

Outline

The Emotional Brain: A User Friendly Guide

How an almond, a seahorse, and a Mohawk can help you understand your brain

A healthy emotional brain & how it develops

7 primary emotional systems & how to influence them

How trauma and disrupted attachment alter the brain

3 neuroscience breakthroughs that change how we treat trauma

Rewire the brain for resilience, connection and post-traumatic growth

The 3-Phase Model of Trauma-Informed Treatment

Interventions for Assessment, Safety and Stabilization

5 simple questions to assess for PTSD

Beyond words: build trust and safety with right brain to right brain communication

Help clients understand trauma responses

Activate the brain's instinct to heal through alpha-theta states

Calm fear with mindfulness and imagery techniques

Deal with dissociation: practical tools for grounding and orienting

Shift shame and nurture self-compassion

Defuse anger with play and humor

Empower with movement and metaphor

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Painlessly Reprocessing Traumatic Memories

Revise not relive: why exposure can retraumatize

Memory reconsolidation: the brain's own mechanism for healing trauma

5 simple steps for painlessly reconsolidating a traumatic memory

Create the future-self template and the brain's blueprint for healing

Neutralize negative beliefs with resourceful emotional states

Facilitate corrective emotional experiences with powerful imagery, metaphor, music and movement techniques

Facilitating Post-Traumatic Growth

The 3 qualities of post-traumatic growth

Create a positive post-trauma identity

Nurture a secure attachment system after trauma

Find meaning and purpose after trauma

Hardwire happiness and the power of intention

Applications for Special Populations

Heal experiences for sexual trauma survivors

Recover from childhood abuse and neglect

Transform traumatic grief after sudden or violent deaths

Rebound from medical trauma, car accidents and disasters

Assist military, police and first responders

Foster resilience in children and adolescents after trauma

Respectfully work with different cultures and faith traditions

Prevent burnout and vicarious trauma with simple self-care techniques

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 12, 2020, for this live, interactive webcast! 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 \$49.99 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/77618

Objectives

1. Assess how emotional trauma is processed in the brain.
2. Analyze why exposure techniques alone are not enough to relieve post-traumatic stress symptoms.
3. Breakdown the 3 phases of trauma-informed treatment.
4. Compile recent neuroscience discoveries regarding memory reconsolidation and its implications for treating trauma.
5. Characterize the 5 steps that all evidence-based trauma therapies have in common and how to apply them to safely and painlessly reconsolidate traumatic memories.
6. Utilize two experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.
7. Apply two interventions you can use to help clients reconnect to a healthy sense of self, relationships, and the world.

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The
NEW RULES
for
**TREATING
TRAUMA**
Integrating Neuroscience
to Rewire the Brain

Greenville, SC Wednesday February 12, 2020	Live Video Webcast Wednesday February 12, 2020	Columbia, SC Thursday February 13, 2020	Charleston, SC Friday February 14, 2020
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The
NEW RULES
for
**TREATING
TRAUMA**
Integrating Neuroscience
to Rewire the Brain

- Discover the trick to reprogramming brain mechanisms involved in trauma conditioned responses
- Get a simple 5-step protocol that quickly reconsolidates a traumatic memory and activates the brain's innate capacity for healing and resilience
- Help your clients reclaim their lives after trauma!

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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.



Become
**CCTP-Level II
Certified!**

Details Inside

Were you taught to use medication, CBT, exposure and other traditional therapy approaches to treat trauma? Did you know that these approaches are limited when it comes to healing trauma at the deeper, emotional level of the brain?

Also, do you know that memory reconsolidation is a recent neuroscience breakthrough that revealed the brain's own rules for healing traumatic memories and allows you to clear trauma at its roots?

During this seminar, I'll provide you with step-by-step instructions and techniques you can use in each phase of trauma treatment. This is the only trauma training that specifically gives you skills in the phenomena of memory reconsolidation. Let me show you why memory reconsolidation is necessary for permanently transforming your trauma work with clients. I will give you a simple protocol to use to reconsolidate a traumatic memory in as little as one session!

Don't get the impression that you have to get lengthy, expensive training and certification in certain modalities in order to be able to successfully treat trauma. My workshop will let you walk away knowing exactly what to do to help your clients reclaim their lives after trauma!

Courtney Armstrong, LPC, MHSP

Speaker



Courtney Armstrong, LPC, MHSP, has over 20 years' experience and is a Board Certified Fellow in Clinical Hypnotherapy who has trained thousands of mental health professionals nationally and internationally in creative, brain-based strategies for healing trauma. She is a bestselling author of the book, *The Therapeutic "Aha!"*: 10 Strategies for Getting Clients Unstuck and Transforming Traumatic Grief and contributes to publications such as the *Psychotherapy*

Networker, Counseling Today, and The Neuropsychologist. She has been featured as a trauma and grief expert on national television and radio programs and is the owner/director of Tamarisk: A Center for Mind-Body Therapy in the state of Tennessee.

Speaker Disclosure

Financial: Courtney Armstrong is in private practice. She is an author for WW Norton and receives royalties. Ms. Armstrong receives a speaking honorarium from PESI, Inc.
Non-financial: Courtney Armstrong is a member of the Institute for Rapid Resolution Therapy.

"I wanted you to know I don't think I could have achieved these results without your brilliant and user-friendly teaching. It really has transformed my capacity to work with traumatic experience. Thanks so much!"

—J. Graham, PhD.

Valuable Seminar For Professionals

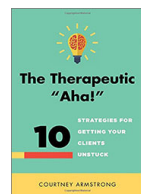
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Integrating Neuroscience to Rewire the Brain

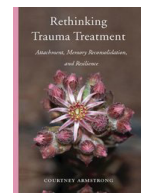


The Therapeutic "Aha!"

10 Strategies for Getting Your Clients Unstuck

By Courtney Armstrong, LPC, MHSP **SEMINAR PRESENTER!**

Concise, reader-friendly, and filled with helpful case stories and client-therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.

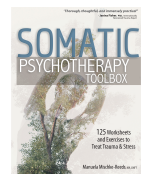


Rethinking Trauma Treatment

Attachment, Memory Reconsolidation, and Resilience

By Courtney Armstrong, LPC, MHSP **SEMINAR PRESENTER!**

In this accessible guide, Courtney Armstrong distills discoveries from attachment theory, brain science, and post-traumatic growth into practical strategies you can use to: 1) build trust and a secure therapeutic relationship; 2) transform traumatic memories into stories of triumph and courage; and 3) help clients cultivate resilience and a positive post-trauma identity.



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.

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 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.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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 cespi@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 6.0 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 6.25 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.

South Carolina Counselors: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

Marriage & Family Therapists: This activity consists of 380 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.

South Carolina Marriage & Family Therapists: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

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 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

South Carolina Psychologists: This course is designed to meet the Category B Requirements of the South Carolina Department of Labor, Licensing, and Regulation, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 380 minutes of continuing education instruction.

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 6.25 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 380 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.



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 for the full certification requirements.

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

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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.*
- \$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.
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