

3
DAY

COMPLEX TRAUMA

CERTIFICATION COURSE

EVIDENCE-BASED INTERVENTIONS FOR COMPLEX TRAUMA

Become a **Certified Clinical Trauma Professional in Complex PTSD (CCTP-II)** and demonstrate your expertise in treating this population of trauma clients.

While the focus of many trauma trainings is to acquire the basic skills for treating posttraumatic stress, the focus of this intensive **3-Day Certification Course** is acquiring skills for effectively treating those challenging clients with complex posttraumatic stress, or C-PTSD.

You will learn evidence-based practices to help heal complex trauma, including difficult symptoms such as intense abreactions/flashbacks; severe “depression-like” shutdown and avoidance; dissociation; relational difficulties and challenges; chronic emotional and somatic dysregulation; chronic pain and psychotic symptoms.

You will leave this seminar with a new structure you can apply to the entire treatment course for someone with C-PTSD that pulls from today’s most effective trauma treatment modalities. You will learn how to accelerate treatment with this all-encompassing model, instead of getting stuck trying to use just one trauma treatment modality that may not work for every client.



LIVE EVENT OBJECTIVES

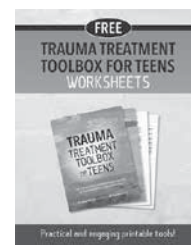
1. Contrast the differences between simple and complex PTSD (C-PTSD).
2. Identify the distinct challenges for diagnosis, treatment planning, stabilization and treatment of C-PTSD.
3. Describe the neurobiology of C-PTSD and how chronic exposure to threatening environments can produce the spectrum of symptoms of C-PTSD.
4. Appraise the role that attachment trauma and Aversive Childhood Experiences play in risk for and creation of C-PTSD; and how successfully addressing attachment issues can accelerate treatment for C-PTSD.
5. Identify the causes and sequelae of attachment trauma and how these adaptations are easily misunderstood as personality disorders.
6. Articulate the importance of neuroplasticity/pruning and understanding neuronal sequencing in treating C-PTSD and all posttraumatic conditions.
7. Examine the important role that conditioned threat response and subsequent ANS dysregulation play in generating and sustaining the symptoms of all posttraumatic conditions including C-PTSD.
8. Review the science and applicability of Porges’ Polyvagal Theory to treatment with C-PTSD; specifically, the importance of developing and utilizing healthy attachment relationships to augment treatment.
9. Explain how dissociation symptoms are adaptations to recurring trauma.
10. Identify evidence-based pharmacological interventions for stabilization and treatment for clients with C-PTSD.
11. Apply Herman’s Tri-Phasic Model to conceptualization, titration and delivery of treatment for C-PTSD.
12. Identify specific assessment and treatment tasks for each of the three phases of the Tri-Phasic Model.
13. Recognize symptoms of C-PTSD as adaptations to ongoing developmental trauma that can include extreme symptoms including self-injury, suicide, dissociation, numbing, process and substance addiction, eating disordered behavior, chronic & intractable depression, hyper/hypo sexuality, and rage.
14. Illustrate the role of crucial non-specific factors of positive expectancy and therapeutic relationship using Feedback Informed Therapy (FIT) as a central focus of treatment with C-PTSD.
15. Incorporate the pivotal role of psychoeducation in treating C-PTSD to help survivors to begin to honor their survival, ameliorate shame and move towards self-compassion.
16. Implement the four “common factors/active ingredients” shared by all effective trauma therapies for clients with C-PTSD.
17. Describe the ubiquitous role of reciprocal inhibition embedded in all evidence-based trauma therapies.
18. Incorporate Forward-Facing Trauma Therapy as a self-employed method to facilitate posttraumatic growth and resilience for clients into your clinical practice.
19. Develop CBT skills for helping trauma survivors to rapidly develop stability, self-efficacy, anxiety management and relational capacities.

