

## Outline

### Select and Prepare Clients for Flash Technique

- Overcome the three most common problems in trauma processing
- Tackle blocking beliefs, dissociation, and other resistance
- Address secondary gain in treatment
- Strategies for successful telehealth delivery of Flash

### How to Identify Appropriate Trauma Targets

- History-taking for Flash Technique
- Accessing highly disturbing trauma memories with less distress
- Identifying the source memory that drives the trauma response

### Flash Technique Step-by-Step

- Identify and intensify a Positive Engaging Focus
- Strategies for bilateral stimulation and the triple blink procedure
- Track progress with SUDs and deciding what to do next
- Troubleshoot obstacles to successful processing

### What Does Flash Technique Look Like?

- Demonstrations: videos, live volunteers, group practica

### Understand the Mechanisms of and Evidence Base for Flash Technique

- Shed light on the mechanism of Flash Technique
- RCTs demonstrating safety and efficacy
- Limitations of the research and potential risk

## Objectives

1. Analyze common problems in trauma processing that Flash Technique can transform to improve treatment outcomes.
2. Develop at least two strategies for addressing resistance in trauma treatment to put into practical use in-session.
3. Differentiate the five essential features of the Flash Technique.
4. Utilize the emerging adult perspective to reduce disturbance of trauma memories to alleviate trauma-related symptoms.
5. Investigate how reduced conscious activation of memory results in more effective trauma processing.
6. Evaluate the current research on Flash Technique to inform the clinical decision-making process.

#### Live Webinar Schedule (Times listed in Central)

**9:00** Program begins  
**12:50-2:00** 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.

#### Target Audience:

Counselors, Psychologists, Psychotherapists, Social Workers, Marriage & Family Therapists  
Addiction Counselors, Case Managers, Physicians, Mental Health Professionals

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# Flash Technique for Trauma

Rapid Trauma Processing for Clinicians Using EMDR, CPT, DBT, CBT, and IFS

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Wednesday, June 21, 2023

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# Flash Technique for Trauma

Rapid Trauma Processing for Clinicians Using EMDR, CPT, DBT, CBT, and IFS



featuring  
**Dr. Philip Manfield**  
Learn directly from the developer

- Join over 8,000 of your colleagues in 50+ countries who are using this fast-growing technique
- Make trauma treatment quicker and better tolerated with fewer dropouts

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# Flash Technique for Trauma

Rapid Trauma Processing for Clinicians Using EMDR, CPT, DBT, CBT, and IFS

Every trauma therapist feels the tension. If I go there with my clients, will they be retraumatized? Will they drop out of treatment? If I *don't* go there... am I colluding with their avoidance? Am I keeping them stuck?

What if there was a way to **painlessly and rapidly** resolve your clients' most distressing memories?

The Flash Technique is a **safe and effective** strategy for helping your clients process trauma-related disturbance by having them focus on a positive anchor while traumatic memories are **effortlessly processed in their background awareness**.

Depending on the type of trauma memory, Flash may be a complete intervention, or it may be paired with any of the therapies you utilize in your practice.

Learn the Flash Technique directly from developer Dr. Phil Manfield, along with Dr. Lewis Engel, with whom he has trained thousands of therapists internationally. These master clinicians will walk you step-by-step through this **easy-to-learn** technique by:

- sharing videos of real Flash sessions
- conducting live demonstrations with training attendees
- facilitating practica in which you will be led to experience the transformative power of Flash for yourself

You'll walk away knowing how a Flash session will feel for your clients – and seeing for yourself how this technique will **drastically reduce your own risk of vicarious traumatization and burnout**.

Register today to revolutionize your practice with the Flash Technique.

## Here's what your colleagues are saying:

"I used Flash with a client who had distressing memories about [a childhood] loss. After Flash she was able to remember [the loss and] other happy memories she hadn't been able to access before. She was delighted!"

"This is crazy how quickly this works!"

"One of my clients brought 16 years of toxic marriage to 0 [distress level] in a 45 minute session, and stayed at 0 a month later."

"I have done Flash probably 1000 times and LOVE it! It has been very successful."

"I am stunned by how well [Flash] is working and what a range of people and situations it is working with. I had no idea it was going to be this effective. It is truly remarkable!"



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# Meet Your Speakers



**Philip Manfield, PhD**, developed the Flash Technique, which he teaches nationally and internationally. He has practiced psychotherapy in the San Francisco Bay Area since 1975. Dr. Manfield has authored or edited four books about psychotherapy and EMDR, including *EMDR Up Close: Subtleties of Trauma Processing*, and *EMDR Casebook*. He is committed to research-based practice and has been lead author on two papers concerning Flash in the *Journal of EMDR Practice* and research and principal investigator of and collaborator/consultant on ongoing studies supporting the efficacy and safety of Flash Technique.

Speaker Disclosure:

Financial: Philip Manfield maintains a private practice. He receives a speaking honorarium as a national EMDR trainer and consultant. Philip Manfield is a published author and receives royalties. He receives a speaking honorarium from Pesi, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Philip Manfield has no relevant non-financial relationships.



**Lewis Engel, PhD**, is a clinical psychologist in private practice in San Rafael, California, and consults with both groups of therapists and individual therapists mastering EMDR and Flash Technique. Dr. Engel is a former associate professor of psychology at Lone Mountain College, San Francisco. He co-authored *Imaginary Crimes: Why We Punish Ourselves and How To Stop*, with Tom Ferguson, MD, which has been translated and published internationally. Dr. Engel collaborates with Dr. Phil Manfield, in researching and disseminating the Flash technique.

Speaker Disclosure:

Financial: Dr. Lewis Engel maintains a private practice and receives royalties as a published author. He receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Lewis Engel is a member of the American Psychological Association and the Eye Movement Desensitization and Reprocessing International Association.

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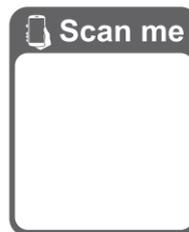


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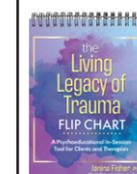
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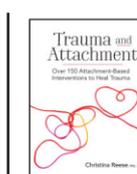


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