

3-DAY

# Complex PTSD Training

## Advanced Trauma Treatment Certification

Many clinicians are trained in the treatment of single traumatic events, but are not fully equipped to treat Complex PTSD. The traditional approaches to the treatment of PTSD can fall short when working with clients with Complex PTSD.

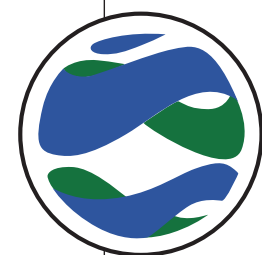
**Attend this workshop to learn how you can adapt your therapeutic approach to help clients diagnosed with Complex PTSD achieve more successful outcomes.**

The most common question asked when treating Complex PTSD is, “where do I start?”. In this training, **you will develop confidence in your ability to successfully organize and prioritize your client’s treatment goals.** You will learn how to compassionately and effectively work with clients who have experienced multiple traumatic events and prolonged trauma exposure.

Successful treatment requires a compassionate therapeutic relationship and effective, research-based interventions. At this three-day workshop you will learn how to:

- Help clients move out of crisis by building stabilizing resources
- Prepare clients to work through traumatic memories without becoming overwhelmed
- Develop an integrative trauma treatment plan that includes CBT, DBT, EMDR Therapy, Somatic Psychology, Parts Work Therapy, and Complementary and Alternative Medicine (CAM).

Join Dr. Arielle Schwartz, author and trauma expert, in this engaging and interactive seminar to learn **valuable strategies that will allow you to successfully address the dysregulated affect and arousal states that accompany Complex PTSD.** You will leave this seminar with practical tools that facilitate a strength-based approach to trauma recovery and increased resilience in clients.



### BONUS! BECOME CERTIFIED!

This training meets 18 of the educational hours required to become a Certified Clinical Trauma Professional Level II (CCTP-Level II) through the International Association of Trauma Professionals (IATP)!

For more information on the complete CCTP-Level II certification visit [www.traumapro.net](http://www.traumapro.net).

## Speaker

**Arielle Schwartz, PhD**, is a licensed clinical psychologist, Certified Complex Trauma Professional (CCTP-II) and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiberger, 2018, W. W. Norton) and the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR Therapy, Somatic psychology, Complex PTSD, Attachment Trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR Therapy, structural integration theory, existential therapy, and Gestalt—all with a strong relational foundation of care.

#### Speaker Disclosure:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties. Dr. Schwartz receives a speaking honorarium from PESI, Inc.

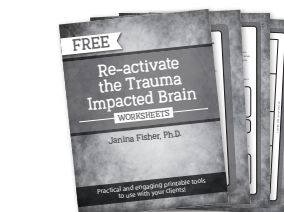
Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).

## Objectives

1. Distinguish key contributing factors to the development of Complex PTSD as it relates to client case conceptualization.
2. Analyze how Complex PTSD impacts the cognitive, emotional, and physical health of the client.
3. Determine how to assess clients for Complex PTSD symptoms within other diagnoses, including personality, mood, anxiety and dissociative disorders.
4. Utilize practical mind-body therapy tools to help clients feel resourced and prepared for trauma processing.
5. Appraise the six stages of trauma responses within the neurobiology of Complex PTSD as it relates to clinical treatment.
6. Utilize assessment tools to properly assess for Complex PTSD to better inform treatment planning.
7. Assess implicit memory foundations of preverbal and nonverbal memories.
8. Evaluate how mutual regulation within the therapeutic relationship teaches clients self-regulation strategies that help them develop new interpersonal strengths that help with the treatment process.
9. Appraise parts work from Structural Dissociation, Internal Family Systems, and Gestalt perspectives.
10. Apply the basic principles of a unified approach to somatic psychology.
11. Integrate mindfulness-based techniques into trauma treatment.
12. Integrate interventions for the treatment of Complex PTSD drawn from CBT, DBT, EMDR Therapy, Parts Work Therapy, Somatic Psychology, and mind-body therapies.
13. Articulate how the neuroscience of interpersonal neurobiology provides insight into the psychobiological changes possible within clinical trauma treatment.
14. Articulate how working within the “Window of Tolerance” can help reduce the likelihood of re-traumatization during clinical treatment.
15. Appraise how “top-down” and “bottom-up” interventions can speed up or slow down the pacing of trauma treatment.
16. Differentiate past experience from present moment experience as it relates to the treatment of trauma.
17. Employ resilience as a strength-based approach that fosters growth and integration of a positive sense of self-identity in clients.
18. Evaluate self-care practices for therapists to help with self-care before, during, and after sessions when dealing with trauma to improve therapeutic alliance and prevent burnout.

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3-DAY

# Complex PTSD Training

## Advanced Trauma Treatment Certification

Columbia, MD

Tuesday - Thursday  
February 18-20, 2020

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Featuring **Arielle Schwartz, PhD**  
international trauma trainer, expert and author

Columbia, MD

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Become  
CCTP-Level II  
Certified!  
Details Inside



# Outline

## Post-Traumatic Stress Disorder vs. Complex PTSD: *Understand the Difference*

Acute traumatic stress, PTSD, Complex PTSD  
Diagnostic clarification and differential diagnosis  
Key contributing factors of Complex PTSD  
The common symptoms of Complex PTSD

## The Neurobiology of PTSD: *Beyond Fight and Flight*

Polyvagal Theory  
6 Stages of trauma response  
Heart Rate Variability and the Social Nervous System  
Interpersonal Neurobiology  
Psychobiological regulation  
Rupture and repair  
Implications of childhood neglect or abuse  
Neuroplasticity and Complex PTSD

