

OUTLINE

Face Loss, Grief and Trauma with a Strengths-Based Approach
Crisis of belief and existential shattering
Meaning making and the importance of “why”
Grief vs. complicated grief
Abstract losses and the Ball of Grief
Tapping into resiliency
Core competencies and key principles
Identify your clients’ strengths
Current evidence on strengths-based approaches

Calm the Overactive Brain of Your Client
Mindfulness and the art of noticing
Containment skills
Grounding exercises
Affect regulation
Breathing and soothing techniques

Tools for Managing Anger, Guilt, Shame and Traumatic Memories
Dealing with anger
The REACH model of forgiveness
Certificates of debt
The power of surrender
Address guilt and shame
How shame relates to trauma and loss
Faulty beliefs and getting stuck
Cognitive restructuring
Manage traumatic memories with CBT coping skills
Distraction techniques
Positive self-talk

Move Clients Toward Post-Traumatic Growth With Interventions Informed by Cognitive Behavioral Therapy (CBT)
Shattered Vase Exercise - plant the seeds of possibility
Creating narratives
Letter writing
Positive remembering and repositioning
Reframe the meaning

Expressive and Somatic Therapeutic Interventions To Cultivate Post-Traumatic Growth
Integrate left and right hemispheres
Art therapy
Writing to heal
Access and reclaim compassion
Somatic resourcing
Remembered resources
Assess clients self-talk

Reinvest in a Life Worth Living: Rekindle the Desires of the Heart
The PIE of life - brainstorm possibilities of growth
Cultivate social connection and re-engagement
Support and grief groups
Toxic people
Working with families impacted by loss
Choice and perspective
Foster gratitude and a spirit of contentment after loss
Measurements of Post-Traumatic Growth

OBJECTIVES

- Specify how a case conceptualization based on the strengths of the client can tap into their potential for resiliency and improve clinical outcomes.
- Employ clinical tools based in mindfulness and grounding to calm the biological stress response.
- Articulate the relationship of shame to trauma and loss and communicate how cognitive restructuring can be used in-session to manage the emotions of clients and open them to new possibilities.
- Employ powerful interventions informed by CBT, expressive therapies, and somatic psychotherapy to treat the devastating effects of loss and grief by reframing its associated meaning.
- Characterize the impact on clients, as well as the relevance to clinical practice, of connecting individuals and families affected by loss with social support and grief groups.
- Incorporate and individualize therapeutic interventions based in art and writing into treatment plans for loss, grief, and related trauma.

Questions?
Call customer service at 800-844-8260

TARGET AUDIENCE
Counselors • Social Workers • Psychologists
Case Managers • Marriage & Family Therapists
Other Mental Health Professionals • Nurses
Chaplains/Clergy • Addiction Counselors

Live Seminar Schedule
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.

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A must-attend event for any clinician working with those living with loss

POST-TRAUMATIC GROWTH FOR LOSS, GRIEF AND RELATED TRAUMA
Guide Your Clients through the Losses in Life and Help Them Reinvest Themselves in a Life Worth Living

Timonium, MD
Wednesday, May 1, 2019
Hyattsville, MD
Thursday, May 2, 2019
Fairfax, VA
Friday, May 3, 2019
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POST-TRAUMATIC GROWTH FOR LOSS, GRIEF AND RELATED TRAUMA
Guide Your Clients through the Losses in Life and Help Them Reinvest Themselves in a Life Worth Living

- Calm the traumatized brain and ground clients
- Release clients from the burdens of anger, shame and guilt
- Coping skills for traumatic memories
- Creative interventions informed by CBT, Expressive therapies, and Somatic Psychology

Timonium, MD
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PESI®
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REGISTER NOW: pesi.com/express/69996
A Non-Profit Organization serving the educational needs of mental health professionals since 1979.



You work hard to connect clients working through loss with the greater appreciation for life, improved relationships, and personal development that post-traumatic growth provides for those who find it.

But stories of grief and loss aren't happy ones. They're not easy to tell – so your clients don't. They bottle them up, push them down, and close-up shop. **And their pain sits. Sometimes for decades.**

And we can't help clients move their story forward unless we challenge them to step out and take risks, tap into their potential for resiliency, and open them to new possibilities.

Rita Schulte is a licensed professional counselor, radio host, and author who lost her beloved husband to suicide in 2013. Through her own journey of loss and grief she has come to understand the targeted treatments and specific supportive measures needed to cope and transition to a life after loss as only someone who's travelled the road to post-traumatic growth can.

Join Rita for this candid one-day seminar. She'll show you how to honor your clients pain and compassionately walk with them along the path to post-traumatic growth.

Transform the lives of your clients with:

- Effective methods to calm the overactive brain and improve affect regulation.
- The "Shattered Vase" and other imaginative exercises that open clients to new possibilities.
- Practical tools to manage traumatic memories and eradicate the toxic emotions of anger, guilt and shame.
- Creative expressive and somatic interventions using art, writing, and remembered resources to facilitate post-traumatic growth.

Sign up today and help your clients reclaim their hearts after loss and reinvest themselves in a life worth living!

SPEAKER

Rita A. Schulte, LPC, is no stranger to loss and suffering. Rita lost her beloved husband to suicide in 2013, and now speaks candidly about her loss in the hope of helping others to heal. Working in the Northern Virginia/DC area, she specializes in the treatment of grief and loss issues, depression, anxiety, relationship problems, and eating disorders. She is the creator and host of Heartline Radio where she talks with counselors and authors as well as everyday people looking for advice on moving through the difficulties of life. Rita writes for numerous publications and blogs. Her articles have appeared in *Counseling Today Magazine*, *Thriving Family*, *Kyria* and *LifeHack.org*. She is the author of *Shattered: Finding Hope and Healing through the Losses of Life* (Leafwood) and *Imposter: Gain Confidence, Eradicate Shame and become who God Made You to Be* (Siloam). Her new book *Think This Not That: Eliminate Toxic Thinking and Rewire Your Brain* will be releasing in 2019. Rita earned a B.S. degree in psychology and a master's degree in counseling from Liberty University in Lynchburg, Virginia.

Speaker Disclosures:

Financial: Rita Schulte is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Rita Schulte is a member of the American Counseling Association; and the National Board of Certified Counselors.

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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.

Healing Grief Card Deck 55 Practices to Find Peace

By David Kessler

David Kessler, one of the world's foremost experts on grief and grieving, has created powerful coping strategies to heal and rebuild after loss. This easy-to-use card deck has 55 practices that focus on your response to loss, understanding grief, and healing - all remembering that grief is evidence of your love.

Transforming Grief & Loss Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.



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 registration online 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.

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

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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.

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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.

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

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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.

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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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