



As a clinician, there is little doubt that you are working with trauma. In the field of traumatic stress, there have been many updates and improvements designed to improve treatment outcomes. One of those improvements is the trauma processing modality, Eye Movement Desensitization and Reprocessing (EMDR). **Evidence suggests that EMDR is one of the most effective modalities for treating trauma and PTSD.** So, if you've yet to learn this skill, now is the time!

Join trauma specialist, author and national trainer, Linda Curran, BCPC, LPC, CAC-D, CCDP, for this intensive 3-day EMDR training that will **provide you the knowledge and skills needed to use EMDR safely and effectively.** Through lecture, live and videotaped EMDR demonstrations, and supervised experiential exercises, this training will provide you with an in-depth knowledge of trauma theory, principles, diagnosis and EMDR treatment.

The stage model remains today's state-of-the-art treatment approach for all but single-incident trauma. During this training, you will learn the goals of each stage, along with the therapeutic tools to reach those goals.

This is a training you don't want to miss! It's your opportunity to:

- Learn EMDR skills and why it is such an **effect treatment for both single incident PTSD and complex trauma**
- Participate **in hands-on practice of EMDR and other trauma treatment tools** in a safe and supervised environment
- Learn this dynamic, comprehensive skill that will equip you to **start improving outcomes with traumatized clients right away**

Sign up today to become a better therapist for your clients suffering from trauma's multitude of symptoms.

BONUS

This training meets most of the educational hours required to **become a Certified Clinical Trauma Professional- Level II (CCTP-Level II)!** For more information on the CCTP-Level II certification visit www.traumapro.net. This course is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

To see the learning objectives visit
pesi.com/express/73132

OUTLINE

Neuroscience of Trauma, Effective Assessment and DSM-5® Diagnostic Criteria

Neuroscience's Current Trauma Paradigm

Biological nature of trauma

- Triune Brain, The Autonomic Nervous System and the Stress Response
- The Polyvagal Theory
- Traumatic Stress: normal, prolonged, complex and developmental

Specific trauma symptoms

Primary treatment issues in trauma therapy

Trauma's Somatic and Sensorimotor Sequelae

Hyperarousal
Hypoarousal
Dissociation, body memories and "flashbacks"
Affect dysregulation

Trauma and Attachment

The Adverse Childhood Experiences Study (ACE Study)

Attachment Essentials

- Baby/momma trauma
- Insecure Attachment Styles Assessment and Primary Treatment Issues of:
 - Avoidant
 - Preoccupied
 - Disorganized type

Assessment and Diagnosis of Trauma Disorders

Current Trauma Diagnoses:

- Acute Trauma Disorder
 - PTSD and subtypes
 - Dissociative
 - Preschool
 - Borderline Personality Disorder (BPD)
- Proposed Trauma Diagnoses
- Developmental Trauma Disorder (DTD)
 - Complex PTSD

Trauma Treatment: Effective Tools, Treatment Modalities, and an Introduction EMDR

The Stage Model of Treatment

Stage One: Stabilization and Safety

- Assessment, Rapport, Psychoeducation
- Developing the "Skills to Stay Stable"
- Trauma Tools for Affect Regulation
- Recognizing and regulating affect
- Dissociative episodes and "flashbacks"

- Grounding clients in their bodies and back in the present in the here and now
- Mindfulness/bodyfulness (including somatic exercises)
- Multisensory Guided Imagery
- EFT (meridian tapping)
- Reduction of physiological arousal
- Recognizing and up & down regulating arousal levels
- Containment and self-soothing

Stage Two: Working Through Traumatic Memories

- Brief overview of the theory and applicability of three trauma processing modalities:
 - Sensorimotor Psychotherapy (SP)
 - Somatic Experiencing (SE)
 - EMDR

Practice EMDR for both Resourcing and Trauma Processing

Live EMDR demonstration followed by experiential sessions

Under Supervision, Learn and Safely Practice the Skills of EMDR for Both Phase One and Two

Phase One Work: Imaginal Resourcing

- Containment Imagery
- Comfortable Place Imagery
- Protection Imagery and/or Nurture Imagery

Phase Two Work: Reprocessing Traumatic Memories

Limitations of Research and Potential Risk

Contraindications and precautions for reprocessing trauma

Differences in theory and in the associated neurophysiological models are a matter of ongoing discussion

Live Seminar Schedule (each day)

- 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.

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Monday - Wednesday, September 16-18, 2019

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Details Inside

What fellow therapists are saying about this training:

"What a life-changing EMDR conference."

– Bill, MA, LCMHC

"Thank you for the amazing amount of knowledge your (Linda's) skilled teaching helped me to assimilate in such a short time."

I am still fired about all that I have learned and my wonderful experience of this training."

