

CERTIFIED CLINICAL TRAUMA PROFESSIONAL

Two-Day Trauma Competency Conference

The successful resolution of traumatic stress can be simple.

Studies indicate that there are four key elements to effective trauma treatment. When you accomplish these four key elements in treatment with your clients, you will be able to reduce their symptoms and improve clinical outcomes.

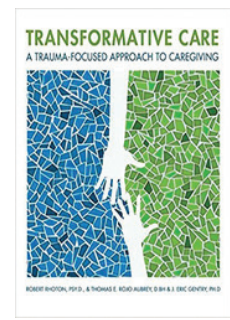
Attend this conference and you will walk away with a step-by-step **four-stage framework** for navigating essential elements of trauma treatment with your traumatized clients.

The essential elements are common to all evidence-based trauma treatments, you will learn how you can integrate this framework with your current approach or methodology to make your trauma treatment even more effective!

This trauma competency training can **transform your clinical practice and help improve your trauma treatment outcomes**, just as it has for other clinicians around the world.

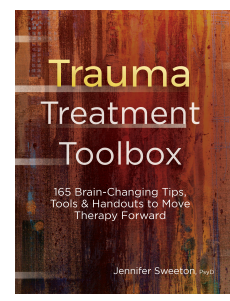
In addition, **completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional (International Association of Trauma Professionals, www.traumapro.net)

SAVE by including these products with your seminar registration!



Transformative Care:
A Trauma-Focused Approach to Caregiving
By Eric Gentry, Ph.D., LMHC, Robert Rhoton, Psy.D., LPC, D.A.A.E.T.S., *Your Presenter* and Thomas E. Rojo Aubrey, DBH

Transformative Care: A Trauma-Focused Approach to Caregiving goes far beyond simply defining and advocating for trauma-informed care (which has become an important new method for caregiving). Instead, it teaches the developing care provider the mastery and skillset needed to safely and effectively intervene, with a trauma-focused approach, in the lives of those who are suffering from a painful past.



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.

More info and resources at www.pesi.com/bookstore

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.

"This training was one of the best I have experienced in the last few years. Dr. Rhoton provided an excellent, professionally useful and understandable content, which I will incorporate into my practice. He is a very good speaker and created a positive atmosphere for learning."

- Kathy, Therapist

"Dr. Rhoton did an excellent job conveying his knowledge and practice experience. He drew upon an extensive knowledge of the research literature and his experience in clinical practice."

- Sam, Counselor

"Great Presenter! This is one of the best PESI Conferences that I have attended!"

- Byron, Psychotherapist

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

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Two-Day Trauma Competency Conference

LEXINGTON, KY
Monday & Tuesday
December 2 & 3, 2019

INDIANAPOLIS, IN
Thursday & Friday
December 5 & 6, 2019

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Robert Rhoton, PsyD, LPC, D.A.A.E.T.S.

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Become CCTP-Level I Certified!
Details Inside

Outline

A Brief History and Evolution of Traumatic Stress, Grief & Loss

- Systemic traumatic stress theory
- Symptom review
- Review of effective treatments
- Tri Phasic model
- Most commonly used instruments to assess traumatic stress

Core Competencies of Traumatic Stress, Grief & Loss

Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

- Precipitating events
- Meaning making
- Physiology of trauma
- Perception

Adaptive and maladaptive coping behaviors

- Trauma adaptation
- Systemic influences
- Emotional & psychological stressors
- Integrated theoretical concepts from stress, crisis & trauma theories
- Information processing model
- Psychosocial model

Review of Effective Treatment Interventions

- Cognitive Behavioral Techniques (PE, CPT & SIT)
- EMDR & Bilateral Stimulation
- Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)
- Sensorimotor

The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

- Affective volatility
- The body keeps the score
- Neurobiology and biology of traumatic stress

The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

- Epigenetics
- Reactive Attachment Disorder
- Adrenal fatigue

The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

- Traumagenesis
- Traumaddiction
- Comorbidity

Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

- Systemic perspective
- Strengths perspective
- Survivor metaphor

Traumatic Stress Exists Across the Continuum of Systemic Levels

- Systemic trauma theory
- Community trauma
- Vicarious secondary traumatization

Theories of Traumatic Stress, Loss and Grief

- Information processing model
- Psychosocial model
- Contemporary thoughts

Bereavement and Adjustment Disorders

- Supporting normal bereavement
- Treating complicated bereavement

Assessment of Traumatic Stress Disorders

- Diagnostic and Statistical Manual of the APA DSM-5® changes
- ACE & developmental trauma
- Diagnosing PTSD with the PCL-5

Evidence-Based Techniques/ Interventions

- Relaxation/self-regulation
- Grounding
- Containment
- Writing/journaling
- Drawing art
- Healing metaphors
- Transitional objects

Demonstrations: Interactive Exercises/Application of Skills

- Cognitive Behavioral Techniques
- Narrative Exposure Therapy Technique
- Thought Field Therapy (TFT)
- Bilateral Stimulation

Limitations of the Research and Potential Risks

- Limitations of many accepted models of trauma treatment
- Weaknesses and limitations of evidence-based trauma treatment models
- Limitations of the diagnostic (DSM-5 ®) system
- Limitations and potential risks in grief work, due to research scarcity on the topic

Closure: Lessons Learned

Live Seminar Continuing Education 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.

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.

Indiana 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.

Kentucky Counselors: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/75387.

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.

Kentucky Marriage & Family Therapists: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

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.

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.

Kentucky Psychologists: PESI, Inc. is approved by the Kentucky Board of Examiners of Psychology to offer continuing education for psychologists. PESI maintains responsibility for this program and its content. This activity will qualify 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.

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.



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

How to Register:

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2-DAY TRAUMA COMPETENCY CONFERENCE

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1 Please complete entire form (to notify you of seminar changes):
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Objectives

- Examine the nature of traumatic stress, grief, & loss and their sequelae.
- Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
- Evaluate traumatic stress, grief & loss from neurobiological, biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
- Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
- Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment interventions.
- Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.
- Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
- Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
- Incorporate clinical interventions and techniques for the initial assessment, safety and stabilization phase of treatment as well as the remembrance and mourning phases of trauma treatment.
- Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
- Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
- Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.



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.*

Live Seminar 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.

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.

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.



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.



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- ____ **Transformative Care** book* \$37.95 (SAM085520)
- ____ **Trauma Treatment Toolbox** book* \$34.99 (PUB085910)

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