## Psychological and Physiological Repercussions of Complex PTSD: *A Deeper Understanding for Accurate Assessment Intrusive symptoms and anxiety*

Emotional dysregulation: Outbursts of anger and debilitating shame  
Avoidance symptoms and phobic reactions to traumatic material

Interpersonal problems and difficulty being close to others  
Dissociation and dysregulation  
Cognitive distortions and compromised meaning making  
Physical health problems, ACE factors and painful somatization  
Preverbal and nonverbal memories  
Disturbing somatic sensations  
Depressive symptoms  
Learned helplessness and shame  
Therapeutic Interventions for Complex PTSD:  
Summary of Effective Therapies  
Psychodynamic and Relational Therapy  
Psychobiological perspectives: Polyvagal Theory  
Cognitive Behavioral Therapy (CBT)  
Dialectical Behavioral Therapy (DBT)  
EMDR Therapy  
Somatic Psychology  
Parts Work Therapy: Work with Ego States  
Complementary and Alternative Medicine (CAM): mindfulness, yoga, and integrative healthcare

## Integrative Treatment for Complex PTSD: *Putting it All Together for an Effective Treatment Plan*

A Biopsychosocial Approach: Partner with clients to build a health care team  
Goal of treatment: Memory retrieval vs. trauma recovery

History taking: Identify chronic, repeated, and/or developmental trauma events  
Cultural factors and Complex PTSD  
Recognize attachment injuries  
Identify parts, ego states and defenses  
Assess for dissociation  
*Clinical Vignette #1*  
Mutual regulation and relational repair in therapy  
Prepare for trauma processing: Develop resources and stability  
Work through traumatic memories: EMDR and Somatic Psychology  
*Clinical Vignette #2*  
Grief work in Complex PTSD  
Integrate and Instill positive change

## Experiential Interventions: *Mind-Body Practices for Clients with Complex PTSD*

Conscious breathing for self-regulation  
Grounding and sensory awareness  
Containment: Reclaim choice and control  
Build imaginal allies  
Cultivate mindfulness, acceptance, and self-compassion  
Somatic interventions: Titration, sequencing, and somatic re-patterning  
Bilateral stimulation and dual attention in EMDR Therapy  
Potential risks and limitations of mind-body therapies

## Special Considerations in Complex Trauma Treatment

Working with Preverbal and Nonverbal Memories  
Working with transgenerational trauma  
Somatization, Chronic Pain and illness  
Gate Control Theory  
Mindfulness, Yoga, and Compassion Based Interventions  
*Clinical Vignette #3*

## Fostering Resilience: *For Post-Traumatic Growth and Healing*

Learn the 6 Pillars of Resilience  
Trauma recovery and the bell curve  
Resilience as a process and an outcome  
Help clients move from learned helplessness to learned optimism  
Post-Traumatic Growth: Help clients reach their potential

## Vicarious Trauma: *Improve Client Outcomes Through Effective Self-Care*

Identify resources that improve your clinical skills  
In-session self-care to improve focus on the client and therapeutic process  
Burnout prevention techniques

## Target Audience

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



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.*

## Live Course 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 [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.*

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19 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 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**District of Columbia Counselors:** This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Maryland Counselors:** This intermediate activity is approved for 19.0 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

**Virginia Counselors:** This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

**Marriage & Family Therapists:** This activity consists of 1140 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 this live activity, contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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 19.0 contact hours. Partial contact hours will be awarded for partial attendance.

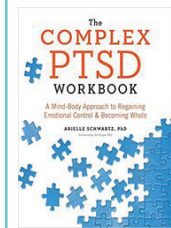
**Psychologists:** This live activity consists of 1140 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**Pennsylvania Psychologists:** PESI, Inc. is approved by the Pennsylvania State Board of Psychology to offer continuing education for psychologists. Provider #PSY000211. PESI maintains responsibility for the program(s). This program qualifies for 19.0 continuing education hours.

**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 1140 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 1140 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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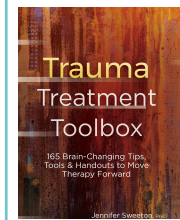


### The Complex PTSD Workbook

*A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*

By Arielle Schwartz, PhD

Clinical psychologist Dr. Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz's knowledgeable guidance helping you find your way. In *The Complex PTSD Workbook*, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.



### 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.



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☐ **\$15.99\*** *The Complex PTSD Workbook* (SAM08515)  
☐ **\$34.99\*** *Trauma Treatment Toolbox* book (PUB085910)

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#### ADA NEEDS

We would be happy to accommodate your ADA needs: please email [info@pesi.com](mailto:info@pesi.com) or call 1-800-844-8260 at least two weeks prior to the seminar date.

#### SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

#### TUITION OPTIONS

*Advance registration required. Cannot be combined with other discounts.*

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$90 Tuition:** If you are interested in being our registration coordinator for all three days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, first come, first serve.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) for details.

#### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

#### OTHER WAYS TO REGISTER

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## Here is what your colleagues are saying about this training:

*"I am taking home more than I can even write here. My future patients (and I) thank you for bringing hope back to my practice."* Kathi, LPC

*"Dr. Schwartz was an outstanding presenter who managed to provide 3 full days of content in a well-paced, comprehensive way. She was responsive to each question and created an atmosphere of safety. The content was so relevant to my practice."* Allie, PhD

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)