

Outline

The Emotional Brain: A User Friendly Guide

How an almond, a seahorse, and a Mohawk can help you understand your brain
A healthy emotional brain & how it develops
7 primary emotional systems & how to influence them
How trauma and disrupted attachment alter the brain
3 neuroscience breakthroughs that change how we treat trauma
Rewire the brain for resilience, connection and post-traumatic growth

The 3-Phase Model of Trauma-Informed Treatment

Interventions for Assessment, Safety and Stabilization

5 simple questions to assess for PTSD
Beyond words: build trust and safety with right brain to right brain communication
Help clients understand trauma responses
Activate the brain's instinct to heal through alpha-theta states
Calm fear with mindfulness and imagery techniques
Deal with dissociation: practical tools for grounding and orienting
Shift shame and nurture self-compassion
Defuse anger with play and humor
Empower with movement and metaphor

Questions?
Call customer service at
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Objectives

1. Assess how emotional trauma is processed in the brain.
2. Analyze why exposure techniques alone are not enough to relieve post-traumatic stress symptoms.
3. Breakdown the 3 phases of trauma-informed treatment.
4. Compile recent neuroscience discoveries regarding memory reconsolidation and its implications for treating trauma.
5. Characterize the 5 steps that all evidence-based trauma therapies have in common and how to apply them to safely and painlessly reconsolidate traumatic memories.
6. Utilize two experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.
7. Apply two interventions you can use to help clients reconnect to a healthy sense of self, relationships, and the world.



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.**

Painlessly Reprocessing Traumatic Memories

Revise not relive: why exposure can retraumatize
Memory reconsolidation: the brain's own mechanism for healing trauma
5 simple steps for painlessly reconsolidating a traumatic memory
Create the future-self template and the brain's blueprint for healing
Neutralize negative beliefs with resourceful emotional states
Facilitate corrective emotional experiences with powerful imagery, metaphor, music and movement techniques

Facilitating Post-Traumatic Growth

The 3 qualities of post-traumatic growth
Create a positive post-trauma identity
Nurture a secure attachment system after trauma
Find meaning and purpose after trauma
Hardwire happiness and the power of intention

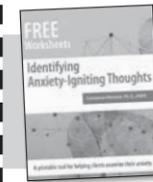
Applications for Special Populations

Heal experiences for sexual trauma survivors
Recover from childhood abuse and neglect
Transform traumatic grief after sudden or violent deaths
Rebound from medical trauma, car accidents and disasters
Assist military, police and first responders
Foster resilience in children and adolescents after trauma
Respectfully work with different cultures and faith traditions
Prevent burnout and vicarious trauma with simple self-care techniques

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

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The NEW RULES for TREATING TRAUMA

Integrating Neuroscience to Rewire the Brain

Bismarck, ND
Monday, May 20, 2019

Fargo, ND
Tuesday, May 21, 2019

Sioux Falls, SD
Wednesday, May 22, 2019

The NEW RULES for TREATING TRAUMA

Integrating Neuroscience to Rewire the Brain

- Discover the trick to reprogramming brain mechanisms involved in trauma conditioned responses
- Get a simple 5-step protocol that quickly reconsolidates a traumatic memory and activates the brain's innate capacity for healing and resilience
- Help your clients reclaim their lives after trauma!

Bismarck, ND • Monday, May 20, 2019

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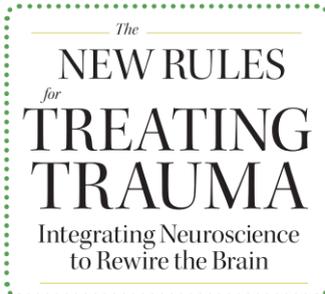
Were you taught to use medication, CBT, exposure and other traditional therapy approaches to treat trauma? Did you know that these approaches are limited when it comes to healing trauma at the deeper, emotional level of the brain?

Also, do you know that memory reconsolidation is a recent neuroscience breakthrough that revealed the brain's own rules for healing traumatic memories and allows you to clear trauma at its roots?

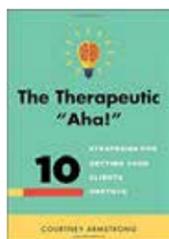
During this seminar, I'll provide you with step-by-step instructions and techniques you can use in each phase of trauma treatment. This is the only trauma training that specifically gives you skills in the phenomena of memory reconsolidation. Let me show you why memory reconsolidation is necessary for permanently transforming your trauma work with clients. I will give you a simple protocol to use to reconsolidate a traumatic memory in as little as one session!

Don't get the impression that you have to get lengthy, expensive training and certification in certain modalities in order to be able to successfully treat trauma. My workshop will let you walk away knowing exactly what to do to help your clients reclaim their lives after trauma!

Courtney Armstrong, LPC, MHSP



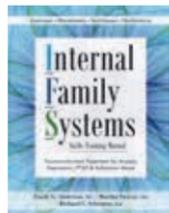
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The Therapeutic "Aha!"
10 Strategies for Getting Your Clients Unstuck

By Courtney Armstrong, LPC, MHSP **SEMINAR PRESENTER!**

Concise, reader-friendly, and filled with helpful case stories and client-therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.



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.

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.

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.



Speaker



Courtney Armstrong, LPC, MHSP, has over 20 years' experience and is a Board Certified Fellow in Clinical Hypnotherapy who has trained thousands of mental health professionals nationally and internationally in creative, brain-based strategies for healing trauma. She is a bestselling author of the book, *The Therapeutic "Aha!": 10 Strategies for Getting Clients Unstuck* and *Transforming Traumatic Grief* and contributes to publications such as the *Psychotherapy Networker*, *Counseling Today*, and *The Neuropsychologist*. She has been featured as a trauma and grief expert on national television and radio programs and is the owner/director of Tamarisk: A Center for Mind-Body Therapy in the state of Tennessee.

Speaker Disclosure

Financial: Courtney Armstrong is in private practice. She is an author for WW Norton and receives royalties. Ms. Armstrong receives a speaking honorarium from PESI, Inc.
Non-financial: Courtney Armstrong is a member of the Institute for Rapid Resolution Therapy.



BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II).

Visit traumapro.net for the full certification requirements.

I wanted you to know I don't think I could have achieved these results without your brilliant and user-friendly teaching. It really has transformed my capacity to work with traumatic experience. Thanks so much!

—J. Graham, PhD.

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Live Seminar Schedule

- 7:30** Check-in/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.

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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 cespi@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.

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COUNSELORS: The New Rules for Treating Trauma: Integrating Neuroscience to Rewire the Brain has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3156. PESI is offering this activity for 6.5 clock hours of continuing education credit.

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MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

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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.

MINNESOTA PSYCHOLOGISTS: Please contact our customer service department at 800-844-8260 or info@pesi.com for the most current information.

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MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

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THE NEW RULES FOR TREATING TRAUMA
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- **\$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.
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