

Outline

Trauma

- Concepts & definitions
- A historical perspective of trauma
- Stress vs. trauma: Two states, two responses
- The creation of trauma, reactive adaptations, traumagenesis
- Small "t" and Big "T" trauma
 - High-risk characteristics
 - Pre-natal
 - Early life trauma
 - "On Going" vs. "Single Event" trauma

The Traumatized Brain

- Neurobiology and Triunal Brain Model
- Activation and hyper-arousal of threat response system
- The sensitized brain through conditioned traumatic cues
- Dissociation and the importance of freeze discharge:
 - Neuroception, bodily reactions and biological changes

Trauma and Stress-Related Disorders (DSM-5®)

- Post-Traumatic Stress Disorder (PTSD)
 - 0-6 child definitions of PTSD
 - Reactive Attachment Disorders
 - Acute Stress disorders
 - Adjustment disorders
 - Disinhibited Social Engagement Disorder

Trauma and Working with Children and Adolescents: The Developing Brain, Body, and Mind

- Best practices and innovative tools for assessment
- Subjective imprints of trauma
- Innovative tools for trauma resiliency
- Trauma-Focused CBT for Children
- Eight interventions to use immediately
- Rapport, hope and empathy during the first session and thereafter

Trauma, Loss, and Complicated Grief

- Grief, bereavement and mourning
- How trauma "freezes" the normal grieving process
- Signs of complicated/traumatic grief
- Factors contributing to complexities in grief
- Grief, bereavement in DSM-5® and viable treatment implications

Healing Trauma: Three Active Ingredients

- Therapeutic Relationship - hope, safety, and calming presence
- Relaxation – reciprocal inhibition, parasympathetic dominance
- Narrative – developing "new" narrative to "transform" memories

Immediate Interventions: The Three-Stage Consensus Model

Safety/Stabilization

- The Therapeutic Alliance
- Felt safe vs real safe
- Resolution of impeding environment
- Amelioration of self-destructive thoughts
- Restructuring victim mentality to proactive survivor identity
- Stabilization, self-regulation, relaxation, grounding & containment
- Mindfulness, yoga, recovery resources and holistic strategies

Reprocessing/Resolution

- Narrative and metabolization of traumatic memory
- Cognitive therapies
- Mindfulness-informed interventions
- Guided Imagery and Systematic Desensitization
- Somatic and focusing interventions
- Forgiveness and gratitude work

Reintegration/Reconciliation

- Reconnection to self, family, society and hopes/dreams
- Resiliency skills training

Limitations of Research and Potential Risks

- No "one size fits all" for any modality of trauma treatment
- Various definitions of trauma with different treatment implications
- Side effects may include an initial increase in symptoms
- Empirical verses anecdotal evidence

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



★ LIMITED-TIME OFFER ★
Plus, get an exclusive limited-time offer on Rewire the Anxious Brain Certificate Course

pesi.com/anxietyworksheet

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

Bring any training in-house!



Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

PESI
P.O. Box 1000
Eau Claire, WI 54702
A division of PESI, Inc.

TRAUMA, PTSD & COMPLICATED GRIEF

Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

- Dozens of practical assessment, diagnosis and intervention strategies
- New clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma
- Multisensory interventions to treat the whole person

TRAUMA, PTSD & COMPLICATED GRIEF

Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

Frederick, MD • Wednesday, April 10, 2019

Hyattsville, MD • Thursday, April 11, 2019

Fairfax, VA • Friday, April 12, 2019

Frederick, MD • Wednesday, April 10, 2019

Hyattsville, MD • Thursday, April 11, 2019

Fairfax, VA • Friday, April 12, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

Objectives

1. Illustrate the effects of trauma on the structure and function of the brain.
2. Determine the etiology and potential impact of traumatic stress on the client utilizing multiple assessment strategies.
3. Develop an assessment plan for a client's reaction to a traumatic event and develop a viable treatment program.
4. Analyze how grief, bereavement, and mourning are accounted for in the DSM-5®.
5. Integrate interventions to assist a client in dealing with the biopsychosocial manifestations of trauma, PTSD, and traumatic grief/complicated mourning.
6. Discover appropriate evidence-based interventions to assist a client in coping with the physical and psychosocial-spiritual manifestations of trauma.

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 Celestee Roufs at croufs@pesi.com or 715-855-5229.

Register now! pesi.com/express/68935

Register now! pesi.com/express/68935

Complete this workshop and learn **new clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma.** Throughout the workshop trauma specialist, Michael S. Prokop, will discuss and integrate the “active ingredients” for “healing trauma” as they are utilized within the Three Stage Consensus Model. Attend and be able to:

- Use dozens of practical assessment, diagnosis and intervention strategies
- Effectively work with children, adolescents and adults dealing with trauma issues
- Implement multisensory interventions to treat the whole person

You will be able to implement evidence-based treatment protocols for establishing safety, desensitizing and reprocessing trauma memories, as well as, resolving/reprocessing complicated grief. **With these new skills, you will be able to assist your clients in their journey as they “restructure a victim mentality to form a proactive survivor identity.”** With this new identity, you will be able to help clients reconnect to self, family, society and dreams!

