

Outline

Trauma Impact: Summary of the Research

Definitions & concepts  
Short term and long term effects (the ACE study)  
The “good” and “bad” news about trauma exposure  
Limitations of the research

Assessment and Diagnosis of Trauma

Assessment of trauma in children, adolescents and adults  
Trauma- & Stressor-Related Disorders in the DSM-5  
What’s still missing from the DSM-5?  
Common pitfalls in diagnosis  
My “favorite” diagnosis & why to use it frequently

Address Trauma’s Impact on Neurobiology

Major areas of impact  
The 3-part brain (or upstairs/downstairs brain)  
Neurologically-related issues in trauma survivors  
“Arrested Development”  
“Hair Trigger” threat response  
Cognitive, academic, & work-related problems  
Relationship problems  
The arousal continuum  
Dissociation

Evidence-based Treatments vs. the “Real World”

What does “evidence-based” mean in trauma treatment?  
Components of evidence-based treatments  
The evidence-based components approach

Points of Intervention in Trauma Treatment

Main entry points: immediate support vs. trauma treatment  
Psychological first aid  
Stages of trauma-focused treatment  
What can you do if your client isn’t emotionally or physically safe?  
Trauma-Focused Cognitive-Behavioral Therapy: The “Gold Standard”  
Case examples  
“Amanda”: 7-year-old girl with sexual abuse and complex family issues  
“Phil”: mid-30s man whose son died while in his care

Address Critical Domains in Trauma Treatment

The Physiology Domain  
Sleep  
Nutrition and hydration  
Sensory needs and interventions  
Medications, supplements, & nontraditional interventions  
Physical activity/exercise  
“Amanda” and “Phil” and the physiology domain  
The Relationship Domain  
The Attachment, Regulation, & Competency (ARC) model (for youth)  
Teaching caregiver emotional control (for caregivers of youth)  
Build attunement (for caregivers of youth)  
Positive discipline (for caregivers of youth)  
Build the therapeutic alliance  
Build a support network  
Implement routines & rituals  
“Amanda” and the relationship/attachment domain  
“Phil” and the relationship domain

The Emotional Regulation Domain  
Feelings identification and expression  
Use SUDs scales  
Grounding & self-soothing techniques  
The “Comfort Kit”  
Add attunement!  
Apply Bruce Perry’s Neurosequential Model of Therapeutics™  
NMT assessments  
NMT: Interventions by developmental age  
“Amanda” and “Phil” and the emotional regulation domain  
The Cognitive Domain  
Teach and practice problem-solving  
Teach and practice mindfulness  
Address distorted cognitions: Most common targets of cognitive processing  
Cognitive processing: how to modify problematic thoughts  
Use the Franklin Method  
“Amanda” and “Phil” and the Cognitive Domain  
The Identity Domain  
Focus on identity and sense of self  
Build on existing strengths  
The Life Book approach  
Exercises to improve identity  
“Amanda” and “Phil” and the identity domain

Additional Components for the 3 Stages of Trauma Recovery

Stage One: Safety & Stabilization:  
Establish rapport  
Education of the client about effects of trauma  
Safety plans  
Trauma-specific areas of focus  
Sexual abuse for “Amanda”  
Triggers for “Phil”  
Stage Two: Process the Past Trauma  
Preparation  
Create the trauma narrative  
Play and verbal-based methods of creating the trauma narrative  
Process of constructing a trauma narrative  
When is your client finished with Stage Two?  
Process “Amanda’s” trauma (play therapy “narrative”)  
Process “Phil’s” trauma (verbal narrative)  
Stage Three: Reconnection  
Consolidate/internalize coping skills  
Enhance positive emotions  
Making meaning of the trauma  
Facilitate reconnection to daily activities  
Enhance current relationships  
Prepare for future safety and triggers  
Posttraumatic growth  
Reconnection for “Amanda” and “Phil”

Resiliency and Protective Factors

Research on resiliency and protective factors  
The top protective factors for trauma  
Build resiliency

SAVE \$200 on this webcast!

Register *now* at this special price!

SAVE \$200 on the purchase of this Webcast, Digital Seminar or DVD!

Use Promo Code 282020 at Check-out  
pesi.com/webcast/82751

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000  
A division of PESI, Inc.

2-DAY Trauma Treatment Certification Course

Comprehensive Strategies & Customizable Interventions for Enhanced Recovery

LIVE WEBCAST

Monday & Tuesday, August 24 & 25, 2020

BONUS! – Sign up before August 24 and get free on-demand access for 3 months.



