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 th<u>e full educational criteria</u> for CCTP-II Complex PTSD certification through the International Association of Trauma Professionals. Visit 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 & Maiberger, 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.

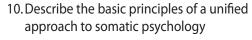
Speaker Disclosure:

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



- 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.





Complex PTSD Training

Advanced Trauma Treatment Certification

Complex PTSD Training

Advanced Trauma Treatment Certification

Independence, OH Monday -Wednesday August 19-21, 2019 Live Video Webcast Monday -Wednesday August 19-21, 2019







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

Independence, OH Monday -Wednesday August 19-21, 2019

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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

BECOME CERTIFIED!

3 Easy Steps to Certification

- 1. Attend this 3-Day Complex PTSD Training with Arielle Schwartz, Ph.D.
- 2. 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

3. Apply for CCTP-Level II certification with The International Association of Trauma Professionals (www.traumapro.net). Use Promo code 3DAYCPTSD for \$20 off the application fee (expires September 30, 2019).



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/ALUE

Ouestions? Call customer service at 800-844-8260

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 Vianette #3

Fostering Resilience: For Post-Traumatic Growth and Healina

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

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on August 19-21, 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 guestions 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 \$99.99 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/72704

Live Course & Webcast Schedule (All 3 Days) (Times listed in Eastern)

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 speake A more detailed schedule is available upon request.

Target Audience

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



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 vailable through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "I IVE SEMINAR SCHEDULE" on this brochure or 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 con education requirements and check for reciprocal approval. For other credit inquiries not specified pelow, 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

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for your hours to be valid. While completing the online post-test/evaluation, pleas wer YES to the question: "Are you an Ohio Psychologist?" and include your license number when prompted. After completing and passing the online post-test evaluation, your information will automatically be sent to cepesi filed. If you forget to answer yes, please send an email to cepes@pesi.com with the following information; full title of the activity, speaker name, date of live broadcast pleted the post-test, and your name and your license nu SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work

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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 cial Workers completing this course receive 19.0 Clinic 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.

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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 eaistration reauired.
- \$90 Tuition: If you are interested in being our registration coordinator for all three 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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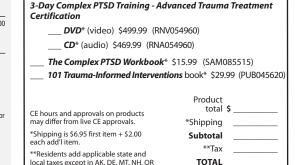
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The Complex PTSD Workbook COMPLEX

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By Arielle Schwartz, PhD

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101 Trauma-Informed Interventions:

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