

Outline

**Attachment Theory and Attachment Therapy**  
Recent influences in attachment theory and therapy  
Attachment importance in the development of the healthy individual  
Attachment styles vs. disorganized attachment  
Neuroscience supporting bottom-up therapeutic strategies  
DSM-5®: Classification of trauma and stressor-related disorders

**Neurological Impact of Trauma and Attachment**  
How the research informs treatment  
Trauma is stored/stuck in the right hemisphere  
Chronic activation of the fight/flight/freeze response (Amygdala issues)  
The reason for the stuckness  
Cortisol and its impact on cognitive impairment

**Indicators of Trauma and Attachment Disruption**  
Common diagnostic mistakes  
Characteristics of the children and adults  
View attachment as a continuum

**Assessments for Trauma and Attachment Wounds: Case Studies and Video Sessions**  
Protocol to assess the strength and health of the parental/caregiver system  
Most effective scales, measures and instruments  
Methods to explain the internal working model of the child to the parent/caregiver  
Diagnostic considerations/Differential diagnosis  
Complex Trauma, Complex PTSD, Developmental Trauma, Disorganized Attachment, Reactive Attachment Disorder

**Translate Trauma and Attachment Goals into SMART Objectives**  
Core treatment goals  
Relational factors between client/therapist and child/parent/caregiver  
Dismantling the individual's unhealthy negative internal working model  
Increase the level of affective mastery  
Reduce distancing defenses  
Increase attachment within healthy relationships and for adults with their own children  
Containment of rage, anger and pain so that resolution can occur  
How to operationalize goals into measurable objectives

**The Integrated Attachment and Trauma Timeline Strategy (IATTS): Help Children and Families Unpack Their History**  
A guide to move from assessment to treatment  
Techniques to clarify and construct the client's cohesive narrative  
Methods to "chunk" overwhelming and disorganized historical material  
Integrates with evidence-based treatment modalities  
Eye Movement Desensitization Reprocessing (EMDR)  
Internal Family Systems (IFS)  
Attachment-Focused Family Therapy  
Bibliotherapy  
Expressive Therapies and Somatic Psychotherapy

**Live Webinar Schedule - both days**  
*(Times listed in Eastern)*  
**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.

TECHNIQUES WITH CASE STUDIES: PUTTING IT ALL TOGETHER WITH PRACTICE TIME!

**A Child Who Had No Safety**  
A view of Attachment-Focused Family Therapy  
Healthy vs. disrupted attachment/bonding cycle  
Intersubjectivity and Attunement: What being in sync does/does not look like  
PACE: Playfulness, Acceptance, Curiosity and Empathy  
Co-regulation of affect and co-creation of experiences

**When Traumatized Children are Broken into Many Parts**  
Secure vs. anxious and avoidant attachment styles  
Disorganized attachment: Recognize the signs  
How attachment impacts parent-child dyads  
Integrate IFS into Attachment-Focused Family Therapy  
Parts work through sand tray, art strategies and puppetry

**Full of Rage with No Where to Go**  
Integrate EMDR into Attachment-Focused Family Therapy  
Teach parents and children resource tapping and positive self-talk  
Use tapping as part of imaginal nurturing  
Calming and self-regulating strategies from EFT  
Naming feelings with bilateral drumming

**Parts that Children Wall Off**  
Terrified of being terrified  
The freeze of the fight-flight-freeze trauma response  
Help children understand their own thoughts, feelings, behaviors and experiences

**The Rage that Comes from Physical Abuse**  
When children reenact the trauma of abuse  
See the positive intention in all parts  
Teach compassion, curiosity, calmness and connectedness through expressive therapies

**When Parents and Children Both Have Activated Parts**  
Activation Parts Map: Z-Process  
Naming and witnessing the activated parts  
Helping the parts understand each other

**Protecting Sibling and Self in Foster Care**  
Protector parts activity/worksheet  
Teach children to use their inner imagination to work with their part  
Transform terror into trust

**Repair the Fracture with Adoptive Parents**  
Clarify the trauma and negative internal working model  
Parts mapping: Teach parts concepts to children and parents  
Integrate Bibliotherapy into IFS  
Assist parents how to engage in self-led parenting

**Other Trauma-Specific Evidence-based Treatment Modalities**  
*What they are used for and why clients seem to respond well*  
Sensorimotor psychotherapy  
Mindfulness-based approaches including breath work and imagery  
Biofeedback and EEG Biofeedback  
Limitations of the related research and risks of each approach

Learning Objectives can be viewed at [pesikids.com/webcast/84393](https://pesikids.com/webcast/84393)

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**Live Interactive Webinar**  
**Monday & Tuesday, February 8 & 9, 2021**  
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# Trauma and Attachment Treatment for Children and Adolescents

Becoming a **Certified Child and Adolescent Trauma Professional** will demonstrate your passion for and knowledge of treating traumatized children and adolescents.

