

2-Day Certification Course

# Trauma and Attachment Treatment for Children and Adolescents

Becoming a Certified Child and Adolescent Trauma Professional will demonstrate your passion for and knowledge of treating traumatized children and adolescents.

**This 2-Day Certification Course in Trauma and Attachment Treatment for Children and Adolescents** will provide you with the essential skills, proven interventions, and state-of-the-art treatments you need to successfully treat your most challenging clients—children, adolescents and families suffering from trauma and attachment wounds.

Children's neurology is impacted at the deepest levels of development resulting in emotional, behavioral and psychological problems. When the foundational blocks of attachment are fractured, you face therapeutic roadblocks—**innate distrust of others, acting out, avoidance/shutting down, extreme reactivity, self-harm, affect dysregulation, substance abuse, poor boundaries**—making successful treatment seem impossible to achieve.

Attend this intensive 2-day certification training and learn the most effective tools and techniques to help children and families **more fully engage in treatment, identify and express their emotions, manage disturbing thoughts and feelings, and achieve and maintain recovery.**

Elevate your practice and improve your ability to:

- Skillfully integrate proven interventions rooted in EMDR, IFS, Somatic Psychotherapy
- Unpack children's history and create a cohesive trauma narrative
- Use children's trauma narrative to process attachment disruptions and trauma responses
- Map children's problematic behavior and the parent's responses to the behavior
- Help children identify trauma triggers and develop appropriate, healthy regulation skills
- Help children overcome fears about connecting in relationships
- Repair self-destructive patterns, negative limiting beliefs and affect dysregulation
- Empower families to improve boundaries, discipline and communication
- Teach families/caregivers concrete, practical ways to repair attachment wounds

Completion of this 2-day course meets ALL the educational hours should you choose to apply for certification as a **Certified Child and Adolescent Trauma Professional (CATP)** through the International Association of Trauma Professionals (IATP).

To learn more about how you can apply for CATP certification and distinguish yourself from other professionals, visit [www.traumapro.net](http://www.traumapro.net).

**Sign up today** and feel the joy of setting children, adolescents and families with trauma and attachment wounds on the path to a better life!



**BECOME  
CERTIFIED!**

This course counts toward the educational hours required for certification as a Certified Child & Adolescent Trauma Professional (CATP).

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

## Objectives

1. Articulate the neurological impact of trauma on attachment in children and adolescents and how current research informs treatment planning.
2. Differentiate between the clinical presentation of children and adolescents who exhibit insecure vs. secure vs. disorganized attachment.
3. Implement trauma and attachment assessments to develop observable and measurable treatment plan goals.
4. Implement the "internal working model" intervention to clarify the client's attachment category to inform treatment planning.
5. Operationalize the core treatment goals into measurable objectives in the treatment of trauma and attachment.
6. Implement the Integrated Attachment and Trauma Timeline Strategy (IATTS) to organize and construct the client's trauma narrative.
7. Utilize the client's trauma narrative to process attachment disruptions and trauma responses.
8. Apply bilateral tapping to reduce the intensity of strong affect and/or to amplify a strength resource.
9. Integrate elements of Internal Family Systems psychotherapy to map out a child's problematic behavior and the parent's responses to the behavior.
10. Utilize bibliotherapy to teach children, adolescents and families the concepts of Internal Family Systems psychotherapy to improve treatment outcomes.
11. Integrate resource tapping (EMDR) into Attachment Focused Family Therapy to increase the strength of attachment and healthy regulation in children, adolescents and families.
12. Teach clients mindfulness-based breath work, guided imagery and sensory awareness to improve affect regulation.



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.*

### Hassle-Free Cancellation Policy:

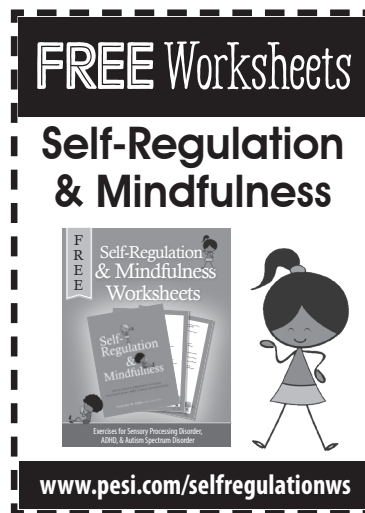
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### Seminar on CD or DVD Package:

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](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.

