

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

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.

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: withdraw-cling, 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

Objectives

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

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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

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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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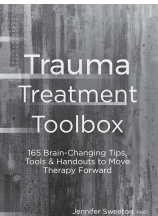
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Attachment

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.

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

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

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