





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 response  
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 Work

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 early trauma  
Assess for readiness to apply somatic tools  
Teach body awareness  
Manage unease with “Felt sense” exercises  
Resourcing strategies to create a safe space

CBT Coping Skills: Manage 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

Reintegration and Post-Traumatic Growth

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.

Solutions to Trauma Treatment Roadblocks

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

OBJECTIVES

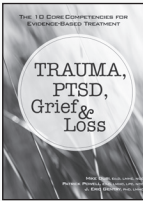
1. Analyze the brain regions involved in trauma.
2. Communicate the clinical implications of the freeze response in trauma treatment.
3. Establish how clinicians can assess for simple, complex, and intergenerational trauma.
4. Characterize how bottom-up techniques like grounding and breathwork can increase felt safety in clients.
5. Specify methods clinicians can use to gauge when clients are ready for intense trauma work.
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 clients.
9. 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 veterans and active duty military personnel. *Limited seats available; advance online registration required.*

SAVE by Including These Products With Workshop Registration!

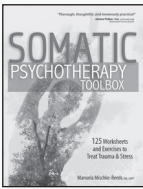


Trauma, PTSD, Grief & Loss:

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 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 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 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 Illinois 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 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.

**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, Inc. 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 requirements.

**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 Professional 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.

**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.

**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 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 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 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.

REGISTRATION FORM

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

SAVE TIME! Express Register Online: pesi.com/express/80875

1 Please complete entire form if sending by mail please print legibly

\*E-mail 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

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\*Required for event updates By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesi.com/privacy for more information.

2 Select Location (make copy for your records)

ST. LOUIS, MO • May 4-5, 2020 (80875SL0) Sheraton Westport Hotel Lakeside Chalet 191 Westport Plaza • 63146 (314) 878-1500

3 Select Tuition

TUITION including seminar manual

\$439.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
- single registration postmarked 3 weeks prior to seminar date

\$499.99 standard

ADD-ON PRODUCTS—Save on Shipping!—Products Distributed at Seminar

- \$24.99\* Trauma, PTSD, Grief & Loss book (PUB084790)
- \$34.99\* Somatic Psychotherapy Toolbox book (PUB085450)

\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

4 Select Payment Method

All registrations must be prepaid.

- Check enclosed payable to PESI, Inc.
- Purchase order enclosed (Fed ID # 26-3896894)
- MC VISA AE Discover Novus

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.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please email 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 for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

**\$60 Tuition:** If you are interested in being our registration coordinator for both 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 (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000  
Phone: 800-844-8260  
Online: pesi.com/express/80875

CAN'T ATTEND THE SEMINAR?

2-Day Intensive Trauma Treatment Certification Workshop

Online Digital Seminar\*  
\$439.99 (POS054755) - Email required -  
Seminar on DVD\*\*  
\$439.99 (RNV054755)

Product total  
Shipping - \$6.95 (DVD only)  
Subtotal  
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\*For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IL, IN, IA, ID, KY, LA, ME, MN, MS, NE, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.

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CE hours and approvals on products may differ from live CE approvals. Additional CE participant prices may vary.