

# 2-DAY Trauma Treatment

## Certification Course

Like you, I've dealt with some major obstacles to providing effective trauma treatment during my career. How do I make the best use of the growing body of neuroscience research? How can I cut through the clutter of all the possible factors contributing to the trauma and get a clear picture of the issues to address in therapy? How can I tailor my approach to meet the unique needs of each survivor? I looked for a solution, and discovered it in an integration of neuroscience, physiology, the three stages of trauma recovery, smaller ingredients taken from larger evidence-based models, and customizable treatment strategies that addressed unique needs of trauma survivors and their families.

This 2-day certification course presents this integrated and customizable approach to trauma treatment in a manner that is easy to follow and readily adaptable to a variety of settings. You will discover how to use this integrated model as a foundation upon which you can then tailor and apply treatment approaches with which you are already familiar but until now seemed rigid and inflexible. You will be able to move beyond the standard script often given for when and how to apply various strategies, allowing you to focus much more intently on where the trouble spots are in each survivor's life and what actions to take to resolve them. You will get a road map that will help you to guide each survivor through all the stages in the trauma recovery process.

Join me for this exciting, innovative, and evidence-informed training. Leave invigorated, with a new plan of action for how to use standard models and strategies in new ways to facilitate meaningful and lasting trauma recovery.

**In addition, completion of this two-day course meets the educational requirements when applying to become a Certified Clinical Trauma Professional (International Association of Trauma Professionals, [www.traumapro.net](http://www.traumapro.net)).**

### Target Audience

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

### Speaker

**ROBERT LUSK, PhD**, has devoted his career to working with trauma survivors and their families, and providing training and consultation to parents, military families, and professionals on trauma-related issues, parenting special needs children, attachment disorders, psychotropic medications, reintegration after deployment, and psychiatric disorders. For the past 26 years, Dr. Lusk has served as clinical director at The Baby Fold. There, he designs and implements new programs, and provides clinical supervision, consultation and oversight to all the agency's treatment programs.

Dr. Lusk completed a full-time internship at the Brentwood Veterans Administration Medical Center in Los Angeles, where he focused on PTSD treatment for combat veterans. He has continued to provide supervision, training, and treatment for veterans and other adult trauma survivors for the past 30 years.

Dr. Lusk also instructs courses at Illinois Wesleyan University and has been actively involved in investigative research on trauma for over 30 years, including studies of treatment approach efficacy and cognitive and school-related effects of trauma. He has published several journal articles and book chapters on understanding and treating trauma.

Dr. Lusk earned his Master's and Doctoral degrees in clinical psychology from the University of California at Los Angeles and has trained in a variety of interventions including Trauma-Focused Cognitive Behavioral Therapy, the Attachment, Regulation, and Competency (ARC) model, Collaborative Problem-Solving, couples and family therapy, Trust-Based Relational Intervention, and Eye Movement Desensitization and Reprocessing (EMDR).

#### Speaker Disclosure:

Financial: Robert Lusk is an adjunct assistant professor at Illinois Wesleyan University. He has an employment relationship with The Baby Fold. Dr. Lusk receives a speaking honorarium from PESI, Inc.

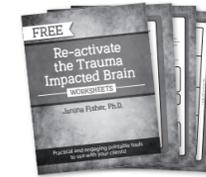
Non-financial: Robert Lusk has no relevant non-financial relationship to disclose.

### Objectives

1. Identify the strategies to avoid common pitfalls clinicians may encounter when formulating a trauma diagnosis.
2. Explain the impact of trauma on the brain and behavior for the purpose of client psychoeducation.
3. Analyze how to resolve the disconnect that sometimes exists between evidence-based treatments and the real lives of survivors.
4. Determine the process for applying psychological first aid to ensure safety for clients who have experienced trauma.
5. Apply a flexible conceptual framework to trauma treatment that is sensitive to clients' needs across several critical domains.
6. Utilize strategies to assist caregivers of young trauma clients with issues of emotional control, attunement, and discipline.
7. Implement a variety of treatment exercises and grounding techniques to help clients develop emotional regulation skills.
8. Integrate cognitive behavioral strategies to transition problematic thoughts of clients into more adaptive, helpful thinking patterns.
9. Evaluate the effectiveness of various trauma treatment strategies used through the three stages of trauma recovery.
10. Incorporate play-based and verbal techniques to assist clients in developing their trauma narrative.
11. Choose appropriate strategies to help clients prepare for future safety issues and trauma triggers.
12. Create a treatment plan for building resiliency in clients to facilitate posttraumatic growth and meaningful recovery.

