

Outline

Part I: Assessment

Symptoms of trauma
Symptoms of attachment disorder
Traumatized brain and biochemistry
Core beliefs and expectations
4 attachment styles
Life script: Psychosocial history and relationship patterns

Part II: Treatment Interventions

Structure of the Healing Process

30-hour Intensive Outpatient
Psychotherapy model
3-step treatment process: revisit, revise, revitalize
Integrative approach: mind-body-spirit

Experiential and Skill-Based Interventions

Shown through Video Demos

Facilitate emotional and neurobiological connections
Foster trust and secure attachments
Heal interpersonal trauma to self-acceptance
Confront traumatic events: move from victim to survivor
Change negative beliefs and narratives
Resolve anger, fear, shame and loss
Exposure Therapy to alleviate trauma and PTSD symptoms
Forgiveness to let go and move on

Posttraumatic Growth: Recovery and Resilience

Positive psychology
Instill optimism and hope
Gratitude and positive emotions
A sense of meaning and purpose
Use signature strengths
Enhance relationships and social support
Self-esteem and self-efficacy
Volunteering and giving

Improving Relationships

Strengthen the hardwired need for a safe emotional bond
The language of attachment
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend
Attachment Communication Training:
Constructive communication, problem-solving and conflict-management skills
Limbic resonance and fulfillment of attachment needs

Therapeutic Goals

Develop positive core beliefs
Resolve loss and grief
Promote safe and secure attachments
Alleviate anxiety, depression, shame, and "victim mindset"
Reduce biochemistry of trauma
Stress management skills
Constructive parenting skills
Supportive and fulfilling family relationships
Mitigate defensiveness, enhance motivation and cooperation

"Your therapy is like a symphony – all parts resonating together."

– School Psychologist of 18 years

Live Webinar Schedule (Times listed in Eastern)

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.

Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorders as it relates to clinical treatment.
2. Develop an assessment plan to effectively identify your client's history for trauma and attachment wounds.
3. Practice techniques to improve your client's emotional regulation skills, reframe core beliefs and improve interpersonal skills.
4. Utilize communication based methods for conflict management and to promote secure attachment for your clients.
5. Develop strategies to help your clients achieve posttraumatic growth including the creation of positive personal and relationship goals.
6. Demonstrate to your clients, in-session, how to achieve secure and fulfilling relationships by facilitating attachment security.

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Trauma & Attachment

Effective Treatment Strategies for
Helping Challenging Clients

LIVE Interactive Webinar

Friday, March 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Trauma & Attachment

Effective Treatment Strategies for
Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,

Terry Levy, Ph.D., D.A.P.A.

- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients' lives transformed through video demonstrations!
- Walk away with strategies to use immediately with your traumatized clients!

Live Interactive Webinar

Friday, March 5, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

Trauma & Attachment

Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Terry M. Levy, Ph.D., in this cutting-edge seminar as he teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

Clinical videos will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through video case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.

Meet Your Speaker

TERRY M. LEVY, Ph.D., D.A.P.A., has been a psychotherapist, trainer, supervisor and consultant for over 40 years. Dr. Levy is the director of the Evergreen Psychotherapy Center and the Attachment Treatment and Training Institute in Evergreen, Colorado. He is a licensed clinical psychologist in Colorado and Florida, a Board Certified Forensic Examiner and a Diplomate and Master Therapist of the American Psychotherapy Association. He is co-author of the best-seller *Attachment, Trauma & Healing* (2nd edition, 2014, Jessica Kingsley Publisher, London), editor of *Handbook of Attachment Interventions* (2000, Elsevier Press) and co-author of *Healing Parents: Helping Wounded Children Learn to Trust and Love* (2006, Child Welfare League of America).

Dr. Levy was the founder and previous director of the Family Life Center (Florida) and the Miami Psychotherapy Institute, which offered family systems treatment and training. He was co-founder and past-president of the board of directors of the Association for Treatment and Training in the Attachment of Children (ATTACH), an international organization dedicated to attachment and its critical importance to human development.

Speaker Disclosure:
Non-financial: Terry Levy is a member of the American Psychological Association; American Association of Marriage and Family Therapy; American Family Therapy Association; and Colorado and Florida Psychological Associations. He does not receive compensation.
Financial: Terry Levy is in private practice. He receives a speaking honorarium from PESI, Inc.

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\$219.99 tuition

9am Eastern time

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



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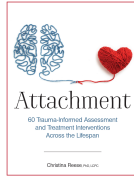
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Recommended Reading:

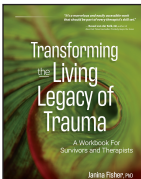


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Attachment
60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

Christina May Reese, LCPC, PHD

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Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists

Janina Fisher, Ph.D.

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Eau Claire, WI 54702-1000

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QUESTIONS

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Taxes and shipping apply where applicable, see website for details

