

# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference

The successful resolution of traumatic stress can be simple.

Studies indicate that there are four key elements to effective trauma treatment. When you accomplish these four key elements in treatment with your clients, you will be able to reduce their symptoms and improve clinical outcomes.

Attend this conference and you will walk away with a step-by-step **four-stage framework** for navigating essential elements of trauma treatment with your traumatized clients.

The essential elements are common to all evidence-based trauma treatments, you will learn how you can integrate this framework with your current approach or methodology to make your trauma treatment even more effective!

This trauma competency training can **transform your clinical practice and help improve your trauma treatment outcomes**, just as it has for other clinicians around the world.

**\*\*In addition, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional** (International Association of Trauma Professionals, [www.traumapro.net](http://www.traumapro.net))

## Meet Your Speaker

**Mike Dubi, EdD, LMHC**, is president of the International Trauma Training Institute (ITI) and editor of the Trauma Online newsletter. He co-authored a book on trauma, several book chapters and various articles on trauma, power therapies, case conceptualization and supervision.

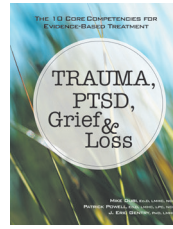
Mike is a former associate professor of Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology at Argosy University/Sarasota (1997 to 2014). He has been engaged in the practice of individual and group psychotherapy for over 40 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also an AMHCA Diplomate and Clinical Mental Health Specialist in Trauma Counseling, Board Certified Expert and Diplomate in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, trained in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross, Certified Compassion Fatigue Specialist and Fellow of the National Board for Certified Clinical Hypnotherapists.

Over the course of his career, Mike has treated more than 3500 survivors of child and adult sexual abuse and is currently working with Vietnam and OEF/OIF veterans whom he treats pro bono.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for almost 50 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver, road cyclist and hill runner.

Speaker Disclosure:  
Financial: Michael Dubi maintains a private practice. He receives compensation as an Associate Professor at Argosy University. Mr. Dubi receives a speaking honorarium from PESI, Inc.  
Non-financial: Michael Dubi has no relevant non-financial relationship to disclose.

**\*SAVE by including these products with your seminar registration!**



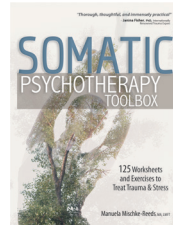
### Trauma, PTSD, Grief & Loss:

*The 10 Core Competencies for Evidence-Based Treatment*

By Michael Dubi, EdD, LMHC, **Your Presenter!**

Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, PhD, 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.

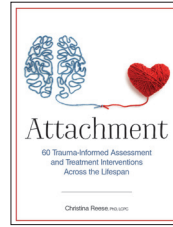


### Somatic Psychotherapy Toolbox

*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.

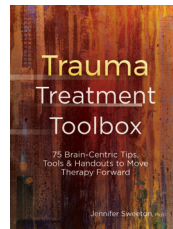


### Attachment

*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-Change Tips, Tools & Handouts to Move Therapy Forward*

Jennifer Sweeton, PsyD, MS, MA

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.

More info and resources at [www.pesi.com/bookstore](http://www.pesi.com/bookstore)



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

#### Benefits of Membership:

- Certificate of Membership
- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
- **10% Discount** on all PESI books, CDs, DVDs and digital seminars
- Traumatology Tool Kit (assessment instruments, treatment protocols)

Visit the IATP website at [www.traumapro.net](http://www.traumapro.net) for more details on the non-profit association.

**BONUS**  
Get a **FREE IATP membership** by attending!  
A \$99.99 value!

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### Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

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

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# CERTIFIED CLINICAL TRAUMA PROFESSIONAL

## Two-Day Trauma Competency Conference



**LITTLE ROCK, AR**  
Monday & Tuesday  
July 22-23, 2019

**MEMPHIS, TN**  
Wednesday & Thursday  
July 24-25, 2019

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Featuring trauma expert and author  
**Mike Dubi, Ed.D., LMHC**

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**BONUS**  
Get a **FREE IATP membership** by attending!  
A \$99.99 value!  
Benefits to membership listed inside!

