

2-DAY INTENSE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Better still, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional, giving you the opportunity to differentiate yourself from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!



BECOME CERTIFIED!

2 Easy Steps to Certification

1. Complete the Trauma Treatment Certification Workshop (This seminar!)
2. Apply for CCTP-Level I Certification with the International Association for Trauma Professionals at www.traumapro.net.



Conference Designed Especially for

Counselors • Social Workers • Psychologists • Case Managers
Addiction Counselors • Therapists • Marriage & Family Therapists • Nurses
Other Mental Health Professionals

SPEAKER

Arielle Schwartz, PhD, is a licensed clinical psychologist, Certified Complex Trauma Professional (CCTP-II) and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiberger, 2018, W. W. Norton) and the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR therapy, somatic psychology, complex PTSD, attachment trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR therapy, structural integration theory, existential therapy, and Gestalt—all with a strong relational foundation of care.

Speaker Disclosures:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties. Dr. Schwartz receives a speaking honorarium from PESI, Inc.

Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).

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 \$60 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 CDs or DVDs 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.

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 Anna Rustick at arustick@pesi.com or call 715-855-8195.



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.*

BECOME CERTIFIED!



This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).

Visit traumapro.net for the full certification requirements.

FREE
Worksheets
& Video
To Help The Traumatized Brain

www.pesi.com/traumabrainws

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

Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible



www.pesi.com/inhouse

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

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving



CHARLOTTE, NC
Monday & Tuesday
December 2 & 3, 2019

RALEIGH, NC
Wednesday & Thursday
December 4 & 5, 2019

Register now! pesi.com/express/75382

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario

CHARLOTTE, NC
Monday & Tuesday
December 2 & 3, 2019

RALEIGH, NC
Wednesday & Thursday
December 4 & 5, 2019



A NON-PROFIT ORGANIZATION
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Register now! pesi.com/express/75382



OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma
Fight, flight, freeze, fawn survival responses
Clinical implications of the freeze response
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations
Bottom-up techniques to reconnect and feel safe in the body
Self-soothing techniques
Grounding strategies
Breathwork

Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:
Address Physical Symptoms of Trauma
Relevance of Polyvagal theory and early trauma
Assess for readiness to apply somatic tools
Teach body awareness
Manage unease with “Felt sense” exercises
Resourcing strategies to create a safe space

CBT Coping Skills:
Manage Emotions
Identify inaccurate trauma-related cognitions
Exposure, titration and pendulation to slow emotions
Cognitive reframing and reappraisal interventions
Memory reconstruction techniques

EMDR-Based Techniques:
Resolve Traumatic Memories
Adaptive Information Processing Theory
EMDR vs EFT vs neuromodulation
Resourcing strategies
Combine memory reprocessing with cognitive restructuring
Using “restricted processing” with complex trauma

Narrative Therapy Exercises:
Rewrite Traumatic Experiences
Interventions to help clients talk about hotspots
Reclaim identity with the “Tree of life” exercise
Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks
How to handle the angry client
Strategies for the resistant trauma client
Boundary concerns
Dealing with crises, suicidality, substance use

Reintegration and Post-Traumatic Growth
Better than normal - the neuroscience of post-traumatic growth
The therapeutic alliance as a brain-based approach
The power of forgiveness in moving forward
Meaning making exercises

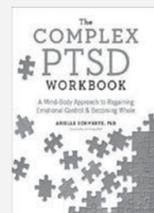
Research, Limitations and Potential Risks

Workshop 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

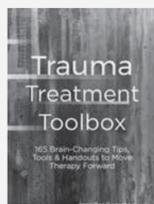
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

SAVE by Including These Products With Workshop Registration!



The Complex PTSD Workbook
A Mind-Body Approach to Regaining Emotional Control and Becoming Whole
Arielle Schwartz, PhD - **Seminar Speaker!**

Clinical psychologist Dr. Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz's knowledgeable guidance helping you find your way. In *The Complex PTSD Workbook*, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.



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.

More info and resources at www.pesi.com

Live Workshop 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 cepsi@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.

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.

North Carolina 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.

South Carolina Counselors: This program has been approved for 12.5 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 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.

South Carolina Marriage & Family Therapists: This program has been approved for 12.5 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.

EMDRIA: This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

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 activity consists of 12.5 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 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

North Carolina Psychologists: This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 760 minutes of continuing education instruction.

South Carolina Psycho-Educational Specialists: This program has been approved for 12.5 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.

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.

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.

QR code and **SCAN HERE FOR A SPECIAL OFFER ON BOOKS & CARD DECKS**

How to Register

2-Day Intensive Trauma Treatment Certification Workshop

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

ONLINE
pesi.com/express/75382

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI
PO Box 1000
Eau Claire, WI
54702-1000

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.**

2 Check Attendance Option
(make copy for your records)

CHARLOTTE, NC
Embassy Suites Charlotte Ayrslay
1917 Ayrslay Town Blvd • 28273
(704) 970-5400

December 2 & 3, 2019 75382CHA

RALEIGH, NC
DoubleTree Raleigh-Brownstone-University
1707 Hillsborough St • 27605
(919) 828-0811

December 4 & 5, 2019 75382RAL

Register now!
pesi.com/express/75382

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.
- Groups of 5 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.*

FOR OFFICE USE ONLY AR
Fed ID # 26-3896894
© 2019 PESI, Inc.

3 Check tuition:
TUITION with Workshop Manuals

\$439.99 per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together

Standard Tuition \$499.99 per person

ADD-ON PRODUCTS
Distributed at seminar— FREE SHIPPING!

\$15.99* *The Complex PTSD Workbook*

\$34.99* *Trauma Treatment 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 WORKSHOP?
See below for individual product orders

<i>2-Day Intensive Trauma Treatment Certification Workshop on DVD*</i> (video) \$439.99 (RNV054755)	Product total \$ _____
<i>2-Day Intensive Trauma Treatment Certification Workshop on CD*</i> (audio) \$439.99 (RNA054755)	*Shipping _____
<i>The Complex PTSD Workbook*</i> \$15.99 (SAM085515)	Subtotal _____
<i>Trauma Treatment Toolbox</i> book* \$34.99 (PUB085910)	**Tax _____
CE hours and approvals on products may differ from live CE approvals.	TOTAL _____

*Shipping is \$6.95 first item + \$2.00 each add'l item.
**Residents add applicable state and local taxes except in AK, DE, MT, NH, OR

OBJECTIVES

- Analyze the brain regions involved in trauma.
- Communicate the clinical implications of the freeze response in trauma treatment.
- Establish how clinicians can assess for simple, complex, and intergenerational trauma.
- Characterize how bottom-up techniques like grounding and breathwork can increase felt safety in clients.
- Specify methods clinicians can use to gauge when clients are ready for intense trauma work.
- Explore how narrative therapy exercises can be employed in session to help clients talk about hotspots.
- Specify how somatic approaches can be used to address the physical symptoms of trauma survivors.

- Establish how exposure, titration and pendulation can be used to “slow” emotions in clients.
- Communicate how EMDR-based techniques can be used with clients to resolve traumatic memories.
- Differentiate between EMDR, EFT and neuromodulation approaches.
- Develop plans for working with anger, resistance, and suicidality in clients who’ve experienced trauma.
- Communicate the potential risks and limitations of trauma treatment techniques.

Questions? Call customer service at
800-844-8260

PLEASE RETURN ENTIRE REGISTRATION FORM