Speaker

Michael S. Prokop, M.Ed., CCTP, CSP, LPC, BCPC, is a national speaker, Certified Clinical Trauma Professional, consulting school psychologist, Licensed Professional Counselor, American Psychotherapy Association Board Certified PTSD Clinician/Board Certified Professional Counselor-Diplomate, sports psychology consultant and is a member of the International Association of Trauma Professionals (IATP). He specializes in grief and trauma therapy, relaxation therapy, rational emotive psychotherapy, anger management, mental toughness training, and more. As a consulting psychologist he has conducted hundreds of psychological evaluations of traumatized clients and continues to provide individual and group therapy for clients with various adjustments, intellectual, motivational and emotional challenges. His clinical expertise with traumatized clients is based on a long history of comprehensive professional experiences. These include providing support for children and families impacted by suicide, domestic violence, homicide, child abuse, sexual assault and accidental death.

Michael has authored three children's books regarding adjustment issues and his counseling experiences include more than 25 years in private practice, school districts, part time at The Developmental Clinic, and the rest at Kent State University teaching undergraduate psychology classes, graduate level workshops and also providing psychological counseling services for the T.R.I. Program (Toward Retention Intervention). Besides his private practice, he consults in numerous schools and agencies and is an adjunct professor at Ashland University. As an entertaining and enthusiastic speaker, he frequently lectures and provides seminars at state and national conferences.

Speaker Disclosures:

Financial: Michael Prokop is an adjunct instructor at Ashland University. He receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Prokop is a member of the American Psychotherapy Association; National Education Association; National Association of School Psychologists; and the American Psychological Association.

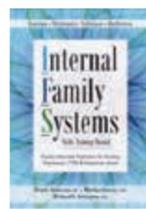


Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

TRAUMA, PTSD & COMPLICATED GRIEF Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

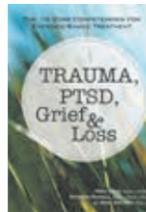
***SAVE by including these products with your seminar registration!**



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.



Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment

By Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, Ph.D., LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and Narrative Exposure Therapy.

Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Therapists • Chaplains • Marriage & Family Therapists
Addiction Counselors • Mental Health Professionals • Crisis Intervention Specialists • Nurses



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 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.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

COUNSELORS: This intermediate activity consists of 6.25 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.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 6.25 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 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 380 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.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity consists of 6.25 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 this activity and contact your state board or organization to determine specific filing requirements.

PSYCHOLOGISTS: This activity consists of 6.0 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, Maine, 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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 6.25 (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 380 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.

IATP International Association of Trauma Professionals™
A membership association providing trauma professionals with state-of-the-art training, education, certification and research. Join Today & SAVE!
Benefits & more info at www.TraumaPro.net

Questions?
Call customer service at
800-844-8260

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

How to Register:

TRAUMA, PTSD & COMPLICATED GRIEF: EFFECTIVE ASSESSMENTS AND IMMEDIATE INTERVENTIONS FOR CHILDREN, ADOLESCENTS AND ADULTS

ONLINE

pesi.com/express/68935

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)

FREDERICK, MD

April 10, 2019 [68935FRC]

Hampton Inn & Suites Frederick-Fort Detrick
1565 Opossumtown Pike • 21702
(301) 696-1565

HYATTSVILLE, MD

April 11, 2019 [68935HYT]

College Park Marriott Hotel & Conference Center
3501 Univeristy Blvd East • 20783
(301) 985-7300

FAIRFAX, VA

April 12, 2019 [68935FAI]

Hilton Garden Inn Fairfax
3950 Fair Ridge Dr • 22033
(703) 385-7774

PLEASE RETURN ENTIRE REGISTRATION FORM

Register now! pesi.com/express/68935

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.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, 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.

3 Check tuition:

TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

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

\$229.99 standard

- I am a IATP Member. Take **\$25 off** my registration fee. My # is: _____

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

\$29.99* *Internal Family Systems Skills Training Manual* book

\$24.99* *Trauma, PTSD, Grief & Loss* book

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

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

Trauma, PTSD & Complicated Grief: Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

___ Seminar on DVD* (video) \$199.99 (RNV049375)

___ Seminar on CD* (audio) \$169.99 (RNA049375)

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

___ **Trauma, PTSD, Grief & Loss** book* \$24.99 (PUB084790)

*Shipping is \$6.95 first item + \$2.00 each add'l item.	Product total \$ _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	*Shipping _____
	Subtotal _____
	**Tax _____
	TOTAL _____



FOR OFFICE USE ONLY
Fed ID # 26-3896894 © 2019 PESI, Inc.

CR