

Outline

Trauma
Concepts & definitions
A historical perspective of trauma
Stress vs. trauma: Two states, two responses
The creation of trauma, reactive adaptations, traumagenesis
Small “t” and Big “T” trauma

- High-risk characteristics
- Pre-natal
- Early life trauma
- “On Going” vs. “Single Event” trauma

The Traumatized Brain
Neurobiology and Triunal Brain Model
Activation and hyper-arousal of threat response system
The sensitized brain through conditioned traumatic cues
Dissociation and the importance of freeze discharge:
Neuroception, bodily reactions and biological changes

Trauma and Stress-Related Disorders (DSM-5®)
Post-Traumatic Stress Disorder (PTSD)

- 0-6 child definitions of PTSD
- Reactive Attachment Disorders
- Acute Stress disorders
- Adjustment disorders
- Disinhibited Social Engagement Disorder

Trauma and Working with Children and Adolescents: The Developing Brain, Body, and Mind
Best practices and innovative tools for assessment
Subjective imprints of trauma
Innovative tools for trauma resiliency
Trauma-Focused CBT for Children
Eight interventions to use immediately
Rapport, hope and empathy during the first session and thereafter

Trauma, Loss, and Complicated Grief
Grief, bereavement and mourning
How trauma “freezes” the normal grieving process
Signs of complicated/traumatic grief
Factors contributing to complexities in grief
Grief, bereavement in DSM-5® and viable treatment implications

Healing Trauma: Three Active Ingredients
Therapeutic Relationship - hope, safety, and calming presence
Relaxation – reciprocal inhibition, parasympathetic dominance
Narrative – developing “new” narrative to “transform” memories

Immediate Interventions: The Three-Stage Consensus Model
Safety/Stabilization
The Therapeutic Alliance
Felt safe vs real safe
Resolution of impeding environment
Amelioration of self-destructive thoughts
Restructuring victim mentality to proactive survivor identity
Stabilization, self-regulation, relaxation, grounding & containment
Mindfulness, yoga, recovery resources and holistic strategies

Reprocessing/Resolution
Narrative and metabolization of traumatic memory
Cognitive therapies
Mindfulness-informed interventions
Guided Imagery and Systematic Desensitization
Somatic and focusing interventions
Forgiveness and gratitude work

Reintegration/Reconciliation
Reconnection to self, family, society and hopes/dreams
Resiliency skills training

Limitations of Research and Potential Risks
No “one size fits all” for any modality of trauma treatment
Various definitions of trauma with different treatment implications
Side effects may include an initial increase in symptoms
Empirical verses anecdotal evidence

Live Seminar Schedule


7:30 Check-in/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. *Limited seats available; advanced online registration required.*

Objectives

1. Illustrate the effects of trauma on the structure and function of the brain.
2. Determine the etiology and potential impact of traumatic stress on the client utilizing multiple assessment strategies.
3. Develop an assessment plan for a client’s reaction to a traumatic event and develop a viable treatment program.
4. Analyze how grief, bereavement, and mourning are accounted for in the DSM-5®.
5. Integrate interventions to assist a client in dealing with the biopsychosocial manifestations of trauma, PTSD, and traumatic grief/complicated mourning.
6. Discover appropriate evidence-based interventions to assist a client in coping with the physical and psychosocial-spiritual manifestations of trauma.

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 Val Whitehead at vwhitehead@pesi.com or 715-855-5229.

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- Dozens of practical assessment, diagnosis and intervention strategies
- New clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma
- Multisensory interventions to treat the whole person

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Complete this workshop and learn **new clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma.** Throughout the workshop trauma specialist, Michael S. Prokop, will discuss and integrate the “active ingredients” for “healing trauma” as they are utilized within the Three Stage Consensus Model. Attend and be able to:

- Use dozens of practical assessment, diagnosis and intervention strategies
- Effectively work with children, adolescents and adults dealing with trauma issues
- Implement multisensory interventions to treat the whole person

You will be able to implement evidence-based treatment protocols for establishing safety, desensitizing and reprocessing trauma memories, as well as, resolving/reprocessing complicated grief. **With these new skills, you will be able to assist your clients in their journey as they “restructure a victim mentality to form a proactive survivor identity.”** With this new identity, you will be able to help clients reconnect to self, family, society and dreams!

Speaker

Michael S. Prokop, M.Ed., CCTP, CSP, LPC, BCPC, is a national speaker, Certified Clinical Trauma Professional, consulting school psychologist, Licensed Professional Counselor, American Psychotherapy Association Board Certified PTSD Clinician/Board Certified Professional Counselor-Diplomate, sports psychology consultant and is a member of the International Association of Trauma Professionals (IATP). He specializes in grief and trauma therapy, relaxation therapy, rational emotive psychotherapy, anger management, mental toughness training, and more. As a consulting psychologist he has conducted hundreds of psychological evaluations of traumatized clients and continues to provide individual and group therapy for clients with various adjustments, intellectual, motivational and emotional challenges. His clinical expertise with traumatized clients is based on a long history of comprehensive professional experiences. These include providing support for children and families impacted by suicide, domestic violence, homicide, child abuse, sexual assault and accidental death.

Michael has authored three children's books regarding adjustment issues and his counseling experiences include more than 25 years in private practice, school districts, part time at The Developmental Clinic, and the rest at Kent State University teaching undergraduate psychology classes, graduate level workshops and also providing psychological counseling services for the T.R.I. Program (Toward Retention Intervention). Besides his private practice, he consults in numerous schools and agencies and is an adjunct professor at Ashland University. As an entertaining and enthusiastic speaker, he frequently lectures and provides seminars at state and national conferences.

Speaker Disclosures:
Financial: Michael Prokop is an adjunct instructor at Ashland University. He receives a speaking honorarium from PESI, Inc.
Non-financial: Michael Prokop is a member of the American Psychotherapy Association; National Education Association; National Association of School Psychologists; and the American Psychological Association.

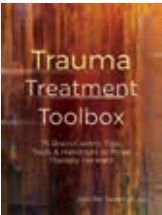


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Trauma Treatment Toolbox 165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

By 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.



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.

Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Therapists • Chaplains • Marriage & Family Therapists
Addiction Counselors • Mental Health Professionals • Crisis Intervention Specialists • Nurses

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 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.

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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.

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RHODE ISLAND COUNSELORS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/72068.

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.

MASSACHUSETTS MARRIAGE & FAMILY THERAPISTS: This course has been submitted for review for continuing education approval. Credit is pending.

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 live activity consists of 6.25 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 6.25 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.

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.



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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.

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