### 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 Cyndi Postlewaite at [cpostlewaite@pesi.com](mailto:cpostlewaite@pesi.com) or call 715-855-5253.



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2-Day Certification Course

# Trauma and Attachment Treatment for Children and Adolescents

**MARIETTA, GA**  
THURSDAY & FRIDAY  
DECEMBER 5-6, 2019

**Register now: [pesi.com/express/75492](http://pesi.com/express/75492)**



2-Day Certification Course

# Trauma and Attachment Treatment for Children and Adolescents

- Help children identify trauma triggers and develop appropriate, healthy regulation skills
- Repair self-destructive patterns, negative limiting beliefs and affect dysregulation
- Teach families/caregivers concrete, practical ways to repair attachment wounds
- Skillfully integrate proven interventions rooted in EMDR, IFS, Somatic Psychotherapy

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THURSDAY & FRIDAY  
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**Become  
CATP  
Certified!**

Details Inside



Outline

**Attachment Theory and Attachment Therapy**  
Recent influences in attachment theory and therapy  
Attachment importance in the development of the healthy individual  
Attachment styles vs. disorganized attachment  
Neuroscience supporting bottom-up therapeutic strategies  
DSM-5\*: Classification of trauma and stressor-related disorders

**Neurological Impact of Trauma and Attachment**  
How the research informs treatment  
Trauma is stored/stuck in the right hemisphere  
Chronic activation of the fight/flight/freeze response (Amygdala issues)  
The reason for the stuckness  
Cortisol and its impact on cognitive impairment

**Indicators of Trauma and Attachment Disruption**  
Common diagnostic mistakes  
Characteristics of the children and adults  
View attachment as a continuum

**Assessments for Trauma and Attachment Wounds: Case Studies and Video Sessions**  
Protocol to assess the strength and health of the parental/caregiver system  
Most effective scales, measures and instruments  
Methods to explain the internal working model of the child to the parent/caregiver  
Diagnostic considerations/Differential diagnosis  
Complex Trauma, Complex PTSD, Developmental Trauma, Disorganized Attachment, Reactive Attachment Disorder

**Translate Trauma and Attachment Goals into SMART Objectives**  
Core treatment goals  
Relational factors between client/therapist and child/parent/caregiver  
Dismantling the individual's unhealthy negative internal working model  
Increase the level of affective mastery  
Reduce distancing defenses  
Increase attachment within healthy relationships and for adults with their own children  
Containment of rage, anger and pain so that resolution can occur  
How to operationalize goals into measurable objectives

**The Integrated Attachment and Trauma Timeline Strategy (IATTS): Help Children and Families Unpack Their History**  
A guide to move from assessment to treatment  
Techniques to clarify and construct the client's cohesive narrative  
Methods to "chunk" overwhelming and disorganized historical material  
Integrates with evidence-based treatment modalities  
Eye Movement Desensitization Reprocessing (EMDR)  
Internal Family Systems (IFS)  
Attachment-Focused Family Therapy  
Bibliotherapy  
Expressive Therapies and Somatic Psychotherapy

TECHNIQUES WITH CASE STUDIES: PUTTING IT ALL TOGETHER WITH PRACTICE TIME!

**A Child Who Had No Safety**  
A view of Attachment-Focused Family Therapy  
Healthy vs. disrupted attachment/bonding cycle  
Intersubjectivity and Attunement: What being in sync does/does not look like  
PACE: Playfulness, Acceptance, Curiosity and Empathy  
Co-regulation of affect and co-creation of experiences

**When Traumatized Children are Broken into Many Parts**  
Secure vs. anxious and avoidant attachment styles  
Disorganized attachment: Recognize the signs  
How attachment impacts parent-child dyads  
Integrate IFS into Attachment-Focused Family Therapy  
Parts work through sand tray, art strategies and puppetry