– Meryl, LCSW

"Thank you for a stellar training. I have been interested in EMDR for many years and now I am thrilled to finally understand the process!"

– Janet, LCSW, LCAC

"First, I'd like to thank Linda for a very good 3-day workshop. Linda's honesty and directness was re-freshing. Her materials were thorough and videos, interesting. It's clear she put time and effort into planning and perfecting this workshop. I'm very glad I signed up!"

– Drew, MS, Ed, PCC

"This was a content rich course taught with enthusiasm. Left final days with actual therapeutic tools."

– Dave, Ph.D.

INTENDED AUDIENCE

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. In this course, you will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material. This course assumes requisite knowledge of, and experience with, a traumatized population (i.e., clients with underlying simple or complex PTSD regardless of presenting issues).

Participants will leave the workshop with both theoretical knowledge of the current trauma paradigm as well as the practical "hands on" experience of participating in EMDR for resourcing and reprocessing trauma.

SPEAKER

Linda Curran, BCPC, LPC, CAC-D, CCDPD, is president of Integrative Trauma Treatment, LLC. She provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma. Linda is the author of best selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and *101 Trauma-Informed Interventions* (PPM, 2013) and the soon to be released book set: *Trauma Treatment: Beyond Competency~Clinician Playbook/Client Workbook*. She is the producer of the best-selling *Master Clinician Series*, in which she collaborated with the world's leaders in trauma: Bessel van der Kolk, M.D., Peter Levine, Ph.D., Babette Rothschild, MSW, LCS, Stephen Porges, Ph.D., Janina Fisher, Ph.D, and many more.

Speaker Disclosure:

Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Linda Curran has no relevant non-financial relationship to disclose.

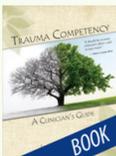
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101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDP **YOUR PRESENTER!**

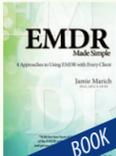
Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities – all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.



Trauma Competency: A Clinician's Guide

By Linda Curran, BCPC, LPC, CACD, CCDPD **YOUR PRESENTER!**

Unique in its approach, each chapter guides clinicians further into trauma's theory and practice; from assessment through stabilization, step-by-step demonstrations prove its in-session clinical utility and applicability. *Trauma Competency* is a clear and concise, reader-friendly illumination of the HOW and the WHY of trauma treatment.



EMDR Made Simple: 4 Approaches to Using EMDR with Every Client

By Jamie Marich, Ph.D., LPCC-S, LICDC-CS, RMT

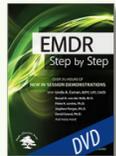
A fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Using common sense language, clinical cases, and practical examples, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.



Addiction, Trauma, & Adverse Childhood Experiences (ACEs): The Neuroscience behind Developmental/Attachment Trauma and Adverse Childhood Experiences

Vincent Felitti, Bessel van der Kolk, MD, and more

In this video, you will learn key insights regarding the neuroscience of addiction from the Adverse Childhood Experiences (ACE) Study, one of the largest investigations of childhood abuse and neglect, and the impact on later-life health and well-being. You will understand the important assessment and treatment implications from neuroscience that show us addiction is experience dependent, not substance dependent.



EMDR: Step by Step: New In-Session Demonstrations

By Linda Curran, BCPC, LPC, CACD, CCDPD **YOUR PRESENTER!**

EMDR Step-by-Step is a comprehensive recording featuring Linda Curran, BCPC, LPC, CACD, CCDPD, recognized trauma specialist, veteran clinician, sought-after national trainer and best-selling author on trauma, that will provide you with practical strategies for effective implementation of EMDR into your practice.

Note prices of products on the registration panel have 20% discount already applied.

★ 20% Off and Free Shipping! ★

Visit go.pesi.com/EMDR and use code: **EMDRB**. Expires day of training.

Live Seminar Continuing Education Credit Information for the Entire Conference

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 cespesi@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.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 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: This intermediate activity consists of 19.0 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.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 19.0 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 1140 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.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

EMDRIA: This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

NURSES, NURSE PRACTITIONERS, AND 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 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS: This live activity consists of 19.0 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.

MINNESOTA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/73132.

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 19.0 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.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 19.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 1140 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.

This course is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

Questions? Call customer service at 800-844-8260



BECOME CCTP - LEVEL II 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.

Interested in attending for a highly reduced tuition?

Become a facilitator! Go to <https://www.pesi.com/express/73132> for more information. Limited availability.



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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; advanced online registration required.**

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• If you are interested in becoming a FACILITATOR for all three days, go to: <https://www.pesi.com/express/73132> for availability and job description

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

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EMDR 3-Day Intensive Training: Eye Movement Desensitization and Reprocessing: Including Neuroscience, Diagnosis, and Effective Practices for Successful Trauma Treatment

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