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)

Meet Your Speaker -

ike Dubi, EdD, LMHC, is president of the International Trauma Training Institute (ITTI) and editor of the *Trauma Online* newsletter. He co-authored Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment (PESI, 2017), several book chapters and various articles on trauma, power therapies, case conceptualization and supervision.

Mike is a former associate professor of Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology at Argosy University/Sarasota (1997 to 2014). He has been engaged in the practice of individual and group psychotherapy for over 40 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also an AMHCA Diplomate and Clinical Mental Health Specialist in Trauma Counseling, Board Certified Expert and Diplomate in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, trained in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross, Certified Compassion Fatique Specialist and Fellow of the National Board for Certified Clinical Hypnotherapists.

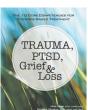
Over the course of his career, Mike has treated more than 3500 survivors of child and adult sexual abuse and is currently working with Vietnam and OEF/OIF veterans whom he treats pro bono.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for almost 50 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver, road cyclist and hill runner.

Financial: Michael Dubi maintains a private practice. He receives compensation as an Associate Professor at Argosy University. Mr. Dubi receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Dubi has no relevant non-financial relationship to disclose.

*SAVE by including these products with your seminar registration!



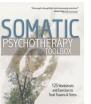
Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment

By Michael Dubi, EdD, LMHC, Your Presenter!

Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, PhD, LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and

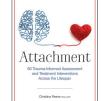


Somatic Psychotherapy Toolbox

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

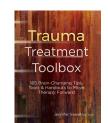


Attachment

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, PsyD, MS, MA

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

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

BECOME CERTIFIED!



This seminar meets <u>ALL</u> 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.

Conference Target Audience:

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



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Featuring trauma expert and author Mike Dubi, Ed.D., LMHC

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Grief & Loss

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,**

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 &

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 Biology of traumatic stress

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

Epigenetics

Reactive Attachment Disorder Adrenal fatique

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

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

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 ®)

Limitations and potential risks in grief work, due to research scarcity on the topic

Closure: Lessons Learned

- 1. Examine the nature of traumatic stress, grief, & loss and their sequelae.
- 2. Analyze the clinical application of various theoretical treatment models for traumatic stress, grief & loss.
- 3. Evaluate traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives in order to improve clinical outcomes.
- 4. Examine the clinical research that supports the imperative factors that influence the efficacy of trauma treatment.
- 5. Assess the comorbidity of traumatic stress in other diagnoses, including personality disorders and Dissociative Identity Disorder, and identify appropriate treatment Interventions.
- 6. Provide psychoeducation and cognitive restructuring techniques for maximizing client engagement and participation in early stages of treatment.

- 7. Determine the efficacy of self-regulation skills as a preliminary treatment intervention for trauma.
- 8. Articulate the 10 core competencies of traumatic stress, grief and loss and specify the clinical application of each.
- 9. 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.
- 10. Examine the potential clinical limitations and benefits of completing a needs assessment for better progress in treatment.
- 11. Develop clinical skills to support and facilitate recovery from complicated bereavement in clients.
- 12. Incorporate CBT skills to promote the development of stability, self-efficacy, anxiety management, and relational capacities in traumatized clients.

Mike Dubi's seminar was absolutely fantastic. Since May '16 I have had 99% success rate, not only with my patients but myself as well... He has changed my life and the lives of others. ""

-Workshop Participant

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

Conference Target Audience

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

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Objectives ______ Live Seminar Continuing Education Information

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

Credits listed below are for full attendance at the live event only.

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 cenesi@nesi com or 800-844-8260 hefore the event

attendance start and end times. NOTE: Boards do not allow credit for

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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Hassle-Free Cancellation Policy:

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