

2-DAY WORKSHOP: CREATIVE COUNSELING TOOLBOX

65 Innovative, Multi-Sensory Strategies to Make Therapy More Impactful, Memorable and Effective!

Tired of using the same interventions, session after session? Do you find yourself repeating the same phrases and concepts over and over, wondering how much of it is getting through to your clients? Are your sessions unfocused or lacking theoretical basis? Looking to revitalize your practice?

Join Drs. Ed Jacobs and Christine Schimmel as they introduce you to a **whole new framework for treating clients – an active, creative, multisensory, theory-driven approach that grabs clients' attention and gets them moving in every sense of the word.**

Take your interventions to the next level using affordable, everyday items such as chairs, rubber bands, white boards and other props, to **have a lasting impact on clients' insight, motivation and desire to change.**

Built on concepts from evidence-based theoretical approaches such as REBT/CBT, Reality Therapy and Motivational Interviewing, these interventions are **designed for all age groups and any clinical issue, including mood and anxiety disorders, anger, low self-esteem and relationship difficulties.**

Attend this 2-day workshop packed with non-stop action, demonstrations and ideas that will have you furiously taking notes as your clinical toolbox overflows with creative, effective interventions you can use immediately! What's more, you'll leave inspired to create even more!

Don't miss this unique opportunity – sign up today!

**“The workshop was among the best I’ve ever attended!”
–Maureen, LPC**

Objectives

1. Incorporate creative techniques into established therapy approaches in order to improve clinical outcomes with clients.
2. Utilize specific creative techniques to help angry clients recognize triggers, reduce anger outbursts and improve accountability.
3. Demonstrate the use of props to enhance interventions aimed at improving self-esteem in clients.
4. Integrate principles of Reality Therapy with creative strategies to increase the therapeutic impact of interventions.
5. Implement a multi-sensory, concrete approach to therapy that increases therapeutic value and makes interventions more memorable for the client.
6. Employ creative variations of the “empty chair” technique as derived from Gestalt Therapy to enhance the client’s understanding of one’s inner struggles as well as relational difficulties.
7. Discover how the use of writing and drawing in session can be utilized to transform therapeutic concepts from abstract to concrete.
8. Apply principles from Transactional Analysis therapy, including the identification of ego states, to help illustrate resolution of interpersonal conflicts with clients.
9. Teach clients creative techniques from Rational Emotive Behavioral Therapy that address irrational thoughts and negative self-talk.
10. Utilize movement-based interventions in session to engage clients and heighten self-awareness.
11. Provide clients with concrete, tangible strategies that help to decrease symptoms of anxiety, including rumination and management of anxious thoughts and feelings.
12. Demonstrate the use of metaphor, analogies and fantasies in session to provide psychoeducation, improve insight and engagement in therapy.

Speakers

Ed Jacobs, Ph.D., LPC, is the coordinator of the masters’ program in the counseling, counseling psychology, and rehabilitation department at West Virginia University. Professional publications include 30 articles in books and journals as well as six books on counseling techniques: *Impact Therapy*, *Creative Counseling Techniques: An Illustrated Guide*, *Impact Therapy: The Courage to Counsel*, *Group Counseling in Correctional Settings*, *How to Select and Apply Change Strategies in Groups (Group Work Practice Kit)*, and *Group Counseling: Strategies and Skills*. Ed has been recognized for his outstanding teaching and contribution to the field. In 2006, he was given the Outstanding Teacher Award in his college. Also in 2006 he was given by the Association for Creativity in Counseling the Innovator of the Year Award. In the past he was recognized for his contributions in group work by being given the Professional Advancement Award and selected as a Fellow in the Association for Specialists in Group Work. Ed is a licensed professional counselor and has maintained a private practice for over 35 years. He has presented Impact Therapy in China, Australia, New Zealand, Turkey, Indonesia, Germany, Andorra, and Canada.

Speaker Disclosure:
Financial: Dr. Ed E. Jacobs is an Associate Professor at West Virginia University. He maintains a private practice. Dr. Jacobs receives a speaking honorarium from PESI, Inc.

Non-financial: Dr. Ed E. Jacobs has no relevant non-financial relationships to disclose.

Christine Schimmel, Ed.D., LPC, LPC is the assistant department chair and the coordinator of the school counseling master’s program at West Virginia University. She serves on the counseling licensure board for the state of West Virginia and was on the task force that updated the state standards for school counselors in West Virginia. Christine is co-author of *Group Counseling: Strategies and Skills*, which came out in the 8th edition with two accompanying DVDs which she co-produced with Ed. She is also co-author of the updated book, *Impact Therapy: The Courage to Counsel and How to Select and Apply Change Strategies in Groups (Group Work Practice Kit)*. Christine was a school counselor at all three levels and teaches courses in group counseling, counseling children, play therapy and parenting. Christine was voted school counselor educator of the year in the state of West Virginia in 2013.

