Outline

The Emotional Brain: A User Friendly Guide

How an almond, a seahorse, and a Mohawk can help you understand your brain

A healthy emotional brain & how it develops

7 primary emotional systems & how to influence them

How trauma and disrupted attachment alter the brain

3 neuroscience breakthroughs that change how we treat trauma

Rewire the brain for resilience, connection and post-traumatic growth

The 3-Phase Model of Trauma-Informed Treatment

Interventions for Assessment, Safety and Stabilization

5 simple questions to assess for PTSD

Beyond words: build trust and safety with right brain to right brain communication

Help clients understand trauma responses

Activate the brain's instinct to heal through alpha-theta states

Calm fear with mindfulness and imagery techniques

Deal with dissociation: practical tools for grounding and orienting

Shift shame and nurture self-compassion

Defuse anger with play and humor

Empower with movement and metaphor

Painlessly Reprocessing Traumatic Memories

Revise not relive: why exposure can retraumatize

Memory reconsolidation: the brain's own mechanism for healing trauma

5 simple steps for painlessly reconsolidating a traumatic memory

Create the future-self template and the brain's blueprint for healing

Neutralize negative beliefs with resourceful emotional states

Facilitate corrective emotional experiences with powerful imagery, metaphor, music and movement techniques

Facilitating Post-Traumatic Growth

The 3 qualities of post-traumatic growth

Create a positive post-trauma identity

Nurture a secure attachment system after trauma

Find meaning and purpose after trauma

Hardwire happiness and the power of intention

Applications for Special Populations

Heal experiences for sexual trauma survivors

Recover from childhood abuse and neglect

Transform traumatic grief after sudden or violent deaths

Rebound from medical trauma, car accidents and disasters

Assist military, police and first responders

Foster resilience in children and adolescents after trauma

Respectfully work with different cultures and faith traditions

Prevent burnout and vicarious trauma with simple self-care techniques

Questions?
Call customer service at
800-844-8260

Objectives

1. Assess how emotional trauma is processed in the brain.
2. Analyze why exposure techniques alone are not enough to relieve post-traumatic stress symptoms.
3. Breakdown the 3 phases of trauma-informed treatment.
4. Compile recent neuroscience discoveries regarding memory reconsolidation and its implications for treating trauma.
5. Characterize the 5 steps that all evidence-based trauma therapies have in common and how to apply them to safely and painlessly reconsolidate traumatic memories.
6. Utilize two experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.
7. Apply two interventions you can use to help clients reconnect to a healthy sense of self, relationships, and the world.

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NEW RULES *for* TREATING TRAUMA

Integrating Neuroscience to Rewire the Brain

Evansville, IN
Wednesday
August 7, 2019

Louisville, KY
Thursday
August 8, 2019

Lexington, KY
Friday
August 9, 2019

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The

NEW RULES *for* TREATING TRAUMA

Integrating Neuroscience to Rewire the Brain

NBCC Credit Available!

- Discover the trick to reprogramming brain mechanisms involved in trauma conditioned responses
- Get a simple 5-step protocol that quickly reconsolidates a traumatic memory and activates the brain's innate capacity for healing and resilience
- Help your clients reclaim their lives after trauma!

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Were you taught to use medication, CBT, exposure and other traditional therapy approaches to treat trauma? Did you know that these approaches are limited when it comes to healing trauma at the deeper, emotional level of the brain?

Also, do you know that memory reconsolidation is a recent neuroscience breakthrough that revealed the brain's own rules for healing traumatic memories and allows you to clear trauma at its roots?

The NEW RULES for TREATING TRAUMA

Integrating Neuroscience to Rewire the Brain

During this seminar, I'll provide you with step-by-step instructions and techniques you can use in each phase of trauma treatment. This is the only trauma training that specifically gives you skills in the phenomena of memory reconsolidation. Let me show you why memory reconsolidation is necessary for permanently transforming your trauma work with clients. I will give you a simple protocol to use to reconsolidate a traumatic memory in as little as one session!

Don't get the impression that you have to get lengthy, expensive training and certification in certain modalities in order to be able to successfully treat trauma. My workshop will let you walk away knowing exactly what to do to help your clients reclaim their lives after trauma!

Courtney Armstrong, LPC, MHSP

Speaker



Courtney Armstrong, LPC, MHSP, has over 20 years' experience and is a Board Certified Fellow in Clinical Hypnotherapy who has trained thousands of mental health professionals nationally and internationally in creative, brain-based strategies for healing trauma. She is a bestselling author of the book, *The Therapeutic "Aha!": 10 Strategies for Getting Clients Unstuck* and *Transforming Traumatic Grief* and contributes to publications such as the *Psychotherapy Networker, Counseling Today*, and *The Neuropsychotherapist*. She has been featured as a trauma and grief expert on national television and radio programs and is the owner/director of Tamarisk: A Center for Mind-Body Therapy in the state of Tennessee.

Speaker Disclosure
Financial: Courtney Armstrong is in private practice. She is an author for WW Norton and receives royalties. Ms. Armstrong receives a speaking honorarium from PESI, Inc.
Non-financial: Courtney Armstrong is a member of the Institute for Rapid Resolution Therapy.

I wanted you to know I don't think I could have achieved these results without your brilliant and user-friendly teaching. It really has transformed my capacity to work with traumatic experience. Thanks so much!

—J. Graham, PhD.

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8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

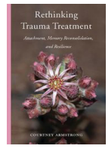
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker.
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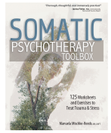
The Therapeutic "Aha!"
10 Strategies for Getting Your Clients Unstuck
By Courtney Armstrong, LPC, MHSP SEMINAR PRESENTER!

Concise, reader-friendly, and filled with helpful case stories and client–therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.



Rethinking Trauma Treatment
Attachment, Memory Reconsolidation, and Resilience
By Courtney Armstrong, LPC, MHSP SEMINAR PRESENTER!

In this accessible guide, Courtney Armstrong distills discoveries from attachment theory, brain science, and post-traumatic growth into practical strategies you can use to: 1) build trust and a secure therapeutic relationship; 2) transform traumatic memories into stories of triumph and courage; and 3) help clients cultivate resilience and a positive post-trauma identity.



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.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs 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.

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Live Seminar 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.*

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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.

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COUNSELORS: The New Rules for Treating Trauma: Integrating Neuroscience to Rewire the Brain has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-SP-3156. PESI is offering this activity for 6.5 clock hours of continuing education credit.

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OTHER PROFESSIONS: This activity qualifies for 380 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.

BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II).
Visit traumapro.net for the full certification requirements.

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QUESTIONS? Call **800-844-8260** or e-mail us at **info@PESI.com.**

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