

Outline

Trauma & Attachment

Neglect, abuse & attachment formation
Traumatic attachment
Early attachment & shaping attachment to self
Internal attachment styles

Fragmentation an Adaption to Trauma

Identify manifestations of self-alienation
Recognize self-alienation as a survival strategy
Split brain & conflicting defensive strategies
Primary structural dissociation vs. secondary
What to do when the parts hijack the body
Repair internal attachments
Help clients overcome the challenge of self-acceptance

Sensorimotor Psychotherapy and Fragmentation

Sensorimotor principles of treatment
Prerequisites for successful treatment
Mindfulness & psychoeducation
Implications of procedurally learned patterns
Autonomic adaptation
Teach clients skills to regulate arousal
Somatic resources for traumatic reactions

How the Parts Dominate: Blending

The questions trauma survivors don't know to ask
Blending
Unblending: step-by-step
Sensorimotor approaches to unblending

Internal Family Systems: Befriending our Parts

Awaken an observer
Help clients achieve distance from symptoms
Decoding: identify parts
Speak the language of parts to decrease phobia of traumatized parts
Encourage self-leadership

Connecting to One's Parts for Inner Healing

Recognize the role each part plays in survival
Assist clients with learning to "ask inside"
Facilitate internal communication
What does each part need?
Establish relationships with parts
Cultivate empathy for the parts
The befriending questions

From Alienation to Attachment

Rupture & repair of internal attachment
Provide missing experiences for parts
Role of mentalization
Requirements of integration
What to do when clients get hijacked
Utilize the Social Engagement system

Limitations of Research & Potential Risk

Live Webcast Schedule (both days) (Times listed in Central)

9:00 Program begins

11:50-1:00 Lunch Break

5:00 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.

Learning Objectives can be viewed at pesi.com/webcast/84174

Target Audience:

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

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2 DAY INTENSIVE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma

LIVE Interactive Webcast

Tuesday & Wednesday, December 8 & 9, 2020

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2 DAY INTENSIVE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Transformational Approaches to Treating Complex Trauma



Janina Fisher, PhD

Internationally Renowned Trauma Expert & Author

- Learn how to recognize when clients are fragmented to shift your perspective on trauma treatment
- Help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma
- Integrate Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed

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2 DAY INTENSIVE WORKSHOP

Healing the Fragmented Selves of Trauma Survivors

Because trauma lives in the body, traditional talk therapy cannot access the deeply rooted, pervasive wounds that complex trauma leaves behind. Many traumatized clients present with overlapping symptoms including self-hatred, self-alienation, addiction, internal conflict, numbing or shame.

With these clients, you may constantly feel stuck treating surface-level symptoms or the “crisis of the week.” As a result, you are left overwhelmed and frustrated that you can never get to treating the trauma, despite your best efforts.

Go beyond symptom reduction and take your work with traumatized clients to a whole new level by implementing this transformational approach to trauma treatment.

Join world-renowned complex trauma and attachment expert Janina Fisher for this intensive workshop. Her cutting-edge approach will shift your clinical perspective so you’ll see your client not as a traumatized whole person, but rather as fragmented pieces that are in need of healing.

Over the two days of this course, Janina will teach you to go beyond treating surface-level symptoms and give you the tools you need to look at trauma treatment through a whole new lens. Janina’s innovative approach integrates Sensorimotor Psychotherapy, Internal Family Systems and Ego State Therapy to get to the root of the problem where trauma can truly be processed.

Janina will teach you how to help clients struggling with suicidal and self-destructive impulses, loss of identity, and self-hatred caused by childhood trauma. You’ll walk away with the skills you need to help your fragmented and traumatized clients achieve self-compassion and acceptance of all aspects of self.

Through real-life, in-session videos, practical mindfulness exercises, and unique insight from the field of neuroscience, you’ll learn powerful strategies to use in your practice to overcome the devastating impacts of childhood abuse and repair childhood wounds.

Register today and revolutionize the way you treat trauma!

Speaker



Janina Fisher, Ph.D. is a licensed clinical psychologist and former instructor at The Trauma Center, a research and treatment center founded by Bessel van der Kolk. Known as an expert on the treatment of trauma, Dr. Fisher has also been treating individuals, couples and families since 1980.

She is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, assistant educational director of the Sensorimotor Psychotherapy Institute, and a former Instructor,

Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

She is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation* (2017) and the forthcoming book, *Working with the Neurobiological Legacy of Trauma* (in press).

Speaker Disclosure:

Financial: Janina Fisher is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Janina Fisher has no relevant non-financial relationship to disclose.



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REGISTRATION FORM

2 Day Intensive Workshop: Healing the Fragmented Selves of Trauma Survivors Transformational Approaches to Treating Complex Trauma

***SAVE TIME!* Express Register Online: pesi.com/webcast/84174**

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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

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