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Details Inside



Outline

A Brief History and Evolution of Traumatic Stress, Grief & Loss

Systemic traumatic stress theory  
Symptom review  
Review of effective treatments  
Tri Phasic model  
Most commonly used instruments to assess traumatic stress

Core Competencies of Traumatic Stress, Grief & Loss

Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

Precipitating events  
Meaning making  
Physiology of trauma  
Perception

Adaptive and maladaptive coping behaviors

Trauma adaptation  
Systemic influences  
Emotional & psychological stressors  
Integrated theoretical concepts from stress, crisis & trauma theories  
Information processing model  
Psychosocial model

Review of Effective Treatment Interventions

Cognitive Behavioral Techniques (PE, CPT & SIT)  
EMDR & Bilateral Stimulation  
Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)  
Sensorimotor

The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

Affective volatility  
The body keeps the score  
Biology of traumatic stress

The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

Epigenetics  
Reactive Attachment Disorder  
Adrenal fatigue

The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

Traumagenesis  
Traumaddiction  
Comorbidity

Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

Systemic perspective  
Strengths perspective  
Survivor metaphor

Traumatic Stress Exists Across the Continuum of Systemic Levels

Systemic trauma theory  
Community trauma  
Vicarious secondary traumatization

Theories of Traumatic Stress, Loss and Grief

Information processing model  
Psychosocial model  
Contemporary thoughts

Bereavement and Adjustment Disorders

Supporting normal bereavement  
Treating complicated bereavement

Assessment of Traumatic Stress Disorders

Diagnostic and Statistical Manual of the APA  
DSM-5® changes  
ACE & developmental trauma  
Diagnosing PTSD with the PCL-5

Evidence-Based Techniques/ Interventions

Relaxation/self-regulation  
Grounding  
Containment  
Writing/journaling  
Drawing art  
Healing metaphors  
Transitional objects

Demonstrations: Interactive Exercises/ Application of Skills

Cognitive Behavioral Techniques  
Narrative Exposure Therapy Technique  
Thought Field Therapy (TFT)  
Bilateral Stimulation

Limitations of the Research and Potential Risks

Limitations of many accepted models of trauma treatment

Weaknesses and limitations of evidence-based trauma treatment models

Limitations of the diagnostic (DSM-5 ®) system

Limitations and potential risks in grief work, due to research scarcity on the topic

Closure: Lessons Learned

BECOME CERTIFIED!

IATP

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 for the full certification requirements.

Objectives

1. Examine the nature of traumatic stress, grief, & loss and their sequelae.
2. Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
3. Evaluate traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
4. Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
5. Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
6. Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
7. Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
8. Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
9. Incorporate clinical interventions and techniques for the initial assessment, safety and stabilization phase of treatment as well as the remembrance and mourning phases of trauma treatment.
10. Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
11. Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
12. Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.

“ Mike Dubi’s seminar was absolutely fantastic. Since May ’16 I have had 99% success rate, not only with my patients but myself as well... He has changed my life and the lives of others. ”

-Workshop Participant

Live Seminar Schedule (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.

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Anna Rustrick at arustick@pesi.com or call (715) 855-8195.

Live Seminar Continuing Education 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.

MISSISSIPPI ADDICTION 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.

MISSISSIPPI ADDICTION COUNSELORS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/71427.

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.

ARKANSAS 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.

TENNESSEE 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.

MISSISSIPPI MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has submitted an application for credit approval to the Mississippi Board of Examiners for Marriage & Family Therapists. Credit is pending.

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 activity consists of 12.5 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. 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 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

KENTUCKY PSYCHOLOGISTS: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify for 12.5 contact hours.

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 12.5 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.

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.

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.

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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.

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• \$399.99 per person for both days (postmarked 3 wks prior to event) - Includes 1 Year Free IATP Membership

• \$439.99 per person for both days (standard) - Includes 1 Year Free IATP Membership

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• \$34.99\* Somatic Psychotherapy Toolbox book

• \$24.99\* Attachment book

• \$34.99\* Trauma Treatment Toolbox book

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