

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 • Psychiatrists • 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

- 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

FORT COLLINS, CO • November 13, 2019
COLORADO SPRINGS, CO • November 14, 2019
AURORA, CO • November 15, 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!

FORT COLLINS, CO
Wednesday, November 13, 2019

COLORADO SPRINGS, CO
Thursday, November 14, 2019

AURORA, CO
Friday, November 15, 2019

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

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Details Inside

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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 for the full certification requirements.

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 she 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.

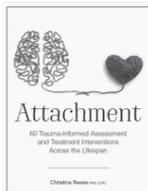


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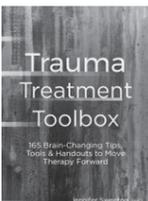


Attachment

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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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.

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: This intermediate 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, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nebraska 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 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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists & Psychiatrists: Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. 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.

Psychologists

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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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.

Colorado Social Workers: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 6.3 continuing education hours.

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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___ Seminar on CD* (audio) \$219.99 (RNA045590)

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___ Trauma Treatment Toolbox book* \$34.99 (PUB085910)

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