

3-DAY

# Complex PTSD Training

## Advanced Trauma Treatment Certification

Many clinicians are trained in the treatment of single traumatic events, but are not fully equipped to treat Complex PTSD. The traditional approaches to the treatment of PTSD can fall short when working with clients with Complex PTSD. **Attend this workshop to learn how you can adapt your therapeutic approach to help clients diagnosed with Complex PTSD achieve more successful outcomes.**

The most common question asked when treating Complex PTSD is, “where do I start?”. In this training, **you will develop confidence in your ability to successfully organize and prioritize your client’s treatment goals.** You will learn how to compassionately and effectively work with clients who have experienced multiple traumatic events and prolonged trauma exposure.

Successful treatment requires a compassionate therapeutic relationship and effective, research-based interventions. At this three-day workshop you will learn how to:

- Help clients move out of crisis by building stabilizing resources
- Prepare clients to work through traumatic memories without becoming overwhelmed
- Develop an integrative trauma treatment plan that includes CBT, DBT, EMDR Therapy, Somatic Psychology, Parts Work Therapy, and Complementary and Alternative Medicine (CAM).

Join Dr. Arielle Schwartz, author and trauma expert, in this engaging and interactive seminar to learn **valuable strategies that will allow you to successfully address the dysregulated affect and arousal states that accompany Complex PTSD.** You will leave this seminar with practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in clients.

### Bonus!

**Complete the additional hours you need to fulfill the full educational requirements to become a Certified Clinical Trauma Professional in Complex PTSD (CCTP-II).** Upon completion of this Certification Course, you will be granted full, **free access to 5.5 hours** of digital content by Trauma expert **Bessel van der Kolk, MD**

- Trauma, Attachment & Neuroscience

Once completed, these CE hours meet the full educational criteria for CCTP-II Complex PTSD certification through the International Association of Trauma Professionals. Visit [www.traumapro.net](http://www.traumapro.net) for full details.

## Speaker

**Arielle Schwartz, PhD**, is a licensed clinical psychologist, Certified Complex Trauma Professional (CCTP-II) and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiburger, 2018, W. W. Norton) and the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR Therapy, Somatic psychology, Complex PTSD, Attachment Trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR Therapy, structural integration theory, existential therapy, and Gestalt—all with a strong relational foundation of care.

### Speaker Disclosure:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties. Dr. Schwartz receives a speaking honorarium from PESI, Inc.

Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).

## Objectives

1. Distinguish key contributing factors to the development of Complex PTSD as it relates to client case conceptualization.
2. Explore how Complex PTSD impacts the cognitive, emotional, and physical health of the client.
3. Determine how to assess clients for Complex PTSD symptoms within other diagnoses, including personality, mood, anxiety and dissociative disorders.
4. Incorporate into clinical treatment practical mind-body therapy tools to help clients feel resourced and prepared for trauma processing.
5. Articulate the six stages of trauma responses within the neurobiology of Complex PTSD as it relates to clinical treatment.
6. Utilize assessment tools to properly assess for Complex PTSD to better inform treatment planning.
7. Identify implicit memory foundations of preverbal and nonverbal memories
8. Breakdown how mutual regulation within the therapeutic relationship teaches clients self-regulation strategies that help them develop new interpersonal strengths that help with the treatment process.
9. Discuss parts work from Structural Dissociation, Internal Family Systems, and Gestalt perspectives
10. Describe the basic principles of a unified approach to somatic psychology
11. Implement mindfulness-based techniques into trauma treatment
12. Integrate interventions for the treatment of Complex PTSD drawn from CBT, DBT, EMDR Therapy, Parts Work Therapy, Somatic Psychology, and mind-body therapies.
13. Articulate how the neuroscience of interpersonal neurobiology provides insight into the psychobiological changes possible within clinical trauma treatment.
14. Recognize how working within the “Window of Tolerance” can help reduce the likelihood of re-traumatization during clinical treatment.
15. Describe how “top-down” and “bottom-up” interventions can speed up or slow down the pacing of trauma treatment.
16. Differentiate past experience from present moment experience as it relates to the treatment of trauma.
17. Employ resilience as a strength-based approach that fosters growth and integration of a positive sense of self-identity in clients.
18. Identify self-care practices for therapists to help with self-care before, during, and after sessions when dealing with trauma to improve therapeutic alliance and prevent burnout.

FREE

### Cognitive Behavioral Therapy (CBT) for Anxiety

#### CE Seminar & Worksheet

John Ludgate, PhD

[pesi.com/CBTWorksheet](http://pesi.com/CBTWorksheet)

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3-DAY

# Complex PTSD Training

## Advanced Trauma Treatment Certification

Seattle, WA

Monday -Wednesday  
July 15-17, 2019

REGISTER NOW! [pesi.com/express/71423](http://pesi.com/express/71423)



### OFFER INCLUDES

**5.5 FREE** hours of  
**ONLINE CONTENT**

to meet full educational requirements when applying to become a Certified Complex Trauma Professional (CCTP-II)! (Details inside)

Seattle, WA

Monday -Wednesday  
July 15-17, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

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Become  
CCTP-Level II  
Certified!  
Details Inside



# Outline

## Post-Traumatic Stress Disorder vs. Complex PTSD: Understand the Difference

Acute traumatic stress, PTSD, Complex PTSD  
Diagnostic clarification and differential diagnosis  
Key contributing factors of Complex PTSD  
The common symptoms of Complex PTSD

## The Neurobiology of PTSD: Beyond Fight and Flight

Polyvagal Theory  
6 Stages of trauma response  
Heart Rate Variability and the Social Nervous System  
Interpersonal Neurobiology  
Psychobiological regulation  
Rupture and repair  
Implications of childhood neglect or abuse  
Neuroplasticity and Complex PTSD

