

2 DAY Hypnosis for Trauma & PTSD Certificate Course

Your clients have endured stressful and traumatic experiences which often results in less ability to maintain health and to fully provide self-comfort. This course is designed to help you understand more of the neurological and psychological patterns that create PTSD symptoms. This course will focus on developing strategies to help traumatized clients heal by changing these patterns.

Hypnosis is a powerful tool that you can add to your clinical toolbox for treating trauma. When it's used with the brain in mind, hypnosis provides effective interventions to help clients interrupt negative patterns, live more in joy with the ability to self-motivate, and accomplish life goals.

During this course, special emphasis will be given to understanding how trauma affects the brain and can lead to symptoms such as anxiety, depression, panic, insomnia, obsessive-compulsive behavior and difficulty handling anger. You will learn how to treat these symptoms with the use of hypnosis.

Join hypnosis experts and trainers, Carol Kershaw and Bill Wade, as they demystify and simplify hypnosis so you can start using it with your traumatized clients immediately. They will break down the research that supports hypnosis for trauma and teach you how to implement it into your clinical work. You will learn through demonstration, case- examples, lecture, experiential exercises and hands-on experience.

This is a course you don't want to miss!

Course Schedule

for both days

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.



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.**

Objectives

1. Breakdown the basics of clinical hypnosis to incorporate into your practice.
2. Analyze the research on hypnosis as it relates to the clinical treatment of trauma.
3. Describe advances in mind/body research as it relates to trauma.
4. Determine the efficacy of focused attention on alleviating symptoms of trauma and PTSD.
5. Analyze the neurophysiology of trauma in relation to assessment and treatment planning.
6. Integrate three hypnotic strategies to facilitate trauma-symptom resolution with clients.
7. Demonstrate how deep hypnotic states can help calm a client's anxiety, panic and reactivity.
8. Describe how trauma symptoms may act as negative hypnotic trances and how that may affect therapeutic outcomes.
9. Intervene on emotional instability with three hypnotic protocols to improve client level of functioning.
10. Describe how you can alter clients' emotional states with hypnosis to help reduce trauma symptoms.
11. Determine how the differences among secure, ambivalent, anxious and disorganized attachment categories can better inform clinical assessment of trauma.
12. Modify attachment patterns with hypnosis to help move clients forward in clinical treatment.

Carol Kershaw, Ed.D., is a licensed psychologist and co-director of the Milton Erickson Institute of Houston and co-author of *Brain Change Therapy: Clinical Interventions for Self Transformation* (2012 WW Norton), co-author of *The Worry Free Mind* (Career Press) and author of *The Couple's Hypnotic Dance* (Brunner/Mazel). She is board certified in Neurofeedback, a member of the American Psychological Association, and approved consultant for the American Society of Clinical Hypnosis. She is an international trainer and is a frequent presenter in the states on the most cutting edge interventions based in neuroscience and hypnosis.

Speaker Disclosures:

Financial: Carol Kershaw receives royalties as an author for W.W. Norton and Company. She receives a speaking honorarium from PESI, Inc.

Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.

Bill Wade, M.Div., LPC, LMFT, is a licensed professional counselor and marriage and family therapist, author and international trainer. Co-director of the Milton Erickson Institute of Houston he is also a co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation* and *The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*. Bill has taught extensively in the states on neuroscience and has also taught meditation and given Dharma lectures at various Buddhist temples.

Speaker Disclosures:

Financial: J. William Wade maintains a private practice. He receives royalties from W.W. Norton, Amazon Books and CDS. He receives a speaking honorarium from PESI, Inc.

Non-financial: J. William Wade is a member of the American Association for Marriage and Family Therapy; American Counseling Association; and Texas Association for Marriage and Family Therapy.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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2 DAY Hypnosis for Trauma & PTSD Certificate Course

DEDHAM, MA

Thursday & Friday

April 4 & 5, 2019

PESI®
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2 DAY Hypnosis for Trauma & PTSD Certificate Course

- Learn how to use hypnosis to treat symptoms of trauma such as anxiety, depression, panic, anger, insomnia and obsessive-compulsive behavior
- Understand more on the neuroscientific research on mind/body healing as it relates to trauma and PTSD

DEDHAM, MA

Thursday & Friday

April 4 & 5, 2019

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Outline

Neurophysiology of Trauma/PTSD

Impact on the nervous system
Impact of trauma on the brain
Impact of stress on the brain
Vagal Nerve Activation-Stephen Porges

Adverse Childhood Experiences (ACES)

Intense and prolonged trauma
Developmental trauma
Seizure activity with trauma

Trauma and Attachment

Attachment styles
Trauma and dissociation style attachment
Attachment and relationships

Latest Neuroscience Research on Body/Mind Healing

Body/mind as frequency, light and innate healing abilities
Discovery of filament structures in body carrying information
Cellular biophoton release
Limitations with research

