

2014 Two-Day Trauma Competency Conference

This two-day seminar delivers the bio-psycho-social aspects of traumatic stress, traumatic grief, & traumatic loss. Mental health professionals are on the front lines and, in many cases, have the initial contact with the individual(s) who has experienced traumatic stress. Clinicians are routinely called upon to serve survivors of major disasters, war, childhood physical and sexual trauma, rape, violent crime, and other forms of traumatic events. Participation in this workshop leads to a holistic and systemic understanding of traumatic stress and provides skills for immediate use in a variety of clinical settings.

How people respond to traumatic stress is an individual matter based on a number of factors including psychological, emotional, social, cultural, biological, spiritual, and familial. The two-day training will involve an analysis of the various defense mechanisms and other coping skills individuals employ during and following the experience of traumatic stress. Key approaches and interventions include:

- Crisis intervention
- Critical incident stress debriefing
- Cognitive Behavioral Therapy
- EMDR
- Sensorimotor approaches

This training provides take-away evidence-based, best-practice clinical interventions and techniques for the Assessment, Safety & Stabilization, and Remembrance & Mourning phases of trauma treatment. In addition, completion of this two-day seminar meets the educational requirement when applying to become a Certified Clinical Trauma Professional (International Association for Trauma Professionals, www.traumaprofessional.net)

← Turn the page for conference details, CE information and to register!

Meet Your Speaker

Mike Dubi, Ed.D., LMHC, is an associate professor and has been teaching in the Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology programs at Argosy University/Sarasota since 1997. He has been engaged in the practice of individual and group psychotherapy for over 30 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also a Board Certified Expert in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, Certified in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross and is a Certified Compassion Fatigue Specialist.

Mike is a founder and president of the International Association of Trauma Professionals, editor of the *International Journal of Trauma Professionals* and the *TraumaPro* newsletter. He has published several book chapters and a variety of articles on trauma, power therapies, case conceptualization and supervision.

Over the course of his career, Mike has treated more than 2500 survivors of child and adult sexual abuse and is currently working with OEF/OIF veterans whom he treats pro bono. He works with athletes and musicians to help them perform better. Mike is actively involved in research to help redefine sex offender typologies.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for more than 40 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver and road cyclist.



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

Benefits of Membership:

- Certificate of