

# 2-DAY INTENSE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from  
Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Better still, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional, giving you the opportunity to differentiate yourself from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!



## BECOME CERTIFIED!

### 2 Easy Steps to Certification

1. Complete the Trauma Treatment Certification Workshop (This seminar!)
2. Apply for CCTP-Level I Certification with the International Association for Trauma Professionals at [www.traumapro.net](http://www.traumapro.net).



Conference Designed Especially for

Counselors • Social Workers • Psychologists • Case Managers  
Addiction Counselors • Therapists • Marriage & Family Therapists • Nurses  
Other Mental Health Professionals

## SPEAKER

**Dr. Jennifer Sweeton**, is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety, and the neuroscience of mental health.

She completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioral genetics at Harvard University.

Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates. She formerly served as the president of the Oklahoma Psychological Association, and holds adjunct faculty appointments at the University of Kansas School of Medicine. She is the president-elect of the Greater Kansas City Psychological Association. Dr. Sweeton offers psychological services to clients in Oklahoma, Kansas, and internationally, and is a sought-after trauma and neuroscience expert who has trained thousands of mental health professionals in her workshops.

Speaker Disclosures:

Financial: Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Sweeton has no relevant non-financial relationship to disclose.

**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 \$60 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](http://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.

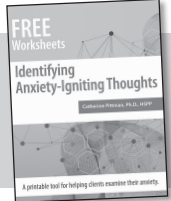
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### FREE Worksheets

#### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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## 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to  
Move Clients from Surviving to Thriving

### PORTLAND, OR

Wednesday & Thursday  
May 22 & 23, 2019



Register now! [pesi.com/express/69878](http://pesi.com/express/69878)

# 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to  
Move Clients from Surviving to Thriving

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario

### BECOME CERTIFIED!



This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).

Visit [traumapro.net](http://traumapro.net) for the full certification requirements.

PORTLAND, OR  
Wednesday & Thursday  
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OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma  
Fight, flight, freeze, fawn survival responses  
Clinical implications of the freeze response  
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma  
Intergenerational trauma  
Symptom clusters and physical manifestations  
CAPS-5 and PCL-5  
Primary Care PTSD Screen  
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations  
Bottom-up techniques to reconnect and feel safe in the body  
Self-soothing techniques  
Grounding strategies  
Breathwork

Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

**Somatic Approaches:**  
*Address Physical Symptoms of Trauma*  
Relevance of Polyvagal theory and early trauma  
Assess for readiness to apply somatic tools  
Teach body awareness  
Manage unease with “Felt sense” exercises  
Resourcing strategies to create a safe space

**CBT Coping Skills:**  
*Manage Emotions*  
Identify inaccurate trauma-related cognitions  
Exposure, titration and pendulation to slow emotions  
Cognitive reframing and reappraisal interventions  
Memory reconstruction techniques

**EMDR-Based Techniques:**  
*Resolve Traumatic Memories*  
Adaptive Information Processing Theory  
EMDR vs EFT vs neuromodulation  
Resourcing strategies  
Combine memory reprocessing with cognitive restructuring  
Using “restricted processing” with complex trauma

**Narrative Therapy Exercises:**  
*Rewrite Traumatic Experiences*  
Interventions to help clients talk about hotspots  
Reclaim identity with the “Tree of life” exercise  
Awareness and closure - create life stories

**Solutions to Trauma Treatment Roadblocks**  
How to handle the angry client  
Strategies for the resistant trauma client  
Boundary concerns  
Dealing with crises, suicidality, substance use

**Reintegration and Post-Traumatic Growth**  
Better than normal - the neuroscience of post-traumatic growth  
The therapeutic alliance as a brain-based approach  
The power of forgiveness in moving forward  
Meaning making exercises

Research, Limitations and Potential Risks

**Workshop Schedule (for both days)**  
**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.

Questions? Call customer service at **800-844-8260**

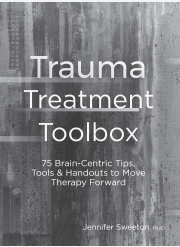
OBJECTIVES

- 1. Analyze the brain regions involved in trauma.
- 2. Communicate the clinical implications of the freeze response in trauma treatment.
- 3. Establish how clinicians can assess for simple, complex, and intergenerational trauma.
- 4. Characterize how bottom-up techniques like grounding and breathwork can increase felt safety in clients.
- 5. Specify methods clinicians can use to gauge when clients are ready for intense trauma work.
- 6. Explore how narrative therapy exercises can be employed in session to help clients talk about hotspots.
- 7. Specify how somatic approaches can be used to address the physical symptoms of trauma survivors.



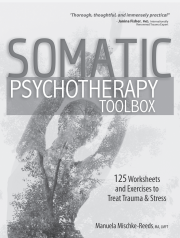
PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. **Advanced online registration required.**

SAVE by Including These Products With Conference Registration!



**Trauma Treatment Toolbox**  
*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*  
**Jennifer Sweeton, Psy.D., M.S., M.A. - Your Presenter!**

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients’ brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.



**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 go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

More info and resources at **www.pesi.com**

Live Conference 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 cpeinfo@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.*

**ADDITION 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.

**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.

**OREGON 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.

**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.

**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 12.6 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

**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.

**WASHINGTON PSYCHOLOGISTS:** Please contact our customer service department for the most current information.

**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.

**WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

**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.

PLEASE RETURN ENTIRE REGISTRATION FORM

### How to Register

#### 2-Day Intensive Trauma Treatment Certification Workshop

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☐ May 22 & 23, 2019

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**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. *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.
- **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.*

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See below for individual product orders

2-Day Intensive Trauma Treatment Certification Workshop on DVD\* (video) \$299.99 (RNV054755)

2-Day Intensive Trauma Treatment Certification Workshop on CD\* (audio) \$269.99 (RNA054755)

Trauma Treatment Toolbox book\* \$34.99 (PUB085910)

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

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

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