

# 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 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.

# 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.

## FREE Video

Dr. Bessel van der Kolk on  
How the  
Body Keeps  
the Score



Get yours today at  
[pesi.com/1345video](https://pesi.com/1345video)

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
EAU CLAIRE, WI  
PERMIT NO. 32729

## Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



[www.pesi.com/inhouse](https://www.pesi.com/inhouse)

PESI, Inc.  
P.O. Box 1000  
Eau Claire, WI 54702-1000

# Trauma & Attachment

Effective Treatment Strategies for  
Helping Challenging Clients

**LIVE Interactive Webinar**  
**Friday, January 14, 2022**

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



**REGISTER NOW:**  
[pesi.com/webcast/86397](https://pesi.com/webcast/86397)



A Non-Profit Organization Connecting Knowledge with Need Since 1979

**REGISTER NOW:**  
[pesi.com/webcast/86397](https://pesi.com/webcast/86397)

Join us online, for this live training!

# 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, January 14, 2022**

**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.

“I love how you combined many theories and methods into a successful therapeutic program.”  
– *Marriage and Family Therapist of 20 years*

Target Audience:

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

 **Risk Free Purchase!** PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at [www.pesi.com/info](http://www.pesi.com/info) or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at [www.pesi.com/info](http://www.pesi.com/info)!

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info).

**Have a seminar idea? A manuscript to publish?** The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Anna Rustick** at [arustick@pesi.com](mailto:arustick@pesi.com) or call **715-855-8195**.

## 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.


## 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, Nurses, Physicians, Psychologists, Social Workers**

For specific credit approvals and details, visit [www.pesi.com/webcast/86397](http://www.pesi.com/webcast/86397)


**National CE Credit Approvals For Live Webinar**  
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.

 This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

 PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

 PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours.

For all credit approvals and details, visit: [www.pesi.com/webcast/86397](http://www.pesi.com/webcast/86397)

 PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Earn up to **6.25 CE** Hours for one low price!

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

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession’s standards.  
PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.

# SIGN UP-TODAY!

## Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: [pesi.com/webcast/86397](http://pesi.com/webcast/86397)

## Live Interactive Webinar (Option 1)

January 14, 2022 PWZ86396  
**\$219.99** tuition  
8am Pacific time  
**Live Webinar Experience:**

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

**FREE BONUS:** Replay on-demand access for 90-days after webinar  
\*Live CE is only available when viewed live

**Get a Group Discount!** Contact us at [pesi.com/info](http://pesi.com/info) to save for groups of 5 or more

## On-Demand Digital Seminar (Option 2)

**\$219.99** POS045590  
**Digital Seminar Experience:**

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

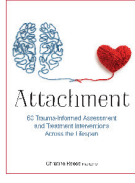
CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

## DVD (Option 3)

**\$219.99** RNV045590  
**DVD Experience:**

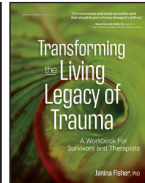
- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability and pricing



**Attachment**  
*60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan*  
Christina May Reese, LCPC, PHD  
~~\$24.99~~ **\$19.99\***

PUB085705



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

PUB086530

\* Discount Included with purchase of the Webinar

**OTHER WAYS TO REGISTER**  
**Phone: 800-726-3888**  
Fax: 800-554-9775  
Mail: PESI, Inc.  
PO Box 1000  
Eau Claire, WI 54702-1000  
\*If mailing/faxing registration, find form at [www.pesi.com/form](http://www.pesi.com/form) or call 800-726-3888

**ADA NEEDS**  
We would be happy to accommodate your ADA needs; Please notify us at time of registration.  
**QUESTIONS**  
Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](http://pesi.com/info)  
**TAXES AND SHIPPING**  
Taxes and shipping apply where applicable, see website for details

