

Outline

Understanding Complex Trauma:
The Neurobiology of PTSD

Nuances of stress, trauma, and complex PTSD
The impact of dissociation
Interpersonal neurobiology, somatic psychology, and social engagement
The polyvagal theory
Skill: Spacious, Relational Awareness
Skill: Explore Co-Regulation

How to Assess for a Complex
Diagnosis:

History Taking and Case Conceptualization
Identify chronic, repeated, developmental and sociocultural trauma
Overcoming betrayal trauma to resolve insecure attachment
Assess for dissociation (“fragmentation”)
How parts, ego states and defenses create walls to change
Compassionate strategies for “Resistant” clients
Move from shame to empowerment
Skill: Understand emotional dysregulation as a “part”
Skill: Connect to the adult self
Skill: Differentiating from a part

“Dr. Schwartz is phenomenal!” - Kelley P.
“Dr. Schwartz is brilliant!” - Sally C.

Moving Clients Forward:
Modified EMDR and Parts Work for Complex PTSD

The 8-phases of EMDR therapy
Neural networks and “encapsulated” ego states
Bilateral stimulation and dual attention in EMDR therapy
Modified EMDR therapy protocols
Preparation for trauma reprocessing
Cultivate mindfulness, acceptance, and self-compassion
Skill: Choice and containment
Skill: Build allies for a part of self
Skill: Facilitate repair scenarios
Skill: Reprocess a traumatic memory
Skill: Positive state installation

The 6 Pillars of Resilience
For Post-Traumatic Growth and Healing
Trauma recovery and the bell curve
Resilience as a process and an outcome
Move from learned helplessness to learned optimism
Skill: Create your resilience recipe

Live Webinar Schedule
(Times listed in Central)
8:30 Program begins
12:20-1:00 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. Analyze the neurobiology of complex PTSD and dissociation through the lens of polyvagal theory.
2. Apply interpersonal neurobiology through co-regulation strategies that strengthen our client’s social engagement system.
3. Assess for emotional and physiological dysregulation as “parts” of self.
4. Integrate practical parts work therapy interventions to improve treatment outcomes for “resistant” clients.
5. Utilize techniques to help clients to work with shame and develop self-compassion for their most wounded parts.
6. Conduct modified EMDR therapy protocols that will allow you to create a safe healing environment for clients with a history of complex traumatization.

**You are not required to have previous EMDR training to attend this course. You will benefit and take home valuable skills. If you are trained in EMDR, you will learn how to integrate EMDR with parts work to help your clients.*

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Catherine Pittman, Ph.D., MPP

A practical tool for helping clients examine their anxiety.

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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness and Facilitate Trauma Processing

LIVE Interactive Webinar
Thursday, March 17, 2022
BONUS! – Registration includes FREE on-demand access for 3 months.



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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness and Facilitate Trauma Processing



Featuring
Arielle Schwartz, PhD, CCTP-II
Complex Trauma Author and Expert

- Tools for managing dissociation and fragmentation in trauma clients
- Reduce defensiveness and sabotaging behaviors for greater progress in sessions
- More successfully access deeply rooted pain points with clients

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EMDR & Parts Work for Treating Complex Trauma

Somatic Techniques to Decrease Defensiveness and Facilitate Trauma Processing

For years I got stuck with my complex trauma clients.

The traditional standalone approaches everyone recommended seemed to fail me as my clients’ unresolved conflicts kept sabotaging our efforts toward healing. Session after session I was met with defensiveness and resistance. It was exhausting...and soon doubt and frustration started to creep in.

But one day the solution became clear -- complex trauma requires complex treatment -- not a standalone therapy.

Now in this one-day webinar I’ll show you how you can more successfully access deeply rooted pain points and move clients past the internal conflicts that hang them up in treatment by integrating elements of EMDR with skills from a parts work approach!

Join me for this unique, advanced level trauma treatment course, so you can:

- More safely gather your client’s trauma history
- Manage dissociation and fragmentation in clients using skills from parts work therapy
- Create a safe healing environment using modified EMDR therapy protocols
- Confidently use relational skills and somatic therapy for improved complex trauma treatment

Making the change to an integrated EMDR and parts work approach turned my treatment completely around. Since that day I’ve found tremendous success with my clients, authored several books on complex trauma and trained thousands of clinicians.

Don’t miss this chance to take your complex trauma treatment to the next level!

Register today!

-Arielle Schwartz, PhD, CCTP-II

Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Therapists
Addiction Counselors • Nurses • Marriage and Family Therapists • Physicians



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Meet Your Speaker

Arielle Schwartz, PhD, CCTP-II, is a clinical psychologist, internationally sought-out teacher, therapeutic yoga instructor, and leading voice in the healing of PTSD and complex trauma. She is the author of five books based upon her integrative, mind-body approach to trauma recovery: *The Complex PTSD Workbook*; *The Post Traumatic Growth Guidebook*; *A Practical Guide to Complex PTSD*; *EMDR Therapy and Somatic Psychology*; and *The Complex PTSD Treatment Manual*. Her unique blend of spirituality and science can be found in her writings, guided trauma recovery programs, and applied polyvagal theory in yoga for trauma recovery.

Dr. Schwartz is an accomplished teacher who guides therapists in the application of EMDR, somatic psychology, parts work therapy, and mindfulness-based interventions for the treatment of trauma and complex trauma. She has a depth of understanding, passion, kindness, compassion, joy, and a succinct way of speaking about very complex topics.

She is a longtime meditation and yoga practitioner with a passion for the outdoors; all of which she incorporates into her work as founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. Dr. Schwartz believes that that the journey of trauma recovery is an awakening of the spiritual heart. Discover more at drielleschwartz.com.

Speaker Disclosure:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties.

Dr. Schwartz receives a speaking honorarium from PESI, Inc.

Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).

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 pesi.com/webcast/86697

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.



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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.



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.

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

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March 17, 2022 [PWZ86696]

\$219.99 tuition

8:30am Central time

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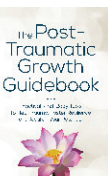
Recommended Reading:



PUB086775

The Complex PTSD Treatment Manual
An Integrative, Mind-Body Approach to Trauma Recovery

Arielle Schwartz, PhD - seminar speaker!
~~\$29.99~~ **\$19.99***



PUB086280

The Post-Traumatic Growth Guidebook
Practical Mind-Body Tools to Heal Trauma, Foster Resilience and Awaken Your Potential

Arielle Schwartz, PhD - seminar speaker!
~~\$24.99~~ **\$19.99***

** Discount Included with purchase of the Webinar*

OTHER WAYS TO REGISTER

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Mail: PESI, Inc.
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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

