

## 2 DAY INTENSIVE WORKSHOP

# Healing the Fragmented Selves of Trauma Survivors

Because trauma lives in the body, traditional talk therapy cannot access the deeply rooted, pervasive wounds that complex trauma leaves behind. Many traumatized clients present with overlapping symptoms including self-hatred, self-alienation, addiction, internal conflict, numbing or shame.

With these clients, you may constantly feel stuck treating surface-level symptoms or the “crisis of the week.” As a result, you are left overwhelmed and frustrated that you can never get to treating the trauma, despite your best efforts.

**Go beyond symptom reduction and take your work with traumatized clients to a whole new level by implementing this transformational approach to trauma treatment.**

Join world-renowned complex trauma and attachment expert Janina Fisher for this intensive workshop. Her cutting-edge approach will shift your clinical perspective so you’ll see your client not as a traumatized whole person, but rather as fragmented pieces that are in need of healing.

Over the two days of this course, Janina will teach you to go beyond treating surface-level symptoms and give you the tools you need to look at trauma treatment through a whole new lens. Janina’s innovative approach integrates Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed.

Janina will teach you how to help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma. You’ll walk away with the skills you need to help your fragmented and traumatized clients achieve self-compassion and acceptance of all aspects of self.

Through real-life, in-session videos, practical mindfulness exercises, and unique insight from the field of neuroscience, you’ll learn powerful strategies to use in your practice to overcome the devastating impacts of childhood abuse and repair childhood wounds.

**Register today and revolutionize the way you treat trauma!**

*Certificate of completion will be awarded at the end of the training.*

**“Janina Fisher’s exceptional ability to synthesize the best of cutting edge trauma psychotherapies has resulted in a brilliant and unique roadmap for resolving chronic traumatization.”**

**- Pat Ogden, PhD, founder, Sensorimotor Psychotherapy Institute**

## Speaker



**Janina Fisher, Ph.D.** is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families since 1980.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, assistant educational director of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

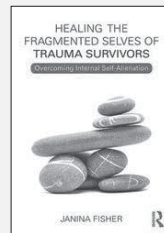
She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (in press).

Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.

### SAVE by Including These Products with Conference Registration!

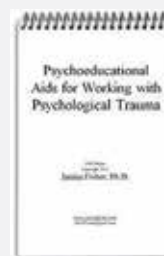


#### **Healing the Fragmented Selves of Trauma Survivors**

*Overcoming Internal Self-Alienation*

**By Janina Fisher, PH.D. - your presenter!**

*Healing the Fragmented Selves of Trauma Survivors* integrates a neurobiologically informed understanding of trauma, dissociation, and attachment with a practical approach to treatment, all communicated in straightforward language accessible to both client and therapist. Readers will be exposed to a model that emphasizes “resolution”—a transformation in the relationship to one’s self, replacing shame, self-loathing, and assumptions of guilt with compassionate acceptance.



#### **Psychoeducational Aids for Treating Psychological Trauma Flip Chart**

**By Janina Fisher, PH.D. - your presenter!**

This psychoeducational flip chart consists of 22 diagrams with text summarizing the most current research and theoretical concepts in trauma treatment in a simple graphic format understandable for most clients. The use of these simple diagrams increases the ability of the client to understand the nature of the symptoms and engage more easily in the treatment. Clients feel a sense of relief as their puzzling and disturbing reactions begin to make sense, and therapists find the flip chart a support for not only the treatment but also the relationship.



#### **Sensorimotor Psychotherapy**

*Interventions for Trauma and Attachment*

**By Pat Ogden, Ph.D. & Janina Fisher, Ph.D. - your presenter!**

Written for therapists and clients to explore together in therapy, this book is a practical guide to the language of the body. It begins with a section that orients therapists and clients to the volume and how to use it, followed by an overview of the role of the brain and the use of mindfulness. The last three sections are organized according to a phase approach to therapy, focusing first on developing personal resources, particularly somatic ones; second on utilizing a bottom-up, somatic approach to memory; and third on exploring the impact of attachment on procedural learning, emotional biases, and cognitive distortions. Each chapter is accompanied by a guide to help therapists apply the chapter’s teachings in clinical practice and by worksheets to help clients integrate the material on a personal level.