## Psychological and Physiological Repercussions of Complex PTSD:

### A Deeper Understanding for Accurate Assessment Intrusive symptoms and anxiety

Emotional dysregulation: Outbursts of anger and debilitating shame  
Avoidance symptoms and phobic reactions to traumatic material

Interpersonal problems and difficulty being close to others  
Dissociation and dysregulation  
Cognitive distortions and compromised meaning making  
Physical health problems, ACE factors and painful somatization  
Preverbal and nonverbal memories  
Disturbing somatic sensations  
Depressive symptoms  
Learned helplessness and shame  
Therapeutic Interventions for Complex PTSD:  
Summary of Effective Therapies  
Psychodynamic and Relational Therapy  
Psychobiological perspectives: Polyvagal Theory  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
EMDR Therapy  
Somatic Psychology  
Parts Work Therapy: Work with Ego States  
Complementary and Alternative Medicine (CAM): mindfulness, yoga, and integrative healthcare

### Integrative Treatment for Complex PTSD: Putting it All Together for an Effective Treatment Plan

A Biopsychosocial Approach: Partner with clients to build a health care team  
Goal of treatment: Memory retrieval vs. trauma recovery

History taking: Identify chronic, repeated, and/or developmental trauma events  
Cultural factors and Complex PTSD  
Recognize attachment injuries  
Identify parts, ego states and defenses  
Assess for dissociation  
**Clinical Vignette #1**  
Mutual regulation and relational repair in therapy  
Prepare for trauma processing: Develop resources and stability

Work through traumatic memories: EMDR and Somatic Psychology

### Clinical Vignette #2

Grief work in Complex PTSD  
Integrate and Instill positive change

## Experiential Interventions: Mind-Body Practices for Clients with Complex PTSD

Conscious breathing for self-regulation  
Grounding and sensory awareness  
Containment: Reclaim choice and control  
Build imaginal allies  
Cultivate mindfulness, acceptance, and self-compassion  
Somatic interventions: Titration, sequencing, and somatic re-patterning  
Bilateral stimulation and dual attention in EMDR Therapy  
Potential risks and limitations of mind-body therapies

## Special Considerations in Complex Trauma Treatment

Working with Preverbal and Nonverbal Memories  
Working with transgenerational trauma  
Somatization, Chronic Pain and illness  
Gate Control Theory  
Mindfulness, Yoga, and Compassion Based Interventions  
Clinical Vignette #3

## Fostering Resilience: For Post-Traumatic Growth and Healing

Learn the 6 Pillars of Resilience  
Trauma recovery and the bell curve  
Resilience as a process and an outcome  
Help clients move from learned helplessness to learned optimism  
Post-Traumatic Growth: Help clients reach their potential

## Vicarious Trauma: Improve Client Outcomes Through Effective Self-Care

Identify resources that improve your clinical skills  
In-session self-care to improve focus on the client and therapeutic process  
Burnout prevention techniques

## Target Audience

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

### Live Course Schedule (All 3 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.



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. *Limited seats available; advance online registration required.*

## Live Course 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](mailto: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 19.0 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 19.0 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.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 1140 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 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This live activity consists of 19.0 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:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/71423](http://www.pesi.com/events/detail/71423).

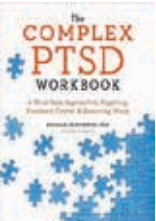
**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 19.0 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. 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 1140 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.

## SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION!



### The Complex PTSD Workbook

*A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*

By Arielle Schwartz, PhD

Clinical psychologist Dr. Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz's knowledgeable guidance helping you find your way. In *The Complex PTSD Workbook*, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.



### 101 Trauma-Informed Interventions:

*Activities, Exercises and Assignments to Move the Client and Therapy Forward*

By Linda Curran, BCPC, LPC, CAC-D, CCDP

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.



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# How to Register

3-Day Complex PTSD Training - Advanced Trauma Treatment Certification

QUESTIONS? Call **800-844-8260** or e-mail us at [info@pesi.com](mailto:info@pesi.com).

### ONLINE

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### PHONE

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Please have credit card available

### FAX

**800-554-9775**

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## 2 Check Attendance Option

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☐ **July 15-17, 2019**

## REGISTER NOW

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PLEASE RETURN ENTIRE REGISTRATION FORM

### 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. *Limited seats available; advance online registration required.*
- \$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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- 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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

**1 Please complete entire form** (to notify you of seminar changes): *please print; staple duplicate forms.*

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## 3 Check tuition:

### TUITION WITH CONFERENCE MANUALS

- ☐ **\$549.99** per person postmarked 3 weeks prior to event *or* per person for 2 or more preregistering together
- ☐ **Standard Tuition \$599.99** per person

### ADD-ON PRODUCTS

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- ☐ **\$15.99\*** *The Complex PTSD Workbook*
- ☐ **\$29.99\*** *101 Trauma-Informed Interventions* book\*

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

## 4 Indicate method of payment:

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\_\_\_ **The Complex PTSD Workbook\*** \$15.99 (SAM085515)

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# BECOME CERTIFIED!

## 3 Easy Steps to Certification

- Attend this 3-Day Complex PTSD Training with Arielle Schwartz, Ph.D.
- Complete **5.5 FREE hours** of digital content  
*Trauma, Attachment & Neuroscience with Bessel van der Kolk, M.D.: Brain, Mind & Body in the Healing of Trauma* by Bessel van der Kolk M.D. (5.5 CE hours) **\$199.99 FREE**
- Apply for CCTP-Level II certification with The International Association of Trauma Professionals ([www.traumapro.net](http://www.traumapro.net)).  
**Use Promo code 3DAYPTSD for \$20 off the application fee (expires September 30, 2019).**

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