

2-DAY TRAINING

EMDR CERTIFICATE COURSE

Rapid, Safe, and Proven Skills and Techniques for Your Trauma Treatment Toolbox

"Will I need to talk about the past? I don't want to do this. Coming here was a bad idea..."

Clients dealing with trauma aren't always receptive to the therapeutic process. And using treatment techniques that repeatedly confront clients with the horrific details of the traumas that haunt them can cause them to be avoidant, reactionary, or completely withdrawn. It's painful for the client and clinician alike, and it doesn't feel like healing.

Attend this 2-Day EMDR Certificate Course and get proven skills and techniques from this powerful, evidence-based treatment that will allow you to safely and rapidly help your clients' process their traumas and reclaim their lives! And since EMDR doesn't require a focus on explicit details, your clients will be able to make remarkable therapeutic progress without having to relive every aspect of their nightmares.

This intensive course will empower you to take your trauma treatment to the next level with the tools you need to help your clients manage disturbing feelings, safely reprocess their traumatic memories, reduce fears and anxiety, and develop the resources they need to achieve and maintain recovery.

Sign up today and discover how EMDR skills and techniques can make your sessions life-changing, and allow you to bring rapid, safe and effective relief from trauma to your clients!

Course & Webcast Schedule - for both days (Times listed in Mountain)

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. **Advanced online registration required.**

Objectives

1. Establish the role of the autonomic nervous system in trauma symptomology.
2. Articulate the clinical implications of the freeze response in trauma treatment.
3. Characterize the potential neurobiological mechanisms of change in the empirically validated EMDR approach.
4. Specify how EMDR techniques can build dual awareness in clients to treat the avoidance that makes trauma treatment challenging.
5. Communicate the 8 Phases of the EMDR protocol.
6. Determine which clients you should use EMDR with.
7. Analyze resourcing strategies from EMDR that clinicians can use to help facilitate the processing of trauma.
8. Characterize how EMDR techniques can be used to reinforce and activate positive neural networks.
9. Communicate how EMDR can be modified to work with complex/developmental trauma to directly treat traumatic memories.
10. Evaluate strategies that can help foster the critical connection between client and therapist in EMDR therapy.
11. Articulate the research limitations and potential risks associated with EMDR.
12. Establish the order of operations for attachment-based EMDR treatment to resolve relational trauma.

Speaker

Dr. Jennifer Sweeton is a licensed clinical psychologist, author, and internationally-recognized expert on trauma, anxiety and the neuroscience of mental health. Dr. Sweeton has been practicing EMDR for nearly a decade, and has treated a variety of populations using EMDR and other memory reconsolidation approaches, including combat veterans, individuals with PTSD and complex trauma, and those suffering from treatment-resistant anxiety.

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.

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- **Skills and techniques from Eye Movement Desensitization & Reprocessing**
- **Safely and quickly resolve trauma symptomology**
- **Step-by-step guidance on assessment, resourcing and desensitization strategies**

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Outline

Trauma and Neuroscience
Key brain areas involved in trauma
Polyvagal Theory, and types of freeze responses
Trauma and insecure attachment
The neuroscience of developmental trauma
Clinical implications of the freeze response

How the EMDR Approach Works
The neuroscience of exposure therapy and cognitive therapy
The neuroscience of relaxation exercises
EMDR and other “transformative therapies”
Why EMDR works so well from a brain perspective

Trauma Symptoms and Assessment Tools
Traumatic memories and intrusive thoughts
Phobias and anxiety: Insula hyperactivation
Emotional hijackings and implicit memory
Avoidance cluster of symptoms
Why treating avoidance in trauma is critical
DSM-5® symptoms in a nutshell
Connecting to a diagnosis
Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Overcome Avoidance with EMDR
Dual awareness
What you are thinking about is the network you’re in
Activate networks for change
Neurons that fire together, wire together (Hebb’s Rule)
EMDR as neuroentrainment

When to Use EMDR in Treatment
Demonstrations and experiential exercises
Single event trauma
Anxiety disorders involving imaginal exposure

EMDR Trauma Treatment:
The Original 8-Phase Model
Client history and treatment planning
How to resource: Create a safe space
Assessment: Choose a target, SUDS, connect with the image/emotions/thought
Desensitization: Tactile vs. auditory vs. eye movement
How to use touchpoints, Theratapper, CDs
Positive Cognition Installation: Likert scale 1-7
Body Scan: Locate tension and distress in the body
Closure: Close the neural network and the 6-hour window
Re-evaluation

Demonstration of Original 8-Phase Model
Presenter demonstration
Attendee dyad practice of the 8-phase model

EMDR Techniques to Resolve Traumatic Memories
Modifications for Complex/Developmental Trauma
Do not use standard protocol - Rationale for modifications
Resourcing strategies
Techniques to reinforce and activate positive neural networks
Relevance of Polyvagal Theory, early trauma, and EMDR
Sensory motor modifications and somatic approaches
How to build Dual Awareness
EMDR techniques to bring traumatic memories from the limbic system into the prefrontal cortex

Attachment-Based EMDR:
Strategies to Treat Relational Trauma
Strategies to foster the critical connection between client and therapist
Mirror neuron activation
How to emphasize safety during sessions
Guidance on order of operations

Research Limitations and Potential Risks

Satisfaction
100%
Guarantee

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 \$60. Substitutions are permitted at any time.

*SAVE by Including These Products with Course Registration!

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Therapy Forward

Trauma Treatment Toolbox

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

Jennifer Sweeton, Psy.D., M.S., M.A. **YOUR SPEAKER**

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.

EMDR
Made Simple

4 Approaches to Using EMDR with Every Client

EMDR Made Simple:

4 Approaches to Using EMDR with Every Client

By Jamie Marich, Ph.D., LPCC-S, LICDC-CS, RMT

A fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Using common sense language, clinical cases, and practical examples, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

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

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

Intended Audience

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma.

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

Participants will leave the workshop with both theoretical knowledge of the current trauma paradigm as well as the practical “hands on” experience of participating in EMDR for resourcing and reprocessing trauma.

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 **Ryan Bartholomew at Bartholomew@pesi.com** or call at **715-855-8225**.

Group Discounts Available! Call 800-844-8260

Course on CD or DVD Package:

If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of DVDs or CDs 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 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.

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 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.

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.

EMDRIA: This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This 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 this activity and contact your state board or organization to determine specific filing requirements.

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.

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.

COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 12.6 continuing education hours.

COLORADO SOCIAL WORKER PARTICIPANTS ONLY: To be reported to the Colorado Chapter of the NASW, while completing the online post-test/evaluation, please answer YES to the question: "Are you a Colorado Social Worker?" and include your license number. After completing and passing the online post-test/evaluation, your information will automatically be sent to cepesi@pesi.com to be reported. If you forget to answer yes, please send an email to cepesi@pesi.com with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

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.

This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training."

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 15 & 16, 2019, for this live, interactive webcast! Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/71838.

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.

2-Day Training: EMDR Certificate Course: Rapid, Safe, and Proven Skills and Techniques for Your Trauma Treatment Toolbox

Questions? Call 800-844-8260 or e-mail us at info@pesi.com

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