

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)

Meet Your Speaker

Mike Dubi, EdD, LMHC, is president of the International Trauma Training Institute (ITTI) and editor of the *Trauma Online* newsletter. He co-authored *Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment* (PESI, 2017), several book chapters and various articles on trauma, power therapies, case conceptualization and supervision.

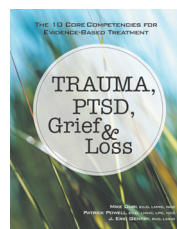
Mike is a former associate professor of Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology at Argosy University/Sarasota (1997 to 2014). He has been engaged in the practice of individual and group psychotherapy for over 40 years and is a Florida 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!

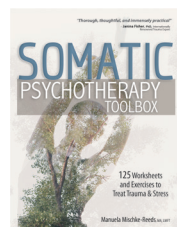


Trauma, PTSD, Grief & Loss:

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.

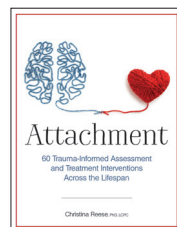


Somatic Psychotherapy Toolbox

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.

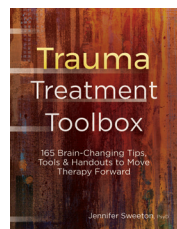


Attachment

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-Changing 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



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 for more details on the non-profit association.

BONUS
Get a **FREE IATP membership** by attending!
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Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

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Two-Day Trauma Competency Conference



HARRISBURG, PA
Monday & Tuesday
August 12-13, 2019

FREDERICK, MD
Wednesday & Thursday
August 14-15, 2019

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Two-Day Trauma Competency Conference



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

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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!



This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CTCP-Level I).

Visit traumapro.net for the full certification requirements.

Objectives

- Examine the nature of traumatic stress, grief, & loss and their sequelae.
- Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
- Evaluate traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
- Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
- Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
- Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
- Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
- Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
- 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.
- Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
- Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
- 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.

Conference Target Audience

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

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.

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.

PENNSYLVANIA ADDICTION COUNSELORS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72060. **No PA ADD available for programs held outside of PA**

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.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA 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.

WEST VIRGINIA COUNSELORS: An application has been submitted to the West Virginia Board of Examiners in Counseling.

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.

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 ACE 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 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PENNSYLVANIA PSYCHOLOGISTS: PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. PESI maintains responsibility for the program(s). This program qualifies for 12.5 continuing education 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.

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL 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. Full attendance is required; no partial credits will be offered for partial attendance.

WEST VIRGINIA SOCIAL WORKERS: The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

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.



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.*

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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.*
- \$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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- 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 or call 800-844-8260 for details.
Advance registration required. Cannot be combined with other discounts.

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- **Trauma Competency Conference + FREE IATP Membership (\$99 Value!)** Multiple CDs* (audio) \$269.99 (RKIT051137)
- **Trauma, PTSD, Grief & Loss** book* \$24.99 (PUB084790)
- **Somatic Psychotherapy Toolbox** book* \$34.99 (PUB085450)
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- **Trauma Treatment Toolbox** book* \$34.99 (PUB085910)

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