhibit destructive patterns in the therapy session
- Practice of new patterns as ‘experiments’

Mindfulness-Based Techniques for Decreasing Conflict and Changing Trauma-Related Patterns

- Mindfulness-based awareness of the ‘play-by-play’
- Notice the effects of their actions on partner reactions
- Observe with curiosity: “Am I getting what I want this way? Is this working?”

Day 2 Program

Shift from “Processing” Issues to Changing Patterns of Response

- A repair model for psychotherapy in place of an insight model
- The therapist as referee rather than empathic listener
- Limits and boundaries on conflict in the therapy
- Limitations of the research and potential risks

Sensorimotor Psychotherapy Techniques for Getting to the Emotions Beyond Words

- Brief introduction to sensorimotor psychotherapy
- Teach couples somatic awareness and dialogue techniques
- Work with the body to decrease tension and ‘charge’ in the relationship
- Use movement and gesture as vehicles for communication

Externalizing Techniques for Increasing Perspective

- Externalizing techniques deter conflictual verbal exchange
- Diagram patterns of conflict
- Use diagramming to help couples take responsibility for their actions and reactions
- Connect to the wounded child in each partner
- Acknowledge the role of child selves in their conflicts
- Sooth and protect the hurt child self
- Increase self-compassion and compassion toward partner

Live Seminar & Webcast Schedule

(Both Days) (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

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.

Speaker



Janina Fisher, Ph.D., is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families since 1980.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, Assistant Educational Director of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (in press).

Speaker Disclosures:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

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

Objectives

1. Discuss the neurobiological effects of traumatic experiences on individuals and couples as it relates to case conceptualization.
2. Describe the role of animal defense survival responses in perpetuating relational conflict to inform clinical treatment interventions.
3. Identify signs and symptoms of a client’s traumatic attachment in dyadic interaction.
4. Provide psychoeducation about trauma and attachment to clients.
5. Define implicit memory and articulate the role of implicit memory in evoking the sense of threat.
6. Identify and verbalize repetitive patterns of action and reaction in the couple.
7. Utilize practice of new patterns in session and evaluate their relative success in reducing couple conflict.
8. Increase the ability of couples to observe their nonverbal communication and its impact on the relationship.
9. Describe physical sensations that a client can feel when shame and resentment occur.
10. Teach couples to articulate physical sensations arising in their interactions.
11. Summarize sensorimotor psychotherapy practices that can be interfaced with psychotherapy practices to alleviate the volatility in couples.
12. Identify interventions that can be used in-session to increase positive affect in the presence of the other.
13. Provide homework for couples focused on practicing new patterns of action and reaction to improve engagement.

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Healing the Trauma Legacy in Couples Therapy

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in Couples Therapy



Presented by Janina Fisher, Ph.D.
Internationally Renowned Trauma Expert & Author

“Janina Fisher is a true master clinician and teacher —
the go-to consultant to deal with complex clinical issues
and treatment challenges.”

- Bessel A. van der Kolk, M.D.,
the world’s leading expert in the field of traumatic stress
and author of *The New York Times* bestseller *The Body Keeps the Score*

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Treating Trauma in Intimate Relationships

2-Day Certificate for Healing the Trauma Legacy in Couples Therapy

Even the most experienced therapist can be challenged when it comes to couples who are always at each other's throats or in constant crisis! What do these couples have in common? They come with an unacknowledged legacy of childhood trauma or neglect.

Early childhood trauma has lasting and dramatic effects on attachment formation and on the later capacity for intimacy and mutuality. Instead of experiencing relationship as a haven of safety, traumatized couples are driven by powerful wishes and fears of closeness.

The enemy is not each other but the trauma.

In this transformational certificate workshop, learn from master clinician and trauma expert Janina Fisher, PhD. She will provide in-depth training on the impact of early neglect, attachment failure, and childhood trauma on couple relationships.

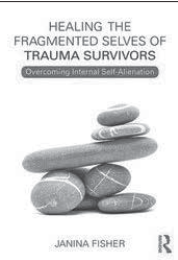
Janina will help you master a variety of new approaches and methods that can transform your work with your most challenging couples. You'll learn:

- How to **address intense emotions and impulsive reactions** that undermine the sense of safety and hope
- Strategies for **working with couples in chronic conflict**
- Mindfulness-based techniques for **decreasing conflict and changing trauma-related patterns**
- Sensorimotor psychotherapy techniques for **getting to the emotions beyond words**
- Externalizing techniques for **increasing perspective**

Through Janina's expert insightful commentary, in-session videos of couples, case studies and examples, you'll develop highly practical, evidence-based skills, and learn powerful assessment tools, case conceptualization techniques and proven clinical strategies that you can immediately apply in your practice.

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

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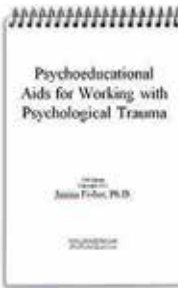


Healing the Fragmented Selves of Trauma Survivors

Overcoming Internal Self-Alienation

By Janina Fisher, PH.D. - **your presenter!**

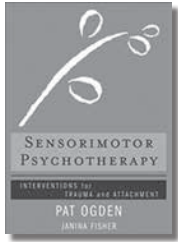
Healing the Fragmented Selves of Trauma Survivors integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes "resolution"—a transformation in the relationship to one's self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance.



Psychoeducational Aids for Treating Psychological Trauma Flip Chart

By Janina Fisher, PH.D. - **your presenter!**

This psychoeducational flip chart consists of 22 diagrams with text summarizing the most current research and theoretical concepts in trauma treatment in a simple graphic format understandable for most clients. The use of these simple diagrams increases the ability of the client to understand the nature of the symptoms and engage more easily in the treatment. Clients feel a sense of relief as their puzzling and disturbing reactions begin to make sense, and therapists find the flip chart a support for not only the treatment but also the relationship.



Sensorimotor Psychotherapy

Interventions for Trauma and Attachment

By Pat Ogden, Ph.D. & Janina Fisher, Ph.D. - **your presenter!**

Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter's teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

Live Webcast Details and Live Webcast Continuing Education Credit Information

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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/67748.



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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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.

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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.



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