Course Target Audience:

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

FREE Worksheets

Trauma Treatment Toolbox for Teens



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FOR COMPLEX TRAUMA

RALEIGH, NC
Wednesday - Friday
June 17-19, 2020



Register now! pesi.com/express/81418

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Become
CCTP-Level II
Certified!
Details Inside

3-DAY LIVE EVENT OUTLINE

Foundations of Complex Trauma (C-PTSD)

Essentials of C-PTSD

Adaptations to C-PTSD

Overview of Tri-Phasic Model

Assessment & Treatment of C-PTSD

Therapist Preparation

Self-regulation of ANS dysregulation and optimization of treatment delivery

Informed consent for C-PTSD

Assessment Skills Building

Quantitative assessment instruments and clinical interview sufficient to accurately diagnose C-PTSD and develop preliminary treatments & case planning

Mental status exam for C-PTSD

Monitor treatment effectiveness & identify treatment shortcomings

First-session Interventions to enhance safety, stabilization, positive expectancy and therapeutic relationship

Stage One: Safety & Stabilization

Assessment Skills Building (Safe vs. Not Safe)

Case Management (External vs. Internal danger)

Therapeutic relationship

Stabilization

- Common/Generic Stabilization Skills for C-PTSD
- Specialized Skills for Safety & Stabilization

Group applications for safety & stabilization/ resilience with C-PTSD

Empirical criteria for successful completion of Stage 1 with C-PTSD clients

Stage Two: Remembrance & Mourning/ Trauma Resolution

CBT skills to lessen avoidance, arousal, shame, dysphoria, reactivity, and distorted thinking symptoms.

Compare current evidence-based/evidence-informed treatments utilized to address symptoms of C-PTSD

Course Schedule for all three 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.

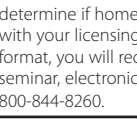


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Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another seminar, or receive a tuition refund less a \$90 cancel 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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BECOME CERTIFIED!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II).

For the full certification requirements visit: traumapro.net



Dr. Gentry has published many research articles, book chapters, and periodicals in this maturing area of study. He is the co-author of the critically acclaimed *Trauma Practice: Tools for Stabilization and Recovery* (Third Edition) published by Hogrefe and Huber in 2011. He has a private clinical and consulting practice in Sarasota, FL, and is adjunct faculty at many universities. Dr. Gentry draws equally from his scientific study and from his rich history of 30+ years of clinical experience with trauma survivors to balance this training with current, empirically grounded information and experienced-based compassionate intervention skills. You will be challenged, inspired, and uplifted by Dr. Gentry and this unique training.

Speaker Disclosure:

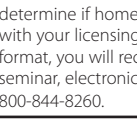
Financial: J. Eric Gentry receives compensation as Owner of Compassion Unlimited. He receives royalties as an author for Hogrefe & Huber Publishing. Dr. Gentry receives a speaking honorarium from PESI, Inc.

Non-financial: J. Eric Gentry has no relevant non-financial relationship to disclose.



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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 cepsi@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 19.0 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 19.0 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.

North Carolina Counselors: CE credit is available. This course consists of 19.0 contact hours of continuing education for North Carolina Counselors. The North Carolina Board of Licensed Professional Counselors (Rule .0603) confirms acceptance of up to 15 contact hours per renewal period of continuing education programs approved by the National Association of Alcoholism and Drug Abuse Counselors (NAADAC). This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming.

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 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 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.

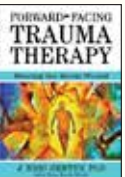
North Carolina Psychologists: CE credit is available. This course is designed to meet the Category B Requirements of the North Carolina Psychology Board, provided it is within your scope of practice of psychology. Please retain all documents to provide to your board should this be requested of you. This activity consists of 19.0 hours 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, 2020 - January 27, 2023. Social Workers completing this course receive 19.0 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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Forward-Facing Trauma Therapy: Healing the Moral Wound

By J. Eric Gentry, Ph.D., LMHC **Your Presenter!**

In this groundbreaking book, trauma expert J. Eric Gentry builds upon pioneering insight to introduce Forward-Facing Trauma Therapy (FFTT), the next evolutionary leap in the treatment of traumatic stress. FFTT addresses trauma and its destructive symptomatology at its source, the dysregulation of our autonomic nervous systems and hypervigilant threat response caused by adaptation to painful past experiences. Dr. Gentry provides a step-by-step guide for implementing a three-pronged methodology, and explains the how and why the techniques work so effectively.



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 **Your Presenter!**

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.



Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

By 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.

More info and resources at www.pesi.com

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

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• **\$90 Tuition:** If you are interested in being our registration coordinator for all 3 days, go to: 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.*

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