

Outline

Part I: Assessment

Symptoms of trauma
Symptoms of attachment disorder
Traumatized brain and biochemistry
Core beliefs and expectations
4 attachment styles
Life script: Psychosocial history and relationship patterns

Part II: Treatment Interventions

Structure of the Healing Process

30-hour Intensive Outpatient Psychotherapy model
3-step treatment process: revisit, revise, revitalize
Integrative approach: mind-body-spirit

Experiential and Skill-Based Interventions Shown through Video Demos

Facilitate emotional and neurobiological connections
Foster trust and secure attachments
Heal interpersonal trauma to self-acceptance
Confront traumatic events: move from victim to survivor
Change negative beliefs and narratives
Resolve anger, fear, shame and loss
Exposure Therapy to alleviate trauma and PTSD symptoms
Forgiveness to let go and move on

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.

Posttraumatic Growth: Recovery and Resilience

Positive psychology
Instill optimism and hope
Gratitude and positive emotions
A sense of meaning and purpose
Use signature strengths
Enhance relationships and social support
Self-esteem and self-efficacy
Volunteering and giving

Improving Relationships

Strengthen the hardwired need for a safe emotional bond
The language of attachment
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend
Attachment Communication Training:
Constructive communication, problem-solving and conflict-management skills
Limbic resonance and fulfillment of attachment needs

Therapeutic Goals

Develop positive core beliefs
Resolve loss and grief
Promote safe and secure attachments
Alleviate anxiety, depression, shame, and “victim mindset”
Reduce biochemistry of trauma
Stress management skills
Constructive parenting skills
Supportive and fulfilling family relationships
Mitigate defensiveness, enhance motivation and cooperation

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

Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorders as it relates to clinical treatment.
2. Develop an assessment plan to effectively identify your client’s history for trauma and attachment wounds.
3. Provide techniques to improve your client’s emotional regulation skills, reframe core beliefs and improve interpersonal skills.
4. Utilize communication based methods for conflict management and to promote secure attachment for your clients.
5. Develop strategies to help your clients achieve posttraumatic growth including the creation of positive personal and relationship goals.
6. Teach your clients, in-session, how to achieve secure and fulfilling relationships by facilitating attachment security.



**BECOME
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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.

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

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Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

“Your therapy is like a symphony – all parts resonating together.”

– School Psychologist of 18 years



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IRVINE, CA • Wednesday, July 24, 2019

ONTARIO, CA • Thursday, July 25, 2019

BURBANK, CA • Friday, July 26, 2019

Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,

Terry Levy, Ph.D., D.A.P.A.

- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients’ lives transformed through video demonstrations!
- Walk away with strategies to use immediately with your traumatized clients!

IRVINE, CA

Wednesday, July 24, 2019

ONTARIO, CA

Thursday, July 25, 2019

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Friday, July 26, 2019

“I feel hope that very traumatized children and adults can be helped.”

– Social Worker of 15 years



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Details Inside

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Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Terry M. Levy, Ph.D., in this cutting-edge seminar as he teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

Clinical videos will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through video case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.

“I love how you combined many theories and methods into a successful therapeutic program.”

– Marriage and Family Therapist of 20 years

Questions?


Call customer service at
800-844-8260

Speaker

TERRY M. LEVY, Ph.D., D.A.P.A., has been a psychotherapist, trainer, supervisor and consultant for over 40 years. Dr. Levy is the director of the Evergreen Psychotherapy Center and the Attachment Treatment and Training Institute in Evergreen, Colorado. He is a licensed clinical psychologist in Colorado and Florida, a Board Certified Forensic Examiner and a Diplomate and Master Therapist of the American Psychotherapy Association. He is co-author of the best-seller *Attachment, Trauma & Healing* (2nd edition, 2014, Jessica Kingsley Publisher, London), editor of *Handbook of Attachment Interventions* (2000, Elsevier Press) and co-author of *Healing Parents: Helping Wounded Children Learn to Trust and Love* (2006, Child Welfare League of America).

Dr. Levy was the founder and previous director of the Family Life Center (Florida) and the Miami Psychotherapy Institute, which offered family systems treatment and training. He was co-founder and past-president of the board of directors of the Association for Treatment and Training in the Attachment of Children (ATTACH), an international organization dedicated to attachment and its critical importance to human development.

Speaker Disclosures:
Non-financial: Terry Levy is a member of the American Psychological Association; American Association of Marriage and Family Therapy; American Family Therapy Association; and Colorado and Florida Psychological Associations. He does not receive compensation.
Financial: Terry Levy is in private practice. He receives a speaking honorarium from PESI, Inc.



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Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD


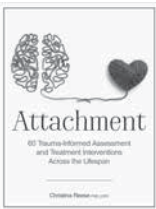
Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client’s relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

Trauma Treatment Toolbox


165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Jennifer Sweeton, Psy.D., M.S., M.A.

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.



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.



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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 cepesi@pesi.com or 800-844-8260 before the event.

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PSYCHOLOGISTS: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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