

2-DAY

# Trauma & Memory Workshop

Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

Addressing traumatic memories directly is critical to successful therapy.

But there's tremendous misunderstanding in how to work with traumatic memories in treatment. It can leave you confused, insecure, and seeking a deeper understanding of memory systems to help guide your important work.

**Peter Levine, PhD is a master therapist, pioneer in the field of trauma and memory, and author of several seminal books on trauma.** His body-oriented techniques for healing traumatic memories are built upon 50 years of research and clinical work and have influenced generations of therapists.

**This 2-day workshop is your chance to learn from Dr. Levine himself!**

Join Dr. Levine as he explains the significance of memory systems in the resolution of trauma, and shares the therapeutic approaches that he's found most effective during his decades of groundbreaking clinical work. His proven strategies will help you to quickly reduce symptomology in your clients and heal the traumatic memories that haunt them. Under Dr. Levine's expert guidance you'll discover how you can take your treatment of complex, deeply entrenched trauma to the next level and overcome the painful roadblocks that can frustrate you and your clients.

**Sign up today! You don't want to miss this rare opportunity to study directly under Dr. Levine and learn from a legend in our field!**

*"Levine has been a heroic pioneer in explaining how the damaging emotional memories associated with trauma are locked in our body."*

-Stephen W. Porges, PhD, author of *The Polyvagal Theory*



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. **Advanced online registration required.**

## Outline

### Trauma and the Body

Developmental trauma  
Pre-natal through age 5  
Evolution and Polyvagal foundation  
How the body stores trauma  
Clinical research

### Deeper Understanding of Memory and Clinical Implications

Explicit – More Conscious Memory  
Declarative  
Episodic  
Implicit – Less Conscious Memory  
Emotional  
Procedural/Body Memory  
Clinical application for memory systems

### Traumatic Memories

Long-term memory vs short-term memory  
How the brain and body store memory  
Memory engrams with somatic markers  
Fight, flight, freeze response

### How Clients Get "Stuck"

Tonic immobility - The fallback to freeze  
Freeze couples with Fear  
Dissociation  
Bracing and terror  
Euphoric dissociation  
Collapse

### Somatic and Emotional Reactions to Trauma

Symptoms and complexities of each in therapy  
Emotional – anxiety, depression  
Somatic – chronic pain, fibromyalgia  
Autonomic – migraines, irritable bowel  
Resolving Traumatic Reactions

### The Basic Stages of Trauma Treatment

Containment of strong sensation and emotion  
Pendulation – The dual opposites of sensation  
Titration – going gradually  
Completion  
Renegotiation of active for passive responses  
Allow things to settle: Self-Paced termination

### Therapeutic Approaches to Heal Traumatic Memories

The importance of "Bottom-Up" processing  
The Paul MacLean's Triune Brain  
In an Unspoken Voice  
Somatic Experiencing®  
Renegotiation vs. Reliving  
Restoration of self-regulation  
Somatic experience of trauma  
Developing internal awareness  
The mind-body connection in trauma work  
Help reinforce trust and acceptance in clients  
Incorporating client's spirituality in trauma work

#### Workshop & Webcast Schedule (each day) (Times listed in Pacific)

9:30 Registration/Morning Coffee & Tea  
10:00 Program begins  
1:00-2:00 Lunch (on your own)  
5:00 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.

#### Course Designed Especially for:

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

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2-DAY

# Trauma & Memory Workshop

Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives



Featuring  
**Peter A. Levine, Ph.D**  
International Trauma Expert and Author

**San Francisco, CA & Live Video Webcast**

Wednesday & Thursday, May 1 & 2, 2019

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Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

Strategies to heal the brain and body in a search for the living past.



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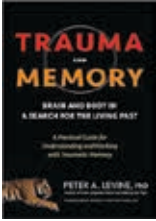
**Peter A. Levine, Ph.D.,** holds doctorates in both medical biophysics and psychology. The developer of Somatic Experiencing®, a body-awareness approach to healing trauma, and founder of the Somatic Experiencing Trauma Institute, which conducts trainings in this work throughout the world and in various indigenous cultures, with 26 faculty members and over five thousand students. Dr. Levine was a stress consultant for NASA on the development of the space shuttle project and was a member of the Institute of World Affairs Task Force of Psychologists for Social Responsibility in developing responses to large-scale disasters and ethno-political warfare. Levine's international best seller, *Waking the Tiger: Healing Trauma*, has been translated into 22 languages. His recent interests include the prevention of trauma in children, and he has co-written two books, with Maggie Kline, in this area: *Trauma Through a Child's Eyes* and *Trauma-Proofing Your Kids*. His most recent book, *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*, was recently released to rave reviews. Levine's original contribution to the field of Body-Psychotherapy was honored in 2010 when he received the Life Time Achievement award from the United States Association for Body Psychotherapy (USABP).