REGISTER NOW:  
pesi.com/webcast/82751

Online Certification Training

2-DAY Trauma Treatment Certification Course

Comprehensive Strategies & Customizable Interventions for Enhanced Recovery

BECOME CERTIFIED AS A CERTIFIED CLINICAL TRAUMA PROFESSIONAL LEVEL I (CCTP-LEVEL I)!

*This seminar meets ALL requirements to become a Certified Clinical Trauma Professional Level I (CCTP-Level I) through the International Association of Trauma Professionals (IATP).*

Professional standards apply, see [www.traumapro.net.com](http://www.traumapro.net.com) for full certification details.

Earn your CERTIFICATION Today!

JUST FOR YOU!

SAVE \$200 on this Webcast!

Use Promo Code 282020—see details inside.

LIVE WEBCAST  
Monday & Tuesday, August 24-25, 2020

BONUS! – Sign up before August 24 and get free on-demand access for 3 months.

PESI®  
www.pesi.com  
A Non-Profit Organization Connecting Knowledge with Need Since 1979

REGISTER NOW! pesi.com/webcast/82751

Become CCTP-Level I Certified!  
Details Inside

Learning Objectives can be viewed at [pesi.com/webcast/82751](http://pesi.com/webcast/82751)

Target Audience

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

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)

2-DAY

# Trauma Treatment

## Certification Course

Like you, I've dealt with some major obstacles to providing effective trauma treatment during my career. How do I make the best use of the growing body of neuroscience research? How can I cut through the clutter of all the possible factors contributing to the trauma and get a clear picture of the issues to address in therapy? How can I tailor my approach to meet the unique needs of each survivor? I looked for a solution, and discovered it in an integration of neuroscience, physiology, the three stages of trauma recovery, smaller ingredients taken from larger evidence-based models, and customizable treatment strategies that addressed unique needs of trauma survivors and their families.

This 2-day certification course presents this integrated and customizable approach to trauma treatment in a manner that is easy to follow and readily adaptable to a variety of settings. You will discover how to use this integrated model as a foundation upon which you can then tailor and apply treatment approaches with which you are already familiar but until now seemed rigid and inflexible. You will be able to move beyond the standard script often given for when and how to apply various strategies, allowing you to focus much more intently on where the trouble spots are in each survivor's life and what actions to take to resolve them. You will get a road map that will help you to guide each survivor through all the stages in the trauma recovery process.

Join me for this exciting, innovative, and evidence-informed training. Leave invigorated, with a new plan of action for how to use standard models and strategies in new ways to facilitate meaningful and lasting trauma recovery.

In addition, completion of this two-day course meets the educational requirements when applying to become a **Certified Clinical Trauma Professional (International Association of Trauma Professionals, [www.traumapro.net](http://www.traumapro.net))**.

## Speaker

**ROBERT LUSK, PhD**, has devoted his career to working with trauma survivors and their families, and providing training and consultation to parents, military families, and professionals on trauma-related issues, parenting special needs children, attachment disorders, psychotropic medications, reintegration after deployment, and psychiatric disorders. For the past 26 years, Dr. Lusk has served as clinical director at The Baby Fold. There, he designs and implements new programs, and provides clinical supervision, consultation and oversight to all the agency's treatment programs.

Dr. Lusk completed a full-time internship at the Brentwood Veterans Administration Medical Center in Los Angeles, where he focused on PTSD treatment for combat veterans. He has continued to provide supervision, training, and treatment for veterans and other adult trauma survivors for the past 30 years.

Dr. Lusk also instructs courses at Illinois Wesleyan University and has been actively involved in investigative research on trauma for over 30 years, including studies of treatment approach efficacy and cognitive and school-related effects of trauma. He has published several journal articles and book chapters on understanding and treating trauma.

Dr. Lusk earned his Master's and Doctoral degrees in clinical psychology from the University of California at Los Angeles and has trained in a variety of interventions including Trauma-Focused Cognitive Behavioral Therapy, the Attachment, Regulation, and Competency (ARC) model, Collaborative Problem-Solving, couples and family therapy, Trust-Based Relational Intervention, and Eye Movement Desensitization and Reprocessing (EMDR).

Speaker Disclosure:

Financial: Robert Lusk is an adjunct assistant professor at Illinois Wesleyan University. He has an employment relationship with The Baby Fold. Dr. Lusk receives a speaking honorarium from PESI, Inc.

Non-financial: Robert Lusk has no relevant non-financial relationship to disclose.



