

Outline

Brain Regions Affected by Trauma in Children and Adolescents

How the brain responds when activated with trauma
Developmental impact of early traumatic experiences on the brain
Areas of the brain that are restricted when trauma occurs in children and adolescents
Basic ways to re-engage the brain after a trauma response

Presentations and Screening Techniques for Simple and Complex Trauma

Distinguish between simple and complex trauma
Recognize the manifestation and presentation of trauma symptoms in children and adolescent clients
Common misdiagnosis of trauma
Fundamental trauma screening techniques for children and adolescents

Assessment and Stabilization Tools for Child and Adolescent Trauma Clients

Trauma assessment tools specific to children and adolescents
Techniques that target the vagus nerve to mitigate somatic symptoms
Grounding and coping strategies for managing trauma responses
Identify indicators for when a client has achieved sufficient stability for trauma work

Application of EMDR Therapy to Sessions

How EMDR is able to target trauma and attachment with children
Dual awareness techniques specific for children and adolescents
EMDR resourcing skills to increase clients' sense of regulation
Titrate exposure from intense emotional responses to states of somatic grounding

Target Audience:

Counselors • Social Workers • Psychotherapists • Marriage and Family Therapists
Psychologists • Nurses • Psychiatrists • Addiction Counselors
Other Mental Health Professionals

Somatic and Sensory Approaches to Treat Physical Symptoms of Trauma

The association between the brain and body as it relates to trauma
Discover the ways that trauma is re-experienced with children and adolescents
Using EMDR to address sleep disturbances and other physical symptoms in children and adolescents
Interventions to activate the nervous system and calm the senses

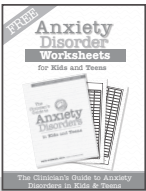
Trauma Treatment with EMDR and Attachment Techniques:

Overcoming Maladaptive Coping, Emotional Dysregulation and Avoidance

The link between trauma and attachment
The methodology of EMDR and memory reconsolidation
Information processing theory and bilateral stimulation techniques
Applying a 3-prong approach in EMDR trauma therapy
Maladaptive cognitive patterns that occur when trauma is experienced or triggered
Safely engaging in restricted processing
Strategies to address attachment-based needs and deficits
Interventions to soften protective mechanisms and disrupt unhealthy patterns of behavior

Learning Objectives can be viewed at pesikids.com/webcast/89262

Live Webinar Schedule - both days
(Times listed in Central)
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.

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2-Day Workshop
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Safely Process Traumatic Events, Restore Trust and Rebuild Healthy Attachment

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2-Day Workshop
EMDR Therapy for Child and Adolescent Trauma
Safely Process Traumatic Events, Restore Trust and Rebuild Healthy Attachment

Accessible in-depth training full of step-by-step guidance and real-life case studies

- Repair young clients' sense of self and trust in others
- Guide kids past the fear and shame that can obstruct healing
- Customizations to meet your client's developmental needs
- Treat a variety of traumas, including physical abuse, sexual abuse and neglect

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2-Day Workshop

EMDR Therapy for Child and Adolescent Trauma

Safely Process Traumatic Events, Restore Trust and Rebuild Healthy Attachment

Treating traumatized kids can be overwhelming. Their intense emotions, challenging behaviors, and pain are compounded by a lack of trust in others...even those they want most to be loved by.

But with EMDR therapy, you can provide the sense of safety and security they need to heal.

That's why highly respected EMDR therapist, trainer, and author Megan Boardman developed her comprehensive training program. Over 2 days you'll broaden your EMDR skills so you can help children safely process and integrate traumatic events, reduce their most distressing symptoms, and build their sense of self and trust in others.

Megan has successfully taught thousands of therapists how to get the most from EMDR therapy. Now with this accessible in-depth training full of step-by-step guidance and real-life case studies, she'll give you the tools and strategies you need to:

- Identify even hard to find symptoms of trauma in children and adolescents.
- Adapt the 8-phase EMDR therapy protocol for improved outcomes.
- Guide clients past the fear, shame, and guilt that can obstruct healing.
- Engage easily triggered kids who struggle to get through sessions.
- Build children's ability to express and regulate their emotions.
- Customize your approach to meet your client's developmental needs.
- Treat a variety of traumas, including physical abuse, sexual abuse, and neglect.
- Enhance clients' self-esteem and understanding of themselves and their experiences.
- And much more!

Don't miss this chance to feel more prepared to walk alongside young clients so they can thrive on their journey toward a brighter future.

Register now!



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Meet Your Speaker



Megan Boardman, LCSW, ACADC, CCTP-II, EMDR-C, is a Certified EMDR clinician and trainer, as well as a Certified Clinical TRAUMA Professional II through Evergreen Certifications. Megan is also an Advanced Certified Alcohol and Drug Counselor, who formerly owned and operated one of the largest treatment centers for substance abuse and trauma in Southeast Idaho, which was voted best in practice for 2019.

Her trainings have helped thousands of clinicians across the US get the most of EMDR, trauma and addiction-based skills and practices. She has been invited to train internationally at the International Society of Addiction Medicine in India, the International Conference on Addiction Research and Therapy in Amsterdam and at the Psicologia Institute of Italy. Megan has extensively been trained on the use of EMDR as a protocol and uses EMDR in her practice to achieve improved outcomes with a broad spectrum of clients in the areas of trauma, abuse, attachment and substance abuse. She is an expert witness at the State and Federal level for her expertise in areas surrounding trauma.

Megan is the author of *EMDR Workbook for Trauma and PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories, and Take Back Your Life* set to be released by New Harbinger Publications in 2023. She earned her master's in Clinical Social Work from Northwest Nazarene University in 2011 and is an active member of the International Society of Addiction Medicine and the National Association of Social Workers. She currently owns and operates her own Counseling, Consulting and Training Business and is passionate about genuinely changing the landscape of trauma treatment through an authentic, hands-on perspective, that she has uniquely made her own.

Speaker Disclosure:

Financial: Megan Boardman has an employment relationship with Recoverhe Counseling & Consulting. She receives royalties as a published author. Megan Boardman receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Megan Boardman is a member of the International Society of Addiction Medicine, the EMDR International Association of EMDR Trauma Specialists, and the National Association of Social Workers.

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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, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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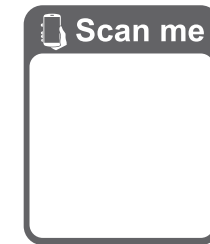
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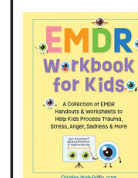
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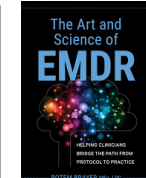


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