

Outline

DAY ONE

Workshop Overview: Frank Anderson and Janina Fisher

Trauma and Dissociation [Fisher]

- Dissociation and fragmentation as normal responses to trauma
- How fragmentation aids survival and adaptation
- Repeated re-activation of trauma responses and traumatized parts in the context of safety

Trauma-Informed Stabilization Treatment (TIST) [Fisher]

- Applying a parts model to personality disorders and complex PTSD
- The Structural Dissociation Model
- Re-interpreting client symptoms as manifestations of parts
- Mindfulness-based techniques for working with parts
- Stabilization of symptoms and impulses
- State of the evidence, risk and limitations of the model & application in clinical practice

Internal Family Systems [Anderson]

- IFS Model
- Parts and psychopathology
- The 6 F's, working with protective parts
- State of the evidence, risk and limitations of the model & application in clinical practice

Trauma and Dissociation, cont. [Anderson]

- The Neurobiology of PTSD and Dissociation
- Overcoming roadblocks, working with extreme symptoms of trauma
- Beyond the 6 F's in IFS

Objectives

1. Assess clients for signs and symptoms indicative of parts and/or their internal conflicts.
2. Stabilize at-risk clients with the Trauma Informed Stabilization Treatment model.
3. Articulate the Internal Family Systems model for working with parts in therapy.
4. Assess the pros and cons of psychoeducation for client understanding of parts.
5. Formulate parts structure as they manifest in thoughts, emotions, body sensations and actions.
6. Evaluate parts that sabotage self-compassion or self-acceptance.
7. Implement mindfulness-based techniques to increase internal awareness.
8. Overcome the disruptive influence of extreme protective parts.
9. Implement techniques for increasing 'self-energy'.
10. Utilize interventions that create an increased sense of connection to disowned parts.
11. Manage the common roadblocks and pitfalls that interfere with the effective healing of early attachment wounds.
12. Demonstrate techniques IFS and TIST techniques that may facilitate 'self-healing' for trauma clients.

DAY TWO

Self-Leadership in IFS [Anderson]

- Therapist parts
- The dimensions of Self-Energy
- Differentiating empathy from compassion

Healing from Within [Anderson]

- The healing process in IFS
- Unloading family of origin and cultural burdens
- Rewiring implicit emotional memory

Repairing the Injuries of Traumatized Child Parts [Fisher]

- Developing internal communication
- Concept of 'missing experiences'
- Developing client ability to offer reparative experiences to parts
- Welcoming the parts home now

Contrasting Approaches to Working With Parts [Fisher, Anderson]

- Sharing reactions to video excerpts
- Discussion of strengths and limitations of each approach
- Participant Q&A

Live Webinar Schedule - both days
(Times listed in Pacific)

8:00 Program begins

11:50-1:00 Lunch Break

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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WORKING WITH COMPLEX TRAUMA CLIENTS

Putting the Pieces Together
with Janina Fisher, PhD and Frank Anderson, MD

LIVE Interactive Webinar

Monday & Tuesday, February 1 & 2, 2021

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WORKING WITH COMPLEX TRAUMA CLIENTS

Putting the Pieces Together

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Janina Fisher, PhD
Internationally Renowned Trauma Expert & Author

Frank Anderson, MD
Trainer at Dr. Bessel van der Kolk's Trauma Center and the Internal Family Systems Institute associated with Dr. Richard Schwartz (IFS Founder)

- Janina Fisher, PhD creator of **Trauma Informed Stabilization Treatment (TIST)**
- Frank Anderson, MD, **Internal Family Systems (IFS)** Institute lead trainer
- A Shared-Client Video Case Study – the same client, two approaches shown and discussed!

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WORKING WITH COMPLEX TRAUMA CLIENTS

Putting the Pieces Together

with Janina Fisher, PhD and Frank Anderson, MD

Successful treatment of complex trauma requires being able to work with all parts of your clients—the parts that clients identify with as “me” and the disowned parts they have despised, disowned or dissociated.

Without giving voice to all parts and resolving the conflicts between them, your treatment efforts can fall short, leaving clients to continue their daily struggle with suicidality, self-harm, addiction and other self-destructive behaviors.

Internal Family Systems (IFS) and Trauma-Informed Stabilization Treatment (TIST) are two of the most effective evidence-based tools available to clinicians today for safely and effectively working with clients’ trauma-related parts.

And this **live 2-day online workshop** is your chance to **train with two of the biggest names in the trauma field** as they share the demonstrations, case studies and tips you need to bring the power of these clinical approaches into your own practice!

Join **Frank Anderson, MD, IFS Institute lead trainer and program consultant** and **Janina Fisher Ph.D.**, international trauma expert and creator of **Trauma-Informed Stabilization Treatment** as they show you how you can use these contrasting yet complementary approaches to:

- Understand complex and unstable clients as systems of fragmented parts
- Overcome roadblocks to working with extreme symptoms of trauma
- Re-interpret self-destructive behavior as the actions of protector parts
- Repair the injuries of traumatized child parts
- Bring curiosity and compassion to habitual states of hopelessness, shame and self-blame
- Heal wounds caused by repeated relational violations.

Don’t miss the opportunity to join not one, but two legendary trauma clinicians and trainers.

Register today and feel more confident than ever before in working with all your trauma clients’ parts!

Target Audience:

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



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Meet Your Speakers



Frank Guastella Anderson, MD, completed his residency and was a clinical instructor in psychiatry at Harvard Medical School. He is both a psychiatrist and psychotherapist and specializes in the treatment of trauma and dissociation. He is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with the IFS model of therapy.

Dr. Anderson is a lead trainer at the IFS Institute with Richard Schwartz and maintains a long affiliation with, and trains for, Bessel van der Kolk’s Trauma Center. He serves as an advisor to the International Association of Trauma Professionals (IATP) and was the former chair and director of the Foundation for Self-Leadership.

Speaker Disclosure:

Financial: Frank Anderson maintains a private practice. He receives a consulting fee from the Center for Self Leadership. Dr. Anderson receives a speaking honorarium from PESI, Inc.

Non-financial: Frank Anderson is the President of the Foundation for Self Leadership.



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.

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.

To view the full bios, visit www.pesi.com/webcast/84212

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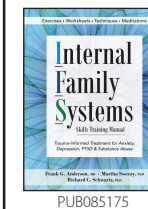
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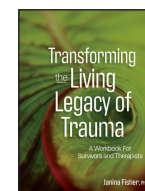
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Recommended Reading:



Internal Family Systems Skills Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse
Frank Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.
~~\$29.99~~ **\$22.99***

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Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists
Janina Fisher, Ph.D.
~~\$29.99~~ **\$22.99***

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