

# Outline

**Part I: Assessment**  
Symptoms of trauma  
Symptoms of attachment disorder  
Traumatized brain and biochemistry  
Core beliefs and expectations  
4 attachment styles  
Life script: Psychosocial history and relationship patterns

**Part II: Treatment Interventions**  
**Structure of the Healing Process**  
30-hour Intensive Outpatient Psychotherapy model  
3-step treatment process: revisit, revise, revitalize  
Integrative approach: mind-body-spirit

**Experiential and Skill-Based Interventions Shown through Video Demos**  
Facilitate emotional and neurobiological connections  
Foster trust and secure attachments  
Heal interpersonal trauma to self-acceptance  
Confront traumatic events: move from victim to survivor  
Change negative beliefs and narratives  
Resolve anger, fear, shame and loss  
Exposure Therapy to alleviate trauma and PTSD symptoms  
Forgiveness to let go and move on

**Live Seminar Schedule**

**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.

**Posttraumatic Growth: Recovery and Resilience**  
Positive psychology  
Instill optimism and hope  
Gratitude and positive emotions  
A sense of meaning and purpose  
Use signature strengths  
Enhance relationships and social support  
Self-esteem and self-efficacy  
Volunteering and giving

**Improving Relationships**  
Strengthen the hardwired need for a safe emotional bond  
The language of attachment  
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend  
Attachment Communication Training:  
Constructive communication, problem-solving and conflict-management skills  
Limbic resonance and fulfillment of attachment needs

**Therapeutic Goals**  
Develop positive core beliefs  
Resolve loss and grief  
Promote safe and secure attachments  
Alleviate anxiety, depression, shame, and “victim mindset”  
Reduce biochemistry of trauma  
Stress management skills  
Constructive parenting skills  
Supportive and fulfilling family relationships  
Mitigate defensiveness, enhance motivation and cooperation

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

# Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorders as it relates to clinical treatment.
2. Develop an assessment plan to effectively identify your client’s history for trauma and attachment wounds.
3. Provide techniques to improve your client’s emotional regulation skills, reframe core beliefs and improve interpersonal skills.
4. Utilize communication based methods for conflict management and to promote secure attachment for your clients.
5. Develop strategies to help your clients achieve posttraumatic growth including the creation of positive personal and relationship goals.
6. Teach your clients, in-session, how to achieve secure and fulfilling relationships by facilitating attachment security.

**— FREE —**  
**Worksheets & Video**  
**To Help The Traumatized Brain**

Re-activate the Trauma Impacted Brain  
WORKSHEETS  
Jacinda Fisher, Ph.D.

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# Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

“Your therapy is like a symphony – all parts resonating together.”  
– School Psychologist of 18 years

**WICHITA, KS • December 16, 2019**  
**TOPEKA, KS • December 17, 2019**  
**OVERLAND PARK, KS • December 18, 2019**

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# Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,  
**Gale Kelley, Ed.D., LMHC, CETP**

- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients’ lives transformed through video demonstrations!
- Walk away with strategies to use immediately with your traumatized clients!

**WICHITA, KS**  
Monday, December 16, 2019  
**TOPEKA, KS**  
Tuesday, December 17, 2019  
**OVERLAND PARK, KS**  
Wednesday, December 18, 2019

“I feel hope that very traumatized children and adults can be helped.”  
– Social Worker of 15 years

**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](http://traumapro.net) for the full certification requirements.

**Register now! [pesi.com/express/75518](http://pesi.com/express/75518)**

# Trauma & Attachment

## Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Gale Kelley, Ed.D., LMHC, CETP, in this cutting-edge seminar as she teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

*Clinical videos* will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through video case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.

"I love how you combined many theories and methods into a successful therapeutic program."

— Marriage and Family Therapist of 20 years

### Questions?

Call customer service at  
**800-844-8260**

## Speaker

**Gale Kelley, Ed.D., LMHC, CETP**, is a Doctor of Education, Counseling Psychology; a Licensed Mental Health Counselor in the state of Florida; a Certified Expert Trauma Professional; a National Board Certified Counselor; a qualified supervisor for mental health counseling and marriage and family therapy; an approved clinical supervisor; and approved expert witness in several counties.

Gale develops and teaches trauma-related online continuing education courses with the International Association of Trauma Professionals (IATP). She is the former clinical director of the Child Protection Center in Sarasota, FL, and founder of Trauma Treatment & Mental Health Services, which provides individual and family therapy, clinical testing and comprehensive assessments, consultation, and program development and evaluation. She has clinical experience with geriatrics, adults, mentally ill, developmentally challenged, substance abuse, family violence, marital conflict, and family dynamic issues.

Gale is affiliated with the American Counseling Association, the American Mental Health Counselors Association, the Association of Creativity in Counseling, the National Board for Certified Counselors, the International Association of Trauma Professionals, and the Florida Counseling Association.

Speaker Disclosures:

Financial: Gale Kelley is the founder of Trauma Treatment & Mental Health Services. She is an adjunct faculty at the International Association of Trauma Professionals.

Non-financial: Gale Kelley has no relevant non-financial relationship to disclose.



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.*

### 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](http://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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### Attachment

*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*

By Christina May Reese, LCPC, PhD

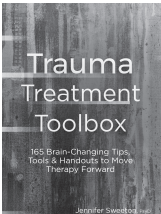
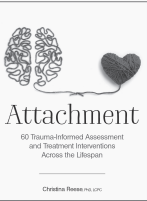
Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them **strategies to feel more connected, reestablish trust, and restore positive emotions**. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.

### 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.



**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.

### 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 [cepsi@pesi.com](mailto: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 6.0 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.

**OKLAHOMA ALCOHOL & DRUG COUNSELORS:** PESI, Inc. is an Oklahoma Board of Licensed Alcohol and Drug Counselors approved provider #20190032. This activity consists of 6.25 clock hours of continuing education instruction.

**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.

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**OKLAHOMA COUNSELORS:** PESI, Inc. has submitted this course to the Oklahoma State Department of Health, LPC/LMFT Licensing Board for review. Credit is pending.

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**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.

**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 & PSYCHIATRISTS:**  
**Psychiatrists**  
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 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Psychologists**  
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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**KANSAS PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is designed to meet the requirements of the Kansas Board of Psychology. PESI is a nationally accredited provider of continuing education. Please retain the activity advertisement and certificate of attendance for your CE records.

**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.

**KANSAS SOCIAL WORKERS:** PESI, Inc. is an approved provider with the Kansas Behavioral Sciences Regulatory Board. Provider #14-006. This course has been approved for 6.0 continuing education hours.

**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.



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PLEASE RETURN ENTIRE REGISTRATION FORM

### 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](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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