

OUTLINE

How Trauma is Created and Maintained in Families

Neurological substrates and sources of trauma
Trauma as a disruption of trust
Personal innate resiliency
Impacts on family culture
Responses of the people around the person experiencing the trauma
Maintenance of trauma effects
(re-traumatization, dismissive of actual trauma, ignorance)

A Systemic Approach in Trauma Treatment: How Treating Families Instead of Individuals Improves Outcomes

Families as the source of healing for trauma
Create secure connections and increase resiliency
Build trust as it relates to anxiety, fear, threat
Bowenian Family Therapy, Emotionally Focused Family Therapy and other systemic models
Research, risks and treatment limitations

Stabilize Families for Treatment with Safety Planning:

A Clinician's Guide to Establishing Physical and Emotional Safety

Risk Assessments
Systemic Safety Planning
How to customize the safety plan
Managing physiological responses
Integrating with treatment

Early Session Strategies to Enhance Family Engagement

When it's a bad idea to include the whole family
Assessing for DV and other risks
Use family sculpting to reveal family dynamics
Working individually in order to work systemically
Games and activities to:
Assess a child's self-esteem and world view
Increase open communication
Identify themes to be explored in future sessions

Family System Self-Regulation:

Coping Skills to Modulate Emotions and Trauma Responses

Implementation
How to notice warning signs early
Using coping skills for calm
Identifying primary emotions

The Key to Making and Maintaining Progress: Teach Caregivers to Depersonalize and Better Respond to Trauma Driven Behaviors

Identifying reactions
Scripts
Case studies
Role-plays to ensure proper implementation

Solutions for Defenses, Deflections and Frustrations:

Effective Strategies and Interventions to Overcome Resistance and Help Families Grow

Preparing families for resistance to growth
Tips for reframing the problem as the solution
Effective ways to deal with deflection and defenses
The difference between deflection, projection, and transference
Ego defense mechanisms or personality disorder?
FAIR intervention to mitigate frustration
Three phases of family growth (Protect, Prepare, Participate)

The Trust and Connection Toolkit:

How to Improve Communication, Set Healthy Boundaries and Rebuild Trust

Practical tips for educating families on boundaries
The House Metaphor for understanding boundaries
Reinforcing boundaries after setting them
Boundaries vs rules – the benefits of agreements vs. control
Rebuilding trust – what works and what doesn't
Trust Equation – an online assessment

Shame, Guilt and Judgement in Family Trauma Treatment:

Exercises to Facilitate Forgiveness, Build Empathy and Move Families Forward

Addressing shame in family systems
Overcome the impact of survivors' guilt on families
How family members can stop "shoulding" themselves
The Forgiveness Triangle (Empathy, Grief, Meaning)
Exercises to facilitate the forgiveness of self

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.

Learning Objectives
can be viewed at
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2-DAY

FAMILY TRAUMA TREATMENT CERTIFICATION TRAINING

Clinical Interventions That Move Children, Teens and their Families Toward Hope and Change

LIVE Interactive Webinar
Thursday & Friday, January 20 & 21, 2022

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



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2-DAY

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Clinical Interventions That Move Children, Teens and their Families Toward Hope and Change

- Accessible tools and interventions that empower families to heal together
- Rebuild trust and end dysfunctional family patterns
- Scripts, case-studies and role plays
- Great for therapists in private practice or public mental health



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Thursday & Friday, January 20 & 21, 2022

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2-DAY FAMILY TRAUMA TREATMENT CERTIFICATION TRAINING

Clinical Interventions That Move Children, Teens and their Families Toward Hope and Change

When children and adolescents are exposed to trauma it affects everyone in the family.

And without addressing the entire family system in treatment, the progress you make in sessions can quickly evaporate when kids and teens leave your office and return to the dysfunctional and negative patterns of their home life.

Now with this new comprehensive 2-day certification training you can go beyond individual therapy and get an accessible roadmap for integrating the entire family into trauma treatment for results that last.

Full of ready to use tools, specific clinical interventions and expert practice tips, you'll finish this training feeling ready and capable to empower families to work together and heal!

When you register you'll get everything you need to:

- Skillfully get parents and caregivers on board with being part of treatment
- Establish the physical and emotional safety necessary for effective therapy
- Make and maintain progress by teaching caregivers to respond to trauma driven behaviors
- Overcome the defenses, deflections and frustrations that can keep families from healing growth
- Help families improve communication, set healthy boundaries and rebuild trust
- And much more!

Best of all, you can add a valuable certification to your resume and become a Certified Family Trauma Professional (CFTP) through Evergreen Certifications upon completion of this training at no additional cost to you!

Don't miss this chance to bring greater healing and lasting positive change to your young clients without the frustrations of lost progress when they head home.

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Target Audience:

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Other Professionals Who Work within the Mental Health Fields

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CERTIFICATION MADE SIMPLE!

EVERGREEN CERTIFICATIONS

- No hidden fees – PESI pays for your application fee (a \$149 value)*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Family Trauma Professional through Evergreen Certifications is complete.*

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

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

SPEAKER

Nathan D. Croy, LCMFT, CFTP, is a clinically licensed marriage and family therapist with extensive experience working with families, teenagers and children impacted by trauma, depression, anxiety, addiction and abuse.

Nathan has been designated a Clinical Fellow by the American Association for Marriage and Family Therapy (AAMFT) and is a Certified Family Trauma Professional (CFTP) through Evergreen Certifications. He is also trained in Trauma Systems Therapy, Parent Management Training and EMDR.

In addition to private practice, Nathan has extensive experience working in outpatient and inpatient settings including in foster care systems, a psychiatric hospital and as a therapist at The University of Kansas Hospital. He earned his masters in marriage and family therapy from Bethel Seminary.

Speaker Disclosures:

Financial: Nathan Croy maintains a private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Nathan Croy is a Clinical Fellow by the American Association for Marriage and Family Therapy.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

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

For specific credit approvals and details, visit pesi.com/webcast/86459

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar 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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- Self-study CE certificate available

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Recommended Reading:

The Family Therapy Workbook
96 Guided Interventions to Help Families Connect, Cope, and Heal
Kathleen Mates-Youngman, MFT, RYT200
~~\$29.99~~ **\$22.99***
PUB086425

We All Have Parts
An Illustrated Guide To Healing Trauma With Internal Family Systems
Colleen West, a licensed family therapist
~~\$19.99~~ **\$14.99***
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* Discount Included with purchase of the Webinar

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Phone: 800-726-3888

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
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*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

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We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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Taxes and shipping apply where applicable, see website for details

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