

# Outline

## Part I: Assessment

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

## Part II: Treatment Interventions Structure of the Healing Process

30-hour Intensive Outpatient Psychotherapy model  
3-step treatment process: revisit, revise, revitalize  
Integrative approach: mind-body-spirit

## Experiential and Skill-Based Interventions Shown through Video Demos

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

## Improving Relationships

Strengthen the hardwired need for a safe emotional bond  
The language of attachment  
Change attachment patterns: withdrawing, blame-distance, criticize-defend  
Attachment Communication Training:  
Constructive communication, problem-solving and conflict-management skills  
Limbic resonance 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

## Live Seminar Schedule

**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.

# 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.

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# Trauma & Attachment

## Effective Treatment Strategies for Helping Challenging Clients

*"Your therapy is like a symphony – all parts resonating together."*  
– School Psychologist of 18 years

**APPLETON, WI • September 25, 2019**  
**MADISON, WI • September 26, 2019**  
**BROOKFIELD, WI • September 27, 2019**

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# Trauma & Attachment

## Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,  
**Gale Kelley, Ed.D., LMHC, CETP**

- 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!

**APPLETON, WI**  
Wednesday, September 25, 2019

**MADISON, WI**  
Thursday, September 26, 2019

**BROOKFIELD, WI**  
Friday, September 27, 2019

*"I feel hope that very traumatized children and adults can be helped."*  
– Social Worker of 15 years

**Register now! [pesi.com/express/73109](http://pesi.com/express/73109)**

 **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](http://traumapro.net) for the full certification requirements.

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Details Inside

# Trauma & Attachment

## Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Gale Kelley, Ed.D., LMHC, CETP, 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.

"I love how you combined many theories and methods into a successful therapeutic program."

—Marriage and Family Therapist of 20 years

### Questions?

Call customer service at  
**800-844-8260**

## Speaker

**Gale Kelley, Ed.D., LMHC, CETP**, is a Doctor of Education, Counseling Psychology; a Licensed Mental Health Counselor in the state of Florida; a Certified Expert Trauma Professional; a National Board Certified Counselor; a qualified supervisor for mental health counseling and marriage and family therapy; an approved clinical supervisor; and approved expert witness in several counties.

Gale develops and teaches trauma-related online continuing education courses with the International Association of Trauma Professionals (IATP). She is the former clinical director of the Child Protection Center in Sarasota, FL, and founder of Trauma Treatment & Mental Health Services, which provides individual and family therapy, clinical testing and comprehensive assessments, consultation, and program development and evaluation. She has clinical experience with geriatrics, adults, mentally ill, developmentally challenged, substance abuse, family violence, marital conflict, and family dynamic issues.

Gale is affiliated with the American Counseling Association, the American Mental Health Counselors Association, the Association of Creativity in Counseling, the National Board for Certified Counselors, the International Association of Trauma Professionals, and the Florida Counseling Association.

#### Speaker Disclosures:

Financial: Gale Kelley is the founder of Trauma Treatment & Mental Health Services. She is an adjunct faculty at the International Association of Trauma Professionals.

Non-financial: Gale Kelley has no relevant non-financial relationship to disclose.

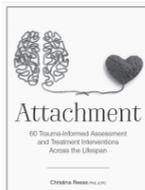


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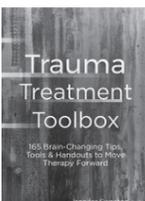


#### Attachment

*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*

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.

**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.



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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](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

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**WALK-INS**  
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- **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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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