

# Outline

## Part I: Assessment

- Symptoms of trauma
- Symptoms of attachment disorder
- Traumatized brain and biochemistry
- Core beliefs and expectations
  - attachment styles
- Life script: Psychosocial history and relationship patterns

## Part II: Treatment Interventions Structure

- Synergistic Trauma and Attachment Therapy (STAT™) Model
- 3-step treatment process
- Integrative approach: mind-body-spirit

## Experiential and Skill-Based Interventions

- 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

## Improve 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
- Sensory Processing and fulfillment of attachment needs

## Therapeutic Goals

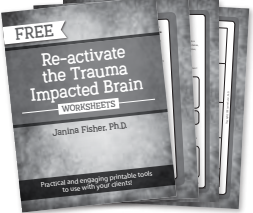
- Develop positive core beliefs
- Resolve loss and grief
- Promote safe and secure attachments
- Alleviate anxiety, depression, shame, and “victim mindset”
- Reduce biochemistry of trauma
- Stress management skills
- Constructive parenting skills
- Supportive and fulfilling family relationships
- Mitigate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

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

# Objectives

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

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# Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

**CHERRY HILL, NJ**  
Thursday, January 16, 2020

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Friday, January 17, 2020



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# Trauma & Attachment


Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,  
**Kathryn Seifert, Ph.D**

- 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!

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# TRAUMA & ATTACHMENT

## Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Kathryn Seifert, Ph.D., in this cutting-edge seminar as he 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.

**Questions?**  
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## Speaker

**Kathryn Seifert, Ph.D.**, is a psychologist in Maryland and the founder and executive director of Eastern Shore Psychological Services. She has worked for over 30 years successfully assessing and treating trauma and attachment problems. She now trains and supervises therapists who are assessing and treating maltreated children. Dr. Seifert has lectured both nationally and internationally and provides training on trauma, symptoms of trauma and attachment issues. She has written more than 60 articles on these topics, as well.

Dr. Seifert is an internationally recognized expert in the assessment and treatment of youth with trauma and attachment problems and their families. She has appeared on CNN, Discovery ID, and Fox News and consults with numerous public agencies. Dr. Seifert testifies in courts as an expert on the maltreatment of children. She has a blog, Stop the Cycle, on Psychologytoday.com with over a half a million readers.

She has written two books, *How Children Become Violent* (Acanthus, 2006) and *Youth Violence: Theory, Prevention, and Intervention* (Springer, 2015). In these two books, she wrote about the groundbreaking research such as the ACE's research out of the CDC, connecting child maltreatment, delays in the developmental of coping skills, and youthful violent behaviors. In addition to these books and numerous ebooks, Dr. Seifert has developed the CARE-2, Child and Adolescent Risk/Needs Evaluation. The CARE-2 builds on the work in her books by creating a method to develop effective treatment plans for traumatized children who's symptoms included aggression and difficulty in relationships with others.

**Speaker Disclosure:**  
Financial: Kathryn Seifert is the Chief Executive Officer and Founder of Eastern Shore Psychological Services; and CARE-2, LLC. She receives royalties as an author of Acanthus Publishing and Springer Publishing. Dr. Seifert receives a speaking honorarium from PESI, Inc.  
Non-financial: Kathryn Seifert is a member of the American Psychological Association; and the Maryland Psychological Association. She writes a blog, Stop the Cycle, on Psychologytoday.com.



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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*  
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.

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**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.

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**NEW JERSEY SOCIAL WORKERS:** Trauma & Attachment: Effective Treatment Strategies for Helping Challenging Clients, Course #2756, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 11/08/2019 - 11/08/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

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