

2-DAY SEMINAR EMDR

A Rapid, Safe, and Proven Treatment for Trauma

Clients dealing with trauma aren't always receptive to the therapeutic process. And using treatment techniques that repeatedly confront clients with the horrific details of the traumas that haunt them can cause them to be avoidant, reactionary, or completely withdrawn. It's painful for client and clinician alike, and it doesn't feel like healing.

Attend this 2-Day EMDR seminar and discover how this powerful, evidence-based treatment has helped thousands of clients safely and rapidly process their traumas without the need to focus on explicit details!

You'll learn:

- How EMDR can be used to overcome avoidance in clients
- How EMDR techniques can help clients resolve traumatic memories
- When and with which clients EMDR should be used
- How to emphasize safety during sessions
- How the 8-phase model is used in treatment

Demonstrations and brief practice opportunities will give attendees an opportunity to see how EMDR is used and give them a chance to experience it themselves.

Sign up today and discover how EMDR can help clients find relief from trauma and reclaim their lives!

This training is not affiliated with EMDRIA and does NOT qualify towards EMDRIA credits, training, or certification.

Seminar Schedule - for both days

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.



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.**

Objectives

1. Establish the role of the autonomic nervous system in trauma symptomology.
2. Articulate the clinical implications of the freeze response in trauma treatment.
3. Characterize the potential neurobiological mechanisms of change in the empirically validated EMDR approach.
4. Specify how EMDR techniques can build dual awareness in clients to treat the avoidance that makes trauma treatment challenging.
5. Communicate the 8 Phases of the EMDR protocol.
6. Determine which clients you should use EMDR with.
7. Analyze resourcing strategies from EMDR that clinicians can use to help facilitate the processing of trauma.
8. Characterize how EMDR techniques can be used to reinforce and activate positive neural networks.
9. Communicate how EMDR can be modified to work with complex/developmental trauma to directly treat traumatic memories.
10. Evaluate strategies that can help foster the critical connection between client and therapist in EMDR therapy.
11. Articulate the research limitations and potential risks associated with EMDR.
12. Establish the order of operations for attachment-based EMDR treatment to resolve relational trauma.

Speaker

Nicola Penn, LPC-S, LMFT-S, EMDR, is a Certified-EMDR therapist who uses EMDR in individual and group therapy to achieve improved outcomes with a broad spectrum of trauma and early intervention scenarios. A licensed professional counselor and licensed marriage and family therapist for over 20 years, Ms. Penn holds specializations for supervision, rehabilitation, and technology-assisted counseling that allows her to provide distance counseling via web-based services. She earned her Master's Degree in Counseling from Arkansas State University and is a member of the Arkansas Mental Health Counselors Association and the EMDR International Association.

Speaker Disclosures:

Financial: Nicola Penn maintains a private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Nicola Penn is a member of EMDR International Association; the Arkansas Mental Health Counselors Association; and the American Association of Christian Counselors.

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2-DAY SEMINAR EMDR

A Rapid, Safe, and Proven Treatment for Trauma

TINLEY PARK, IL
November 12 & 13, 2019

NORTHBROOK, IL
November 14 & 15, 2019

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2-DAY SEMINAR EMDR

A Rapid, Safe, and Proven Treatment for Trauma

- Skills and techniques from Eye Movement Desensitization & Reprocessing
- Demonstrations of the 8-Phase model
- Assessment, resourcing and desensitization strategies

TINLEY PARK, IL
Tuesday & Wednesday
November 12 & 13, 2019

NORTHBROOK, IL
Thursday & Friday
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Outline

Trauma and Neuroscience
Key brain areas involved in trauma
Polyvagal Theory, and types of freeze responses
Trauma and insecure attachment
The neuroscience of developmental trauma
Clinical implications of the freeze response

How the EMDR Approach Works
The neuroscience of exposure therapy and cognitive therapy
The neuroscience of relaxation exercises
EMDR and other “transformative therapies”
Why EMDR works so well from a brain perspective

Trauma Symptoms and Assessment Tools
Traumatic memories and intrusive thoughts
Phobias and anxiety: Insula hyperactivation
Emotional hijackings and implicit memory
Avoidance cluster of symptoms
Why treating avoidance in trauma is critical
DSM-5® symptoms in a nutshell
Connecting to a diagnosis
Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Overcome Avoidance with EMDR
Dual awareness
What you are thinking about is the network you're in
Activate networks for change
Neurons that fire together, wire together (Hebb's Rule)
EMDR as neuroentrainment

When to Use EMDR in Treatment
Demonstrations and experiential exercises
Single event trauma
Anxiety disorders involving imaginal exposure

Intended Audience

This seminar is intended for masters- and doctoral-level clinicians experienced in working with trauma.
Counselors • Psychotherapists • Social Workers • Psychologists • Addiction Counselors • Marriage & Family Therapists
Case Managers • Nurses • Other Mental Health Professionals

EMDR Trauma Treatment:
The Original 8-Phase Model
Client history and treatment planning
How to resource: Create a safe space
Assessment: Choose a target, SUDS, connect with the image/emotions/thought
Desensitization: Tactile vs. auditory vs. eye movement
How to use touchpoints, Theratapper, CDs
Positive Cognition Installation: Likert scale 1-7
Body Scan: Locate tension and distress in the body
Closure: Close the neural network and the 6-hour window
Re-evaluation

Demonstration of Original 8-Phase Model
Presenter demonstration
Attendee dyad practice of the 8-phase model

EMDR Techniques to Resolve Traumatic Memories
Modifications for Complex/Developmental Trauma
Do not use standard protocol - Rationale for modifications
Resourcing strategies
Techniques to reinforce and activate positive neural networks
Relevance of Polyvagal Theory, early trauma, and EMDR
Sensory motor modifications and somatic approaches
How to build Dual Awareness

EMDR techniques to bring traumatic memories from the limbic system into the prefrontal cortex

Attachment-Based EMDR:
Strategies to Treat Relational Trauma
Strategies to foster the critical connection between client and therapist
Mirror neuron activation
How to emphasize safety during sessions
Guidance on order of operations

Research Limitations and Potential Risks

Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
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.

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.

More info and resources at www.pesi.com

Seminar on CD or DVD Package: If you cannot attend this seminar, 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.

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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.

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 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.

Illinois Addition Counselors: This course has been submitted to the IADAPCA for review.

Counselors: This intermediate activity consists of 12.5 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.

Illinois Counselors: This intermediate activity consists of 12.5 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.

Indiana Counselors: This intermediate activity consists of 12.5 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 760 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.

Illinois Marriage & Family Therapists: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits.

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 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists: This live activity consists of 12.5 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.

Illinois Psychologists: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 12.5 contact hours.

Indiana Psychologists: PESI, Inc is an approved provider with the Indiana Board of Psychology. Certificate #: 98000998A - Category I. PESI maintains full responsibility for this program and its contents. Full attendance at this course qualifies for 12.5 contact hours.

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 12.5 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.

Illinois Social Workers: PESI, Inc is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 12.5 contact hours.

Other Professions: This activity qualifies for 760 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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This training is not affiliated with EMDRIA and does NOT qualify towards EMDRIA credits, training, or certification.

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.
• \$60 Tuition: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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