

Outline

Superhero Therapy (ST) for Trauma Survivors

Concepts of ST and origin story  
Integrate with CBT, ACT, DBT, EMDR, narrative therapy  
Research related to ST and Parasocial Relationships (PSRs)  
Books, movies, TV shows, and video games as coping tools  
Builds trust and rapport with the client quickly  
Help clients feel more understood and supported  
Limitation of research and potential risks

Use ST Without Prior Popular Culture Experience

Ways to inquire about the client's experiences with popular culture  
Client's pop culture expertise as a strength  
Ways to empower client as the pop culture expert in the room  
Incorporate the client's fandom into treatment

Create a Comprehensive Treatment Plan Using ST

Synthesize the client's origin story, presenting problems, maladaptive/adaptive coping tools, and strengths  
Treatment plan as a guide for intervention

Research Related to Game-Based Interventions

Misconceptions about video games  
Psychological benefits of video games  
Discuss video games in session without being a gamer  
Integrate video games into therapy and gamify homework practices

Objectives

1. Integrate pop culture examples into evidenced-based therapies, such as CBT, ACT, DBT, EMDR, and narrative therapy.
2. Develop a treatment plan utilizing the client's origin story.
3. Utilize game-based approaches to improve client engagement with between-session activities.
4. Employ creative exercises of fanfiction and cosplay creation to decrease anxiety and trauma symptoms.
5. Conduct the superhero mentor exercise to increase clients' distress tolerance and emotional resilience.
6. Develop a superhero narrative that strengthens clients' motivation for change and willingness to engage in exposure therapy.

Fanfiction Writing and Cosplay to Foster Growth and Healing

Benefits of creativity and self-expression  
Foster creativity and self-expression

Narrative Exposure Therapy and Using the Superhero Narrative to Treat PTSD

Reduce therapy attrition by incorporating exposures into narrative therapy  
Increase distress tolerance and emotional resilience skills via the superhero mentor exercise  
Help clients to change their trauma narrative from victim to survivor

Help Clients Find a Sense of Purpose and Develop Post-traumatic Growth

Becoming their own version of a superhero in real life  
Strengthen motivation for change and willingness to engage in exposures  
Other therapy skills as a form of courageous steps on their superhero journey


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.

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# Superhero Therapy for Trauma and PTSD

Integrating Pop Culture to Quickly Build Client Trust, Motivation, & Engagement in Therapy

**LIVE Interactive Webinar**  
**Monday, September 19, 2022**  
**BONUS!** – Registration includes FREE on-demand access for 3 months.

Join us online for this live training!

# Superhero Therapy for Trauma and PTSD

Integrating Pop Culture to Quickly Build Client Trust, Motivation, & Engagement in Therapy



**Featuring Janina Scarlet, PhD**  
PTSD/Trauma Expert, Co-founder of Superhero Therapy (ST), Author, and TEDx Speaker

- No prior knowledge of popular culture is necessary. Capes are optional!
- Integrate ST with CBT, ACT, DBT, EMDR, and Narrative Therapy
- Techniques to increase distress tolerance and emotional resilience skills
- Interventions to help clients engage in exposures and develop post-traumatic growth

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**Monday, September 19, 2022**  
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# Superhero Therapy for Trauma and PTSD

Earning the trust of trauma survivors is a core task of therapy. Finding ways to open dialogue with teen and adult clients who are not ready to talk about their trauma related symptoms is challenging.

Superhero Therapy (ST) is easy to learn and grounded in science. It'll help your clients open up about their trauma by empathizing with the pain and suffering of their superhero's origin story, and by tapping into the strength, compassion, and resilience of that superhero's journey.

And you don't need to be a fan of superheroes to use their stories to help your clients.

Join **Janina Scarlet, PhD, PTSD and trauma expert**, co-founder of Superhero Therapy, author, and TEDx speaker as she teaches you how to use ST to help promote **client healing** and **empowerment** while **building trust, rapport, motivation, buy-in** and **engagement** in therapy. You'll be able to:

- Assess client's pop culture passions as early as the first session
- Integrate ST with trauma treatments you already use, such as CBT, ACT, DBT, EMDR, and narrative therapy
- Understand client's traumatic experiences through the lens of their favorite character
- Help clients take control of their destiny instead of being controlled by their past
- Find the vocabulary and the skills to process traumatic experiences
- Help clients use metaphors and examples to convey what they are going through
- Meet your client's needs even if you are not familiar with their pop culture references
- Foster post-traumatic growth in clients to engage in treatment-related practices

Inspired by fictional characters your clients will find **strength to prevail, ways of coping with adversity**, and **meaning in loss and trauma**. Register today!

## Target Audience:

Counselors • Social Workers • Psychiatrists • Psychologists • Psychotherapists

Addiction Counselors • Marriage and Family Therapists • Therapists

Physicians • Chaplains/Clergy • Case Managers

Other Professionals Who Work with Teen and Adult Clients within the Mental Health Fields



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## Your Expert Speaker



**Janina Scarlet, PhD**, is a licensed clinical psychologist, PTSD/trauma expert, co-founder of Superhero Therapy (ST), author, TEDx speaker, and a full-time geek. She works with active-duty service members, as well as veterans and non-veteran civilians with PTSD and trauma.

A Ukrainian-born refugee, she survived Chernobyl radiation and persecution. Dr. Scarlet immigrated to the United States at the age of 12 with her family and later, inspired by the X-Men, developed ST to help people with anxiety, depression, and PTSD. ST is a tool that helps clinicians incorporate clients' passions about popular culture into evidence-based therapies, such as CBT, ACT, DBT, CPT EMDR, and narrative therapy to help build rapport with clients, increase adherence to treatment, and to help clients determine their own sense of purpose (i.e., the client's own heroic journey).

Dr. Scarlet is the lead trauma specialist at the Center for Stress and Anxiety Management and with the Pop Culture Hero Coalition. She is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association for her work on Superhero Therapy. Dr. Scarlet's work has been featured on Yahoo, BBC, NPR, *Sunday Times*, CNN, CW, ABC, *The New York Times*, *Forbes*, and many other outlets. She regularly consults on books and television shows, including HBO's *The Young Justice* and was portrayed as a psychologist comic book character in Gail Simone's *Seven Days* graphic novel.

Her books include *Superhero Therapy*, *Harry Potter Therapy*, *Therapy Quest*, *Super-Women*, *It Shouldn't Be This Way*, *Superhero Therapy for Anxiety and Trauma*, and many others.

Speaker Disclosure:

Financial: Dr. Janina Scarlet has employment relationships with Superhero Therapy, the Center for Stress and Anxiety Management, and Pop Culture Hero Coalition. She receives royalties as a published author. Dr. Scarlet receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Janina Scarlet has no relevant non-financial relationships.

## 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/87583](http://pesi.com/webcast/87583)

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**September 19, 2022** [PWZ87582]

**\$219.99** tuition

8am Pacific time

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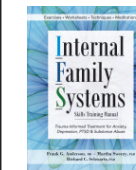
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## Recommended Reading:

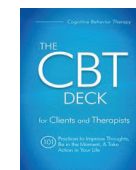


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### Internal Family Systems Skills Training Manual

Frank G. Anderson, MD, Martha Sweezy, PhD and Richard Schwartz, PhD

~~\$29.99~~ **\$22.99\***



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Seth J. Gillihan, PhD

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