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# 2-DAY Trauma Treatment Certification Course

Comprehensive Strategies & Customizable Interventions for Enhanced Recovery

Denver, CO  
Monday & Tuesday  
December 9-10, 2019

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# 2-DAY Trauma Treatment Certification Course

## Certification Course

Comprehensive Strategies & Customizable Interventions for Enhanced Recovery

- Offer trauma survivors real solutions for neurologically-related issues, including "arrested development" and the "hair trigger" threat response
- Recognize and address trouble spots in survivors' journeys more quickly and effectively
- Add flexibility to your trauma work with customizable treatment strategies for children, adolescents and adults

Denver, CO  
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Become  
CCTP-Level I  
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Details Inside

# Outline

## Trauma Impact: Summary of the Research

Definitions & concepts  
Short term and long term effects (the ACE study)  
The “good” and “bad” news about trauma exposure  
Limitations of the research

## Assessment and Diagnosis of Trauma

Assessment of trauma in children, adolescents and adults  
Trauma- & Stressor-Related Disorders in the DSM-5  
What’s still missing from the DSM-5?  
Common pitfalls in diagnosis  
My “favorite” diagnosis & why to use it frequently

## Address Trauma’s Impact on Neurobiology

Major areas of impact  
The 3-part brain (or upstairs/downstairs brain)  
Neurologically-related issues in trauma survivors  
“Arrested Development”  
“Hair Trigger” threat response  
Cognitive, academic, & work-related problems  
Relationship problems  
The arousal continuum  
Dissociation

## Evidence-based Treatments vs. the “Real World”

What does “evidence-based” mean in trauma treatment?  
Components of evidence-based treatments  
The evidence-based components approach

## Points of Intervention in Trauma Treatment

Main entry points: immediate support vs. trauma treatment  
Psychological first aid  
Stages of trauma-focused treatment  
What can you do if your client isn’t emotionally or physically safe?  
Trauma-Focused Cognitive-Behavioral Therapy: The “Gold Standard”  
Case examples  
“Amanda”: 7-year-old girl with sexual abuse and complex family issues  
“Phil”: mid-30s man whose son died while in his care

## Address Critical Domains in Trauma Treatment

The Physiology Domain  
Sleep  
Nutrition and hydration  
Sensory needs and interventions  
Medications, supplements, & nontraditional interventions  
Physical activity/exercise  
“Amanda” and “Phil” and the physiology domain  
  
The Relationship Domain  
The Attachment, Regulation, & Competency (ARC) model (for youth)  
Teaching caregiver emotional control (for caregivers of youth)  
Build attunement (for caregivers of youth)  
Positive discipline (for caregivers of youth)  
Build the therapeutic alliance

Build a support network  
Implement routines & rituals  
“Amanda” and the relationship/attachment domain  
“Phil” and the relationship domain

## The Emotional Regulation Domain

Feelings identification and expression  
Use SUDs scales  
Grounding & self-soothing techniques  
The “Comfort Kit”  
Add attunement!  
Apply Bruce Perry’s Neurosequential Model of Therapeutics™  
NMT assessments  
NMT: Interventions by developmental age  
“Amanda” and “Phil” and the emotional regulation domain

## The Cognitive Domain

Teach and practice problem-solving  
Teach and practice mindfulness  
Address distorted cognitions: Most common targets of cognitive processing  
Cognitive processing: how to modify problematic thoughts  
Use the Franklin Method  
“Amanda” and “Phil” and the Cognitive Domain

## The Identity Domain

Focus on identity and sense of self  
Build on existing strengths  
The Life Book approach  
Exercises to improve identity  
“Amanda” and “Phil” and the identity domain

## Additional Components for the 3 Stages of Trauma Recovery

Stage One: Safety & Stabilization:  
Establish rapport  
Education of the client about effects of trauma  
Safety plans  
Trauma-specific areas of focus  
Sexual abuse for “Amanda”  
Triggers for “Phil”

## Stage Two: Process the Past Trauma

Preparation  
Create the trauma narrative  
Play and verbal-based methods of creating the trauma narrative  
Process of constructing a trauma narrative  
When is your client finished with Stage Two?  
Process “Amanda’s” trauma (play therapy “narrative”)  
Process “Phil’s” trauma (verbal narrative)

## Stage Three: Reconnection

Consolidate/internalize coping skills  
Enhance positive emotions  
Making meaning of the trauma  
Facilitate reconnection to daily activities  
Enhance current relationships  
Prepare for future safety and triggers  
Posttraumatic growth  
Reconnection for “Amanda” and “Phil”

## Resiliency and Protective Factors

Research on resiliency and protective factors  
The top protective factors for trauma  
Build resiliency

## Live Course 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](mailto: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 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.

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**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 12.5 clock hours in length.

**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.

**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.

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**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 12.6 continuing education 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.



## How to Register

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**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; advanced online registration required.*
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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## SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE 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.

**Questions?**  
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**Live Course Schedule (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.

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