2-DAY INTENSE TRAUMA TREATMENT **CERTIFICATION WORKSHOP**

EMDR, CBT and Somatic-Based Interventions to Move Clients from **Surviving to Thriving**

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Better still, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional, giving you the opportunity to differentiate yourself from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!



Target Audience

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

SPEAKER

Mike Dubi, EdD, LMHC, is president of the International Trauma Training Institute (ITTI) and editor of the Trauma Online newsletter. He co-authored Trauma, PTSD, Grief & Loss: The 10 Core Competencies for Evidence-Based Treatment (PESI, 2017), several book chapters and various articles on trauma, power therapies, case conceptualization and supervision.

Mike is a former associate professor of Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology at Argosy University/ Sarasota (1997 to 2014). He has been engaged in the practice of individual and group psychotherapy for over 40 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also an AMHCA Diplomate and Clinical Mental Health Specialist in Trauma Counseling, Board Certified Expert and Diplomate in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, trained in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross, Certified Compassion Fatigue Specialist and Fellow of the National Board for Certified Clinical Hypnotherapists.

Over the course of his career, Mike has treated more than 3500 survivors of child and adult sexual abuse and is currently working with Vietnam and OEF/OIF veterans whom he treats pro bono.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for almost 50 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver, road cyclist and hill runner.

Speaker Disclosures:

Financial: Michael Dubi maintains a private practice. He receives compensation as an Associate Professor at Argosy University. Mr. Dubi receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Dubi has no relevant non-financial relationship to disclose.

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 \$60 cancel fee. Substitutions are permitted at any time

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.

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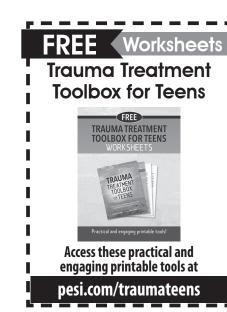
\$99 Value!

Free Certification Application Fee - Limited Time Offer!



PESI will cover your \$99 CCTP-Level 1 certification fee. All you need to do is complete this training, complete the training evaluation and you can become certified by the International Association of Trauma Professionals (IATP).

Professional standards to apply for certification, visit traumapro.net for complete certification <mark>details</mark>



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Your

CERTIFICATION

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2-DAY INTENSIVE

TRAUMA **TREATMENT CERTIFICATION** WORKSHOP

EMDR, CBT and Somatic-Based Interventions to **Move Clients from Surviving to Thriving**

ST. LOUIS, MO

Monday & Tuesday, May 4-5, 2020



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2-DAY INTENSIVE TRAUMA TREATMENT **CERTIFICATION** WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

treatment approaches

interfere with therapy

• Interventions from today's most effective

Overcome intense trauma responses that

· Confidently apply proven techniques to

the right therapeutic scenario



TIME OFFER

CERTIFICATION APPLICATION FEE (\$99 VALUE!) **INCLUDED** -ON PESI!

SEE DETAILS INSIDE

LIMITED

YOUR

ST. LOUIS. MO **Monday & Tuesday**

May 4-5, 2020



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OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma Fight, flight, freeze, fawn survival responses

Clinical implications of the freeze

The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma Intergenerational trauma Symptom clusters and physical manifestations CAPS-5 and PCL-5 Primary Care PTSD Screen Dual diagnosis

Stabilize Your Clients Prior to Trauma

Trauma treatment roadmap – order of operations Bottom-up techniques to reconnect and feel safe in the body

Self-soothing techniques Grounding strategies Breathwork

Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches: Address Physical Symptoms of Trauma Relevance of Polyvagal theory and

Assess for readiness to apply somatic

Teach body awareness

early trauma

Manage unease with "Felt sense" exercises

Resourcing strategies to create a safe space

CBT Coping Skills: Manaae Emotions

Identify inaccurate trauma-related cognitions Exposure, titration and pendulation

to slow emotions

Cognitive reframing and reappraisal interventions

Memory reconstruction techniques

EMDR-Based Techniques: Resolve Traumatic Memories

Adaptive Information Processing Theory EMDR vs EFT vs neuromodulation Resourcing strategies Combine memory reprocessing with cognitive restructuring Using "restricted processing" with complex trauma

