

Outline

Part I: Assessment

Symptoms of trauma
Symptoms of attachment disorder
Traumatized brain and biochemistry
Core beliefs and expectations attachment styles
Life script: Psychosocial history and relationship patterns

Part II: Treatment Interventions Structure

Synergistic Trauma and Attachment Therapy (STAT™) Model
3-step treatment process
Integrative approach: mind-body-spirit

Experiential and Skill-Based Interventions

Facilitate emotional and neurobiological connections
Foster trust and secure attachments
Heal interpersonal trauma to self-acceptance
Confront traumatic events: move from victim to survivor
Change negative beliefs and narratives
Resolve anger, fear, shame and loss
Exposure Therapy to alleviate trauma and PTSD symptoms
Forgiveness to let go and move on

Posttraumatic Growth: Recovery and Resilience

Positive psychology
Instill optimism and hope
Gratitude and positive emotions
A sense of meaning and purpose
Use signature strengths
Enhance relationships and social support
Self-esteem and self-efficacy
Volunteering and giving

Improve Relationships

Strengthen the hardwired need for a safe emotional bond
The language of attachment
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend
Attachment Communication Training:
Constructive communication, problem-solving and conflict-management skills
Sensory Processing and fulfillment of attachment needs

Therapeutic Goals

Develop positive core beliefs
Resolve loss and grief
Promote safe and secure attachments
Alleviate anxiety, depression, shame, and “victim mindset”
Reduce biochemistry of trauma
Stress management skills
Constructive parenting skills
Supportive and fulfilling family relationships
Mitigate defensiveness, enhance motivation and cooperation

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

FREE

Cognitive Behavioral Therapy (CBT) for Anxiety

CE Seminar & Worksheet

John Ludgate, PhD

pesi.com/CBTWorksheet

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Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorders as it relates to clinical treatment.
2. Develop an assessment plan to effectively identify your client’s history for trauma and attachment wounds.
3. Provide techniques to improve your client’s emotional regulation skills, reframe core beliefs and improve interpersonal skills.
4. Utilize communication based methods for conflict management and to promote secure attachment for your clients.
5. Develop strategies to help your clients achieve posttraumatic growth including the creation of positive personal and relationship goals.
6. Teach your clients, in-session, how to achieve secure and fulfilling relationships by facilitating attachment security.

TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients



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TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,
Kathryn Seifert, Ph.D


- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients’ lives transformed through video demonstrations!
- Walk away with strategies to use immediately with your traumatized clients!

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TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Kathryn Seifert, Ph.D., in this cutting-edge seminar as he teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

Clinical videos will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through video case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.

Questions?

Call customer service at
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Speaker

Kathryn Seifert, Ph.D., is a psychologist in Maryland and the founder and executive director of Eastern Shore Psychological Services. She has worked for over 30 years successfully assessing and treating trauma and attachment problems. She now trains and supervises therapists who are assessing and treating maltreated children. Dr. Seifert has lectured both nationally and internationally and provides training on trauma, symptoms of trauma and attachment issues. She has written more than 60 articles on these topics, as well.

Dr. Seifert is an internationally recognized expert in the assessment and treatment of youth with trauma and attachment problems and their families. She has appeared on CNN, Discovery ID, and Fox News and consults with numerous public agencies. Dr. Seifert testifies in courts as an expert on the maltreatment of children. She has a blog, Stop the Cycle, on Psychologytoday.com with over a half a million readers.

She has written two books, *How Children Become Violent* (Acanthus, 2006) and *Youth Violence: Theory, Prevention, and Intervention* (Springer, 2015). In these two books, she wrote about the groundbreaking research such as the ACE's research out of the CDC, connecting child maltreatment, delays in the developmental of coping skills, and youthful violent behaviors. In addition to these books and numerous ebooks, Dr. Seifert has developed the CARE-2, Child and Adolescent Risk/Needs Evaluation. The CARE-2 builds on the work in her books by creating a method to develop effective treatment plans for traumatized children who's symptoms included aggression and difficulty in relationships with others.

Speaker Disclosure:

Financial: Kathryn Seifert is the Chief Executive Officer and Founder of Eastern Shore Psychological Services; and CARE-2, LLC. She receives royalties as an author of Acanthus Publishing and Springer Publishing. Dr. Seifert receives a speaking honorarium from PESI, Inc.

Non-financial: Kathryn Seifert is a member of the American Psychological Association; and the Maryland Psychological Association. She writes a blog, Stop the Cycle, on Psychologytoday.com.



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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, Psy.D., M.S., M.A.

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.

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 \$30 cancel fee. Substitutions are permitted at any time.



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.

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 cepsi@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 6.0 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: Trauma & Attachment: Effective Treatment Strategies for Helping Challenging Clients has been approved by NBCC for NBCC credit. PESI, Inc. is solely responsible for all aspects of the program. NBCC Approval No. SP-3246. PESI is offering this activity for 6.5 clock hours of continuing education credit.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity consists of 6.25 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 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 6.25 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 380 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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This activity consists of 6.0 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 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DISTRICT OF COLUMBIA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72067.

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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us first. If you are interested in becoming a speaker or have a new topic idea, please contact **Valerie Whitehead** at vwhitehead@pesi.com or call **715-855-8166**.

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

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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.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, 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.

- **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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