Speaker Disclosure:  
Financial: Peter Levine is the Developer of Somatic Experiencing®. He is the founder and Senior Advisor to the Foundation for Human Enrichment; and Senior Advisor to The Meadows Addiction Treatment Center. Dr. Levine receives a speaking honorarium from PESI, Inc.  
Non-financial: Peter Levine is a member of the American Psychological Association; Humanistic Psychological Association; and International Society for Traumatic Stress Studies.

Objectives

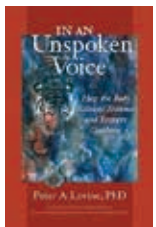
- 1. Articulate the four major developmental stages that increase vulnerability to trauma and how to recognize them in your clients.
- 2. Determine the naturalistic mechanics of trauma and survival responses of flight, fight, freeze and collapse as it relates to clinical treatment.
- 3. List the different types of memory systems and comprehend the connection to the mind and body’s way of processing the types of memories
- 4. Identify the various forms of memory and their impact on working with clients in therapy.
- 5. Explain ways to identify which memory systems are operative and how to access these (memory) components in a systematic fashion to promote self-regulation, integration and empowerment with clients.
- 6. Discover the evolutionary underpinnings of trauma and the Polyvagal theory and their clinical implications.
- 7. Demonstrate the importance of “Bottom-Up” processing versus “Top-Down” processing to improve treatment outcomes.
- 8. Analyze the effects of stress on somatic and emotional syndromes in clients.
- 9. Incorporate Dr. Levine’s simple containment tools to more effectively engage your client in trauma therapy.
- 10. Implement Somatic Experiencing© techniques to help clients heal traumatic memories.
- 11. Demonstrate practical tools for therapeutic work with emotional and procedural (“body”) memories.
- 12. Describe how to avoid the pitfalls of generating spurious (“false”) memories and help clients come to peace with their troubling memories and haunting emotions.

Save by including these products with registration!



**Trauma and Memory:**  
*Brain and Body in a Search for the Living Past*  
By Peter Levine, Ph.D.

Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.



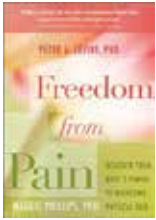
**In An Unspoken Voice:**  
*How the Body Releases Trauma and Restores Goodness*  
By Peter Levine, Ph.D.

Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.



**Waking the Tiger:**  
*Healing Trauma*  
By Peter Levine, Ph.D.

*Waking the Tiger* offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.



**Freedom From Pain:**  
*Discover Your Body's Power to Overcome Physical Pain*  
By Peter Levine, Ph.D. & Maggie Phillips, Ph.D.

With *Freedom from Pain*, two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body. Informed by their founding work in the Somatic Experiencing® process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to:

- Calm the body’s overreactive “fight” response to pain
- Release the fear, frustration, and depression intensified by prior traumas, and build inner resilience and self-regulation
- Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and other challenges

More info and resources at [www.pesi.com](http://www.pesi.com)

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Join us on May 1 & 2, 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 \$79.99 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/69724](http://www.pesi.com/webcast/69724)

“Memory has many layers, and Peter Levine has contributed his own unique and powerful way of thinking about how we can understand these systems and optimize their unfolding after trauma.”

-Daniel J. Siegel, MD, Multiple *New York Times* bestselling author and renowned psychiatrist

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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.**

Workshop 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 [cepesi@pesi.com](mailto: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.

**ADDITION COUNSELORS:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 13.0 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.

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**COUNSELORS:** This intermediate activity consists of 13.0 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 780 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 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 13.0 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**CALIFORNIA NURSES:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 13.0 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 13.0 contact hours or 1.3 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 live activity consists of 13.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**CALIFORNIA PSYCHOLOGISTS:** PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 13.0 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](http://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 13.0 (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.

**CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS:** This intermediate activity consists of 13.0 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 780 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.

How to Register 2-Day Trauma & Memory Workshop: Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

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

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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.

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