Narrative Therapy Exercises: **Rewrite Traumatic Experiences**

Interventions to help clients talk about hotspots

Reclaim identity with the "Tree of life" exercise

Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks

How to handle the angry client Strategies for the resistant trauma client Boundary concerns Dealing with crises, suicidality, substance

Reintegration and Post-Traumatic

Better than normal - the neuroscience of post-traumatic growth

The therapeutic alliance as a brain-based approach The power of forgiveness in moving

forward Meaning making exercises

Research, Limitations and Potential Risks

Workshop Schedule both days

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

OBJECTIVES

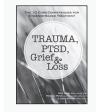
- 1. Analyze the brain regions involved in trauma
- 2. Communicate the clinical implications of the freeze response in trauma
- 3. Establish how clinicians can assess for simple, complex, and intergenerational
- 4. Characterize how bottom-up techniques like grounding and breathwork can increase felt safety in clients.
- 5. Specify methods clinicians can use to gauge when clients are ready for intense
- 6. Explore how narrative therapy exercises can be employed in session to help clients talk about hotspots.
- 7. Specify how somatic approaches can be used to address the physical symptoms of trauma survivors.

- 8. Establish how exposure, titration and pendulation can be used to "slow" emotions in
- Communicate how EMDR-based techniques can be used with clients to resolve traumatic memories.
- 10. Differentiate between EMDR, EFT and neuromodulation approaches.
- 11. Develop plans for working with anger, resistance, and suicidality in clients who've experienced trauma.
- 12. Communicate the potential risks and limitations of trauma treatment techniques.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for eterans and active duty military personnel. Limited seats available; advance online registration required.

SAVE by Including These Products With Workshop Registration!



Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment By Michael Dubi, Ed.D., LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & J. Eric Gentry, Ph.D., LMHC

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and Narrative Exposure Therapy.

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.

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

Live Workshop 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 he issued within 30 days (if your board allows). Please see "I IVF 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 continuina education requirements and check for reciprocal approval. For other credit inquiries not specified below, or question: on home study credit availability, please contact 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

ADDICTION 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.

ILLINOIS ADDICTION COUNSELORS: This course has been submitted to the IAODAPCA for review.

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.

ILLINOIS COUNSELORS: CE credit is available. This course consists of 12.5 continuing education clock hours for Illinois Counselors. The Ilinois Division of Professional Regulation, Administrative Code Section 1375.220(c), confirms acceptance of continuing education programs relevant to counseling that are provided by a Social Work Continuing Education Sponsor approved by the Division. PESI, Inc is an approve provider with the State of Illinois, Department of Financial and rofessional Regulation, Division of Professional Regulation, License #: 159-000154. Full attendance at this course qualifies for 12.5 contact

MISSOURI COUNSELORS: CE credit is available. This course consists of 12.5 continuing education clock hours for Missouri Counselors. The Missouri Committee for Professional Counselors accepts continuing education programs relevant to counseling that are provided by organizations recognized by national social worker associations. PESI ic. is recognized by a national social worker association. Please see social work approvals for this program.

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

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Financial and Professional Regulation, Division of ofessional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 12.5 credits

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.

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\$24.99* Trauma, PTSD, Grief & Loss book (PUB084790)

\$34.99* Somatic Psychotherapy Toolbox book (PUB085450)

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ILLINOIS PSYCHOLOGISTS: CE credit is available. PESI, Inc is an approved provider with the State of Illinois, Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 268.000102. Full attendance at this course qualifies for 12.5 contact

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.

ILLINOIS SOCIAL WORKERS: PESI, Inc is an approved provider with the State of Illinois, Department of Financial and Professional Regulation, Division of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 12.5 contact hours

OTHER PROFESSIONS: This activity qualifies for 760 minutes of nstructional 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 requirement

REGISTRATION FORM

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

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(314) 878-1500	Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar. TUITION OPTIONS
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 - registration coordinator for both days, go to description, first come, first serve.
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QUESTIONS

OTHER WAYS TO REGISTER Fax: 800-554-9775 Mail: PESI, Inc.

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