

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

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.

Questions?
Call customer service at 800-844-8260

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 715-855-8166.

— FREE —
Worksheets



Free Gratitude, Mindfulness & Optimism Worksheets
pesi.com/worksheetshappiness

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible

CE credits included!

www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702
A division of PESI, Inc.

TRAUMA, PTSD & COMPLICATED GRIEF
Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

Savannah, GA
Monday, November 11, 2019

Marietta, GA
Thursday, November 14, 2019

Augusta, GA
Tuesday, November 12, 2019

Atlanta, GA
Friday, November 15, 2019

REGISTER NOW! pesi.com/express/74803

TRAUMA, PTSD & COMPLICATED GRIEF
Effective Assessments and Immediate Interventions for Children, Adolescents and Adults


- 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

Savannah, GA
Monday, November 11, 2019

Augusta, GA
Tuesday, November 12, 2019

Marietta, GA
Thursday, November 14, 2019

Atlanta, GA
Friday, November 15, 2019



A Non-Profit Organization Connecting Knowledge with Need Since 1979

Become CCTP-Level II Certified!
Details Inside

REGISTER NOW! pesi.com/express/74803

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.

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.

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.



Seminar on DVD or CD Package:

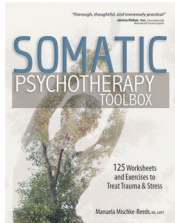
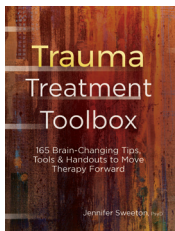
You can purchase a self-study package on the subject. You will receive a set of DVDs or CDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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.**



TRAUMA, PTSD & COMPLICATED GRIEF Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

SAVE by including these products with your seminar registration!



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.

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.

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 6.0 CE in the 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.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

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.

GEORGIA COUNSELORS: 6.25 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

SOUTH CAROLINA COUNSELORS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

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.

GEORGIA MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

SOUTH CAROLINA MARRIAGE & FAMILY THERAPISTS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

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: This activity consists of 6.0 clock hours of continuing education instruction. 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. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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.

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.

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.



SCAN HERE
FOR A SPECIAL OFFER ON
BOOKS & CARD DECKS



International Association of Trauma Professionals™

Join Today & SAVE!

A membership association providing trauma professionals with state-of-the-art training, education, certification and research.

Benefits & more info at traumapro.net

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.

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

How to Register:

TRAUMA, PTSD & COMPLICATED GRIEF: EFFECTIVE ASSESSMENTS AND IMMEDIATE INTERVENTIONS FOR CHILDREN, ADOLESCENTS AND ADULTS

ONLINE

pesi.com/express/74803

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI, Inc.
PO BOX 1000
Eau Claire, WI
54702-1000

② Check location:

(make copy of locations)

☐ **SAVANNAH, GA** 74803SAV
November 11, 2019
Marriott Riverfront Savannah
100 General McIntosh Blvd • 31401 • (912) 233-7722

☐ **AUGUSTA, GA** 74803AUG
November 12, 2019
DoubleTree Hotel Augusta
2651 Perimeter Pkwy • 30909 • 706-855-8100

☐ **MARIETTA, GA** 74803MTA
November 14, 2019
Hilton Atlanta Hotel & Conference Ctr
500 Powder Springs St • 30064 • (770) 427-2500

☐ **ATLANTA, GA** 74803ATL
November 15, 2019
Hilton Garden Inn Atlanta Perimeter Center
1501 Lake Hearn Dr • 30319 • (404) 459-0500

REGISTER NOW!
pesi.com/express/74803

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; advance online registration required.**

• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 10 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

① Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code:

See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept/Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant’s e-mail is required to receive your certificate of completion and registration confirmation.

③ Check tuition:

Tuition with seminar manual

\$219.99 – choose one of the options below:

- ☐ per person for 2 or more preregistering together —OR—
- ☐ single registration postmarked 3 weeks prior to seminar date

☐ **\$249.99** standard

☐ I am a IATP Member. Take **\$25 off** my registration fee. My # is: _____

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

☐ **\$34.99* Trauma Treatment Toolbox** book

☐ **\$34.99* Somatic Psychotherapy Toolbox** book

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

④ Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.

Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**

☐ MC ☐ VISA ☐ AE ☐ Discover Novus

16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR? See below for individual product orders

Trauma, PTSD & Complicated Grief: Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

___ Seminar on DVD* (video) \$219.99 (RNV049375)

___ Seminar on CD* (audio) \$219.99 (RNA049375)

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

___ **Somatic Psychotherapy Toolbox** book* \$34.99 (PUB085450)

CE hours and approvals on products may differ from live CE approvals.	Product total \$ _____
*Shipping is \$6.95 first item + \$2.00 each add'l item.	*Shipping _____
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR	Subtotal _____
	**Tax _____
	TOTAL _____



FOR OFFICE USE ONLY

Fed Id # 26-3896894 © 2019 PESI, Inc.

VW