*More info and resources at [www.pesi.com](http://www.pesi.com)*

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## 2 DAY INTENSIVE WORKSHOP

# Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma

**HOUSTON, TX OR LIVE VIDEO WEBCAST**

**Thursday-Friday, February 13-14, 2020**



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## 2 DAY INTENSIVE WORKSHOP

# Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma



**Janina Fisher, PhD**

Internationally Renowned Trauma Expert & Author

- Learn how to recognize when clients are fragmented to shift your perspective on trauma treatment
- Help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma
- Integrate Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed

**HOUSTON, TX OR  
LIVE VIDEO WEBCAST**

**Thursday-Friday**

**February 13-14, 2020**

*“Janina Fisher is a true master clinician and teacher — the go-to consultant to deal with complex clinical issues and treatment challenges.”*

**- Bessel A. van der Kolk, M.D.,**  
The world’s leading expert in the field of traumatic stress and author of *The New York Times* bestseller *The Body Keeps the Score*



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Details Inside



Outline

Trauma & Attachment

Neglect, abuse & attachment formation

Traumatic attachment

Early attachment & shaping attachment to self

Internal attachment styles

Fragmentation an Adaption to Trauma

Identify manifestations of self-alienation

Recognize self-alienation as a survival strategy

Split brain & conflicting defensive strategies

Primary structural dissociation vs. secondary

What to do when the parts highjack the body

Repair internal attachments

Help clients overcome the challenge of self-acceptance

Sensorimotor Psychotherapy and Fragmentation

Sensorimotor principles of treatment

Prerequisites for successful treatment

Mindfulness & psychoeducation

Implications of procedurally learned patterns

Autonomic adaptation

Teach clients skills to regulate arousal

Somatic resources for traumatic reactions

How the Parts Dominate: Blending

The questions trauma survivors don't know to ask

Blending

Unblending: step-by-step

Sensorimotor approaches to unblending

Internal Family Systems: Befriending our Parts

Awaken an observer

Help clients achieve distance from symptoms

Decoding: identify parts

Speak the language of parts to decrease phobia of traumatized parts

Encourage self-leadership

Connecting to One's Parts for Inner Healing

Recognize the role each part plays in survival

Assist clients with learning to "ask inside"

Facilitate internal communication

What does each part need?

Establish relationships with parts

Cultivate empathy for the parts

The befriending questions

From Alienation to Attachment

Rupture & repair of internal attachment

Provide missing experiences for parts

Role of mentalization

Requirements of integration

What to do when clients get highjacked

Utilize the Social Engagement system

Limitations of Research & Potential Risk



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.*

Objectives

- Utilize clinical strategies to identify signs and symptoms of fragmentation and internal conflict.
- Teach clients to apply non-judgmental language to their trauma-related symptoms and inner experience.
- Facilitate increased mindfulness-based dual awareness in clients to decrease client phobias of emotion and inner experience.
- Foster the development of mindful observation of fragmented parts of the self in clients.
- Utilize somatic interventions for regulating autonomic arousal and affect dysregulation to calm the body as it relates to clinical treatment.
- Integrate interpersonal neurobiology and social engagement techniques in session to improve treatment outcomes.
- Drive the growth of empathy for wounded child parts of the self to increase self-compassion in clients.
- Transform traumatic memory in clients using somatic, visualization, and ego-state techniques.
- Utilize clinical strategies to foster 'earned secure attachment' in a clinical setting.
- Facilitate client use of internal communication to improve treatment outcomes.
- Employ the language of parts, mindfulness strategies and unblending techniques to alleviate the symptoms of shame, depression, suicidality or shutdown.
- Apply strategies from Internal Family Systems and Sensorimotor Psychotherapy in session to aid in the repair of internal attachment.

Target Audience:

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

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.

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 **Claire Zelasko** at [czelasko@pesi.com](mailto:czelasko@pesi.com) or call 715-855-8194.

Live Conference 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 regional approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto: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.

**ADDITION 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.

**TEXAS COUNSELORS:** This activity consists of 12.5 clock hours of continuing education instruction. Texas State Board of Examiners of Professional Counselors no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 Texas Administrative Code, Chapter 681, Subchapter J, Section 681.142 Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

**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.

**TEXAS MARRIAGE & FAMILY THERAPISTS:** This activity consists of 12.5 clock hours of continuing education instruction. Texas State Board of Examiners of Marriage and Family Therapists no longer approves programs or providers. PESI activities meet the continuing education requirements as listed in Title 22 of the Texas Administrative Code, Chapter 801, Subchapter K, Section 801.264 Types of Acceptable Continuing Education. Please retain the certificate of completion that you receive and use as proof of completion when required.

**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.

**PSYCHOLOGISTS:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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.



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Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/76867](http://www.pesi.com/webcast/76867)

Live Training & Webcast Schedule for Both Days (Times listed in Central)

**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.

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

**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and 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. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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REGISTRATION FORM

2 Day Intensive Workshop: Healing the Fragmented Selves of Trauma Survivors Transformational Approaches to Treating Complex Trauma


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1

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