

OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma
Fight, flight, freeze, fawn survival responses
Clinical implications of the freeze response
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations
Bottom-up techniques to reconnect and feel safe in the body
Self-soothing techniques
Grounding strategies
Breathwork
Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:

Address Physical Symptoms of Trauma

Relevance of Polyvagal theory and early trauma
Assess for readiness to apply somatic tools
Teach body awareness
Manage unease with “Felt sense” exercises
Resourcing strategies to create a safe space

CBT Coping Skills:

Manage Emotions

Identify inaccurate trauma-related cognitions
Exposure, titration and pendulation to slow emotions
Cognitive reframing and reappraisal interventions
Memory reconstruction techniques

EMDR-Based Techniques:

Resolve Traumatic Memories

Adaptive Information Processing Theory
EMDR vs EFT vs neuromodulation
Resourcing strategies
Combine memory reprocessing with cognitive restructuring
Using “restricted processing” with complex trauma

Narrative Therapy Exercises:

Rewrite Traumatic Experiences

Interventions to help clients talk about hotspots
Reclaim identity with the “Tree of life” exercise
Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks

Roadblocks

How to handle the angry client
Strategies for the resistant trauma client
Boundary concerns
Dealing with crises, suicidality, substance use

Reintegration and Post-Traumatic Growth

Better than normal - the neuroscience of post-traumatic growth
The therapeutic alliance as a brain-based approach
The power of forgiveness in moving forward
Meaning making exercises

Research, Limitations and Potential Risks

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

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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EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

LIVE Interactive Webinar
Monday & Tuesday, December 13 & 14, 2021

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Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Trauma Professional (CCTP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of trauma counselling. Professional standards apply. Visit www.evergreencertifications.com/CCTP for details.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!

Target Audience:

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



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- No hidden fees – PESI pays for your application fee (a \$99 value)*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Trauma Professional through Evergreen Certifications is complete.*

Attendees will receive documentation of CCTP designation from Evergreen Certifications 4 to 6 weeks following the program.

*Professional standards apply. Visit www.evergreencertifications.com/CCTP for professional requirements.

SPEAKER

MEGAN HOWARD, LCSW, CSUD, EMDR CIT., has spent her career studying, researching, and treating trauma related disorders and has a special interest in treating gender issues, specifically men's trauma and the impact and relativity to ongoing substance abuse. Megan has quickly built one of the largest specialty clinics in the state of Idaho. She continues to own and operate this intensive outpatient treatment facility that has remained one of the largest substance abuse and specialized trauma clinics in their state region. Megan works as a consultant in the development of substance abuse facilities in Idaho and the surrounding areas. In addition to her consulting work, she maintains an active schedule of international lectures. She is a member of EMDRIA and the International Society of Addiction Medicine, and received training from the late John Southworth, Ken Seeley, and other leaders in the field.

Speaker Disclosures:

Financial: Megan Howard is the owner of Addiction and Trauma Recovery Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Megan Howard has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit www.pesi.com/webcast/86187

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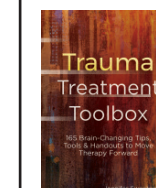
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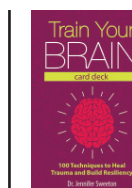
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Recommended Reading:



Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, Psy.D., M.S., M.A.
~~\$34.99~~ **\$24.99***

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Train Your Brain Card Deck
100 Techniques to Heal Trauma and Build Resiliency
Jennifer Sweeton, Psy.D., M.S., M.A.
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