

# 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**  
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 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.

**FREE WORKSHEETS!**

**Identifying Anxiety-Igniting Thoughts**

Get yours today at [pesi.com/ccatpworksheets](http://pesi.com/ccatpworksheets)

**Group Training Solutions Made Easy!**

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

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

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

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

2-DAY INTENSIVE  
**TRAUMA TREATMENT CERTIFICATION WORKSHOP**

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

**LIVE Interactive Webinar**  
Tuesday & Wednesday, April 19 & 20, 2022

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


**REGISTER NOW:**  
[pesi.com/webcast/86705](http://pesi.com/webcast/86705)

**Live Online Certification Training**

2-DAY INTENSIVE  
**TRAUMA TREATMENT CERTIFICATION WORKSHOP**

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

- Interventions from today’s most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario



**Limited Time Offer**  
Your Certification Application Fee (\$99 value!) Included - On PESI! See details inside

**LIVE Interactive Webinar**  
Tuesday & Wednesday, April 19 & 20, 2022

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

**REGISTER NOW:**  
[pesi.com/webcast/86705](http://pesi.com/webcast/86705)

Learning Objectives can be viewed at [pesi.com/webcast/86705](http://pesi.com/webcast/86705)

  
A Non-Profit Organization  
CONNECTING KNOWLEDGE WITH NEED  
SINCE 1979

## 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

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

**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](http://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

**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 [pesi.com/info](http://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**.

**CERTIFICATION MADE SIMPLE!**

**EVERGREEN**  
CERTIFICATIONS

- 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](http://www.evergreencertifications.com/CCTP) for professional requirements.*


**SPEAKER**  
**Megan McQuary, 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) McQuary is the owner of Addiction and Trauma Recovery Services. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Megan (Howard) McQuary 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, Chaplains/ Clergy, Counselors, Marriage and Family Therapists, Physicians, Psychologists, and Social Workers.**

For specific credit approvals and details, visit [pesi.com/webcast/86705](http://pesi.com/webcast/86705)


**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.



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 12.5 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 12.5 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](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.



**For all credit approvals and details, visit: [www.pesi.com/webcast/86705](http://www.pesi.com/webcast/86705)**

## SIGN UP-TODAY!

### Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

**Register Online at: [pesi.com/webcast/86705](http://pesi.com/webcast/86705)**

**Live Interactive Webinar (Option 1)**  
**April 19 & 20, 2022** PWZ86704  
**\$439.99** tuition  
9am Eastern 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)**  
**\$439.99** POS058445  
**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

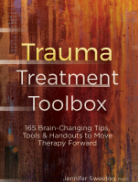
CE hours and approvals may vary from live event. Visit [www.pesi.com](http://www.pesi.com) or call 800-726-3888 to check for availability.

**DVD (Option 3)**  
**\$439.99** RNV058445  
**DVD Experience:**

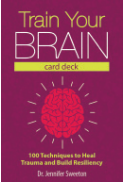
- Self-study CE certificate available

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

**Recommended Reading:**



**Trauma Treatment Toolbox**  
*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*  
Jennifer Sweeton, Psy.D., M.S., M.A.  
~~\$36.99~~ **\$26.99\***  
PUB085910



**Train Your Brain Card Deck**  
*100 Techniques to Heal Trauma and Build Resiliency*  
Jennifer Sweeton, Psy.D., M.S., M.A.  
~~\$19.99~~ **\$14.99\***  
PUB086765

**\* 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