**Group training *made easy!*** Professional content, expert presenters, CE credit, training materials and more. [www.pesi.com/inhouse](http://www.pesi.com/inhouse)

**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 live webcast, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

**Digital Seminar or DVD:** 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 on-demand 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.

**Have a seminar idea? A manuscript to publish?** 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 **Anna Rustick** at [arustick@pesi.com](mailto:arustick@pesi.com) or call **715-855-8195**.



# Online Learning Made Easy!

## Join us on August 24 & 25, 2020, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

## It's easy and convenient!

**Register now! [pesi.com/webcast/82751](http://pesi.com/webcast/82751) **SAVE \$200** - use promo code 282020**

**Train your whole organization**


**Purchase one full-price registration → train unlimited additional attendees for only \$79.99 each**

## CERTIFICATION MADE SIMPLE!

- No hidden fees – PESI pays for your application fee (a \$99 value)\*!
- No additional forms to fill out.
- Simply complete this live event, evaluation and you're a Certified Clinical Trauma Professional Level I (CCTP-Level I) through the International Association of Trauma Professionals (IATP).

*Attendees will receive documentation of CCTP certification from the International Association of Trauma Professionals (IATP) 4 to 6 weeks following the program. Professional standards apply. Visit [www.traumapro.net/customercare/faq](http://www.traumapro.net/customercare/faq) for answers to frequently asked certification questions.*

*\*Certification cost included with purchase of live webcast. Digital seminar and DVD do not include certification.*



## WEBCAST CONTINUING EDUCATION CREDIT INFORMATION

*Credits listed below are for full attendance at the live online training only. 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 "online training schedule" 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 professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**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.

**Educators/Teachers:** This activity qualifies for 760 minutes of instructional content as required by many national and state licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

**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.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours. Partial contact hours will be awarded for partial attendance.

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

## REGISTRATION FORM


### 2-DAY: TRAUMA TREATMENT CERTIFICATION COURSE: COMPREHENSIVE STRATEGIES AND CUSTOMIZABLE INTERVENTIONS FOR ENHANCED RECOVERY

## ***SAVE TIME!* Express Register Online: [pesi.com/webcast/82751](http://pesi.com/webcast/82751)**

**1**

**Please complete entire form if sending by mail**

*please print legibly*

©2020 

\*Email address \_\_\_\_\_

**\*Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name \_\_\_\_\_

Profession \_\_\_\_\_

Billing Address \_\_\_\_\_

☐ Home ☐ Work

Company Name (if work address): \_\_\_\_\_

City \_\_\_\_\_

County \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

\*Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_

Work Ph ( \_\_\_\_\_ ) \_\_\_\_\_

**\*Required for event updates**

**2**

**Pick Your Training**

(make copy for your records)

☐ Save \$200 on the purchase of this Webcast, Digital Seminar or DVD!

**Promo Code 282020 Register now! [pesi.com/webcast/82751](http://pesi.com/webcast/82751)**

Expires 8/24/20

☐ **Live Webcast • August 24 & 25, 2020** **PLW78421**

**(Prices below reflect the \$200 discount)**

~~\$439.99~~ **\$239.99** tuition\*

8am Pacific time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

**FREE BONUS:**

**Replay On-demand Access for 90 Days Afterwards**

☐ **Digital Seminar** **POS054340**

~~\$439.99~~ **\*\* \$239.99**

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

☐ **DVD** **RNV054340**

~~\$439.99~~ **\*\*\* \$239.99**

Includes:

Self-study CE Certificate

Lifetime Access

Downloadable Manual

Total \_\_\_\_\_

Shipping - \$6.95 (DVD only) \_\_\_\_\_

**Subtotal** \_\_\_\_\_

Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_

\* For webcasts, add applicable tax in HI, NM

\*\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

\*\*\*For DVD orders, add applicable tax except in AK, DE, MT, NH, OR

CE hours and approvals on products may differ from live CE approvals.

Additional CE participant prices may vary.

**3**

**Select Payment Method**

**All registrations must be prepaid.**

☐ Check enclosed payable to **PESI, Inc.**

☐ Purchase order enclosed (Fed ID # 26-3896894)

☐ MC 16 digits

☐ VISA 13-16 digits

☐ AE 15 digits

☐ Discover Novus 16 digits

Card # \_\_\_\_\_

Card Exp. \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature \_\_\_\_\_

(\*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (\*American Express: 4-digit # above account # on face of card.)

PLEASE RETURN ENTIRE REGISTRATION FORM