This 2-Day Certification Course in Trauma and Attachment Treatment for Children and Adolescents will provide you with the essential skills, proven interventions, and state-of-the-art treatments you need to successfully treat your most challenging clients—children, adolescents and families suffering from trauma and attachment wounds.

Children’s neurology is impacted at the deepest levels of development resulting in emotional, behavioral and psychological problems. When the foundational blocks of attachment are fractured, you face therapeutic roadblocks—**innate distrust of others, acting out, avoidance/ shutting down, extreme reactivity, self-harm, affect dysregulation, substance abuse, poor boundaries**—making successful treatment seem impossible to achieve.

Attend this intensive **2-day certification training** and learn the most effective tools and techniques to **help children and families more fully engage in treatment, identify and express their emotions, manage disturbing thoughts and feelings, and achieve and maintain recovery.**

**Elevate your practice and improve your ability to:**

- Skillfully integrate proven interventions rooted in EMDR, IFS, and Somatic Psychotherapy
- Unpack children’s history and create a cohesive trauma narrative
- Use children’s trauma narrative to process attachment disruptions and trauma responses
- Map children’s problematic behavior and the parent’s responses to the behavior
- Help children identify trauma triggers and develop appropriate, healthy regulation skills
- Help children overcome fears about connecting in relationships
- Repair self-destructive patterns, negative limiting beliefs and affect dysregulation
- Empower families to improve boundaries, discipline and communication
- Teach families/caregivers concrete, practical ways to repair attachment wounds

Best of all, you can become a **Certified Child and Adolescent Trauma Professional (CATP)\*** upon completion of this course—at **no additional cost to you**—adding valuable skills and credentials to your resume.

Sign up today and show your clients and their families with trauma and attachment wounds, that you’ve taken the time and effort to effectively help them heal!

*\* See the Certification Made Simple! section for details.*

**Target Audience:**

Social Workers • Counselors • Psychologists • Marriage and Family Therapists  
Certified Case Managers • Occupational Therapists • Other Helping Professionals Who Work with Children



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# CERTIFICATION MADE SIMPLE!



- **No hidden fees – PESI pays for your application fee (a \$99 value)\*!**
- **Simply complete the live webcast, digital seminar or DVD training and follow the instructions provided to apply for the Certified Child & Adolescent Trauma Professional (CATP) designation with Evergreen Certifications at no cost to you!\***

*Attendees will receive documentation of CATP certification from Evergreen Certifications within 2 weeks of application. \*Professional standards apply. Visit [www.evergreencertifications.com/CATP](http://www.evergreencertifications.com/CATP) for professional requirements.*

# Meet Your Speaker

**Lois Ehrmann, PhD, LPC, NCC, CTTS,** is a trauma-informed and sensitive clinician who works with individuals and families who suffer from trauma, abuse and attachment issues. She is the founder of The Individual and Family CHOICES Program, a holistic trauma-informed counseling center in State College, PA, that has been providing cutting-edge trauma-informed therapy for over 10 years. Prior to that she co-owned a dual diagnosis outpatient counseling program called Counseling Alternatives Group for over 18 years. She is a Licensed Professional Counselor in both Pennsylvania and New Jersey and has been in clinical practice for over 30 years, specializing in trauma and attachment for over 22 years.

Speaker Disclosure:

Financial: Lois Ehrmann is founder and executive director of The Individual and Family CHOICES Program. She receives a speaking honorarium from PESI, Inc.

Non-financial: Lois Ehrmann has no relevant non-financial relationship to disclose.


To view the full bio, visit [www.pesikids.com/webcast/84393](http://www.pesikids.com/webcast/84393)


# CE CREDITS AVAILABLE FOR LIVE WEBINAR


This continuing education activity is designed to meet state board requirements for the following professionals: **Counselor, Marriage and Family Therapists, Occupational Therapists, Physicians, Psychologists, Social Workers.**

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Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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This activity is pending approval from the National Association of Social Workers.

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**\$439.99** tuition

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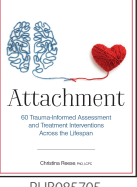
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**\$439.99** RNV054660EVG

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# Recommended Reading:



**Attachment**  
*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*

By Christina May Reese, LCPC, PHD

~~\$24.99~~ **\$19.99\***

PUB085705



**Trauma Treatment Toolbox for Teens:** 144 Trauma-Informed Worksheets and Exercises to Promote Resilience, Growth & Healing

By Kristina Hallett, PHD, ABPP & Jill Donelan, PSYD

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