Speaker Disclosure:
Financial: Dr. Christine Schimmel is an Associate Professor at West Virginia University. She receives a speaking honorarium from PESI, Inc.
Non-financial: Dr. Christine Schimmel serves on the counseling licensure board for the state of West Virginia.

Live Workshop & Webcast Schedule for Both Days (Times Listed in Central)

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.

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 **Kate Sample** at ksample@pesi.com or call **715-855-5260**.

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2-DAY WORKSHOP

CREATIVE COUNSELING TOOLBOX

**65 Innovative, Multi-Sensory Strategies
to Make Therapy More Impactful,
Memorable and Effective!**

NAPERVILLE, IL
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- A non-stop, action-oriented seminar with very little lecture – lots of demonstrations!
- Breathe new life into therapy with fun, creative interventions that get results – for any age!
- Make your message more memorable through verbal, visual and kinesthetic techniques that stick
- Bring focus to your sessions with theory-driven interventions that get to the core problem quickly
- Address any clinical issue, including anxiety, depression, anger, conflict resolution, guilt, shame and more!

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Outline

What Makes Therapy Effective?

Four M's: Multi-sensory, motivational, marketing, maps

8 mistakes most therapists make

Engagement: The core of effective therapy

The brain likes novelty—what advertisers know

Use a depth chart to gage the efficacy of your therapy

RCFF: Rapport, Contract, Focus, Funnel

Creativity Meets Evidence-Based Practice

REBT/CBT

Reality Therapy

Adlerian Therapy

Gestalt Therapy

Transactional Analysis

Motivational Interviewing/Stages of Change

Limitations and Risks

Rapport Building

Interventions That Go Beyond Active Listening

Rubber band technique

Use of chairs

Language techniques

How to roll with resistance

Target Audience

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

Anxiety Disorders

Disrupt Rumination, Improve Insight and Manage Anxious Thoughts and Feelings

Creative REBT/CBT Interventions

Pinwheel

The power of the whiteboard

The “Where does the anxiety come from?” technique

Depression and Other Mood Disorders

Increase Motivation, Improve Mood and Get Clients “Unstuck”

Rearview mirror

Eyore/Tigger technique

Air pump

Chairs as hope and movement

Stages of change

Board of directors

Kids in a tree

Anger and Resistance

Recognize Triggers, Diffuse Anger and Improve Accountability

Soda bottle

Fuses

Shield/Filter

Rubber band

Small chair

Three R's: Retreat, Rethink, React

Low Self-Esteem

Improve Self-Talk, Boundary Setting and Decision Making

Toy hammer

Dollar bill

Styrofoam cup

Nesting dolls – codependency

Small chair

Chairs

Egogram

ANTS – Automatic Negative Thoughts

Relationships and Conflict Resolution

Build Communication Skills, Emotional Awareness and Empathy

Rubber band

Chairs

Nurturing parent vs. critical parent chair

Drama triangle

Infinity diagram of a fight

Grief and Loss

Expand Emotional Expression and Promote Healing

Dual Process Model

Worden's Four Tasks of Mourning

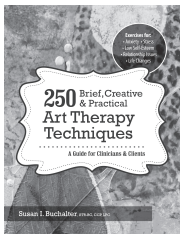
Empty Chair technique

The Shattering Dominoes

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on May 16 & 17, 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/69944

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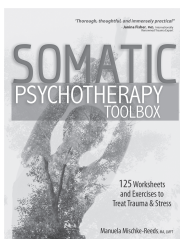


250 Brief, Creative & Practical Art Therapy Techniques

A Guide for Clinicians and Clients

By Susan I Buchalter, Art-BC, CGP, LPC

These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

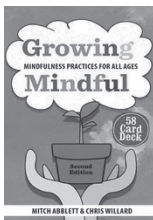
By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the 125 worksheets and exercises to treat trauma & stress. Pesi, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IAODAPCA for review.

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.

ILLINOIS COUNSELORS: This intermediate activity consists of 12.5 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.



Growing Mindful Card Deck, 2nd Ed.

Mindfulness Practices for All Ages

By Mitch R Abblett, PhD & Christopher Willard, PsyD

Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the *Growing Mindful* card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!

Live 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” 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 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.

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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.

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits.

PSYCHOLOGISTS: This live 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 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.

ILLINOIS PSYCHOLOGISTS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 6.25 contact hours.

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.

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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.

How to Register

2 Day Workshop: Creative Counseling Toolbox: 65 Innovative, Multi-Sensory Strategies to Make Therapy More Impactful, Memorable and Effective!

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

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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. *Advanced online registration 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.
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— **CD*** (audio) \$269.99 (RNA054675)

— **250 Brief, Creative & Practical Art Therapy Techniques** book* \$29.99 (PUB085195)

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

— **Growing Mindful Card Deck*** \$16.99 (PUB085990)

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

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