**Full of Rage with No Where to Go**  
Integrate EMDR into Attachment-Focused Family Therapy  
Teach parents and children resource tapping and positive self-talk  
Use tapping as part of imaginal nurturing  
Calming and self-regulating strategies from EFT  
Naming feelings with bilateral drumming

**Parts that Children Wall Off**  
Terrified of being terrified  
The freeze of the fight-flight-freeze trauma response  
Help children understand their own thoughts, feelings, behaviors and experiences

**The Rage that Comes from Physical Abuse**  
When children reenact the trauma of abuse  
See the positive intention in all parts  
Teach compassion, curiosity, calmness and connectedness through expressive therapies

**When Parents and Children Both Have Activated Parts**  
Activation Parts Map: Z-Process  
Naming and witnessing the activated parts  
Helping the parts understand each other

**Protecting Sibling and Self in Foster Care**  
Protector parts activity/worksheet  
Teach children to use their inner imagination to work with their part  
Transform terror into trust

**Repair the Fracture with Adoptive Parents**  
Clarify the trauma and negative internal working model  
Parts mapping: Teach parts concepts to children and parents  
Integrate Bibliotherapy into IFS  
Assist parents how to engage in self-led parenting

**Other Trauma-Specific Evidence-based Treatment Modalities**  
*What they are used for and why clients seem to respond well*  
Sensorimotor psychotherapy  
Mindfulness-based approaches including breath work and imagery  
Biofeedback and EEG Biofeedback  
Limitations of the related research and risks of each approach

Speaker

**Lois Ehrmann, PhD, LPC, NCC, CTTS**, is a trauma-informed and sensitive clinician who works with individuals and families who suffer from trauma, abuse and attachment issues. She is the founder of The Individual and Family CHOICES Program, a holistic trauma-informed counseling center in State College, PA, that has been providing cutting-edge trauma-informed therapy for over 10 years. Prior to that she co-owned a dual diagnosis outpatient counseling program called Counseling Alternatives Group for over 18 years. She is a Licensed Professional Counselor in both Pennsylvania and New Jersey and has been in clinical practice for over 30 years, specializing in trauma and attachment for over 22 years.

A Certified Trauma Treatment Specialist (CTTS), Lois is also an Approved Consultant and Certified Clinician in Eye Movement Desensitization Reprocessing (EMDR) as well as a Certified Internal Family Systems Clinician. Trained in IFS Levels 1, 2 and 3 as well as Somatic IFS she has introduced the IFS model to the children and families she works with, as well as groups of parents of traumatized children and to professional healers who work with traumatized families. Lois is a Registered ATTACH Clinician, Certified Attachment Focused Family Therapist/Consultant and an Approved Clinical Supervisor (NCE). In addition, she is a trained neurofeedback clinician and trained in clinical hypnosis.

Lois is a sought-after trainer both locally and nationally and is also an adjunct assistant professor in counselor education and supervision at PSU. She has presented nationally for many years for the National ATTACH Conference and until very recently served on that organization's board of directors. Lois has also presented annually for the Internal Family Systems Conference specifically focusing on the use of IFS with children and families struggling with attachment issues.

Lois is the co-author of a book on best practices in attachment therapy and has self-published books for children and their parents on attachment and Internal Family Systems concepts. She was the lead researcher in the development of the Internal Family Systems Adherence Scale for the Internal Family System Foundation.

Speaker Disclosure:  
Financial: Lois Ehrmann is founder and executive director of The Individual and Family CHOICES Program. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Lois Ehrmann has no relevant non-financial relationship to disclose.

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.*

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**GEORGIA COUNSELORS:** 12.5 of Core hours, applied for through the Licensed Professional Counselors Association of Georgia, LPCA.

**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.

**GEORGIA MARRIAGE & FAMILY THERAPISTS:** This activity has been submitted to the Georgia Association for Marriage and Family Therapy. Credit pending.

**OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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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.

**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](http://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.
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3 Check tuition: (includes manual)  
☐ **\$439.99** per person postmarked 3 weeks prior to event **or** per person for 2 or more preregistering together

☐ **\$499.99** standard tuition per person

**ADD-ON PRODUCTS**  
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☐ **\$24.99\*** *Attachment* book  
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