Long-Term Stress and Its Impact on the Limbic System

Symptoms of limbic over-arousal: Anxiety, startle response, panic, obsessive-compulsive patterns, anger, insomnia
Symptoms of limbic under-arousal: Depression, negative thinking and altered perception of experiences

Essentials of Clinical Hypnosis

Definition of hypnosis as resource activator
Focused attention and suggestion
Hypnotic language
Conversational hypnosis
Psychotherapy as hypnosis
EEG hypnosis

Course Designed Especially for:

Psychologists • Counselors • Social Workers • Marriage and Family Therapists • Addiction Counselors
Nurses • Other Mental Health Professionals

Put Clinical Hypnosis to Practice

Simple Inductions
Changing mental states
Strategies to interrupt rumination
Strategies for anxiety, depression, calming the nervous system
Experiential exercises to practice the skills learned
Demonstration: EEG Hypnosis

Strategies for Developing Traumatic Memory Reconsolidation

Retrieval and disruption
How to move a memory from short term to long term
State-dependent memory and learning

Focused Attention as a State of Negative or Positive Hypnotic Trance

How optical system may play a role in symptom formation and removal
Focus on “nothing” helps eliminates negative thought

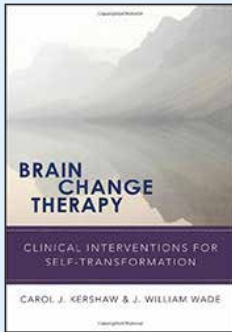
Simple Biofeedback Tools Paired with Hypnosis to Support Post Traumatic Growth

Heartmath HRV training
Temperature training
Breath training and meditation
Galvanic skin response training

How to Avoid Common Mistakes in Talk Therapy that May Make Trauma Symptoms Worse

Too much attention on feelings
Too much emphasis on the trauma story

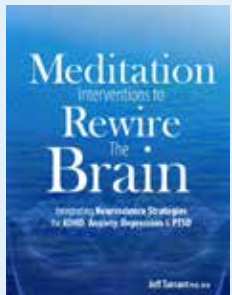
*SAVE by Including These Products with Course Registration!



Brain Change Therapy: Clinical Interventions for Self-Transformation

By Carol Kershaw, Ed.D. and J. William Wade, MDIV, LPC, LMFT **YOUR SPEAKERS!**

In this groundbreaking book, Kershaw and Wade present Brain Change Therapy (BCT), a therapeutic protocol in which clients learn to manage their emotions and behaviors, and thus reduce stress and control emotional reactivity. Drawing from the latest neuroscientific research as well as integrative principles from hypnosis, biofeedback, and cognitive therapy, BCT helps clients reach stable neurological and emotional states and thus shift perspectives, attitudes, beliefs, and personal narratives toward the positive.

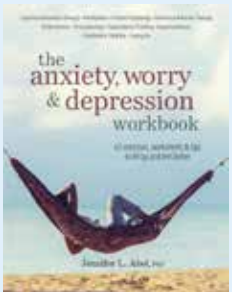


Meditation Interventions to Rewire the Brain

Integrating Neuroscience Strategies for ADHD, Anxiety, Depression & PTSD

By Jeff Tarrant, PhD, BCN

Meditation Interventions to Rewire the Brain takes a practical, individualized, brain-based approach to the practice of meditation. Author Jeff Tarrant, PhD, goes beyond traditional meditation practices to include a broad collection of mind-body strategies to effectively treat ADHD, anxiety, depression and PTSD. Over 50 worksheets, handouts, tips, scripts and exercises included.



The Anxiety, Worry & Depression Workbook

65 Exercises, Worksheets & Tips to Improve Mood and Feel Better

By Jennifer L. Abel, Ph.D.

Jennifer Abel, PhD, has compiled an **interactive workbook** that will help you tame anxiety, worry and depression. Backed with science and over 25 years of clinical experience, this easy-to-use guide is full of **practical, proven worksheets, self-monitoring forms, exercises and scripts** for you to start changing your habits, and start changing your life.

More info and resources at www.pesi.com

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Live Course 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" on this brochure 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 profession's 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 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.

MASSACHUSETTS COUNSELORS: Application for MaMHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

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.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses

Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

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, Nevada, 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 Practice) 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. Full attendance is required; no partial credits will be offered for partial attendance.

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.

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

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 \$60. Substitutions are permitted at any time.

ADA Needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Walk-Ins:

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

• **FREE MILITARY TUITION:** 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.**

• \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• Groups of 5 or more: Call 800-844-8260 for discounts.

• Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

2-Day Hypnosis for Trauma & PTSD Certificate Course

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

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— **2-Day Hypnosis for Trauma & PTSD Certificate Course CD***
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— **Brain Change Therapy** book*
\$37.50 (SAM084250)

— **Meditation Interventions to Rewire the Brain** book* \$29.99
(PUB085030)

— **The Anxiety, Worry & Depression Workbook*** \$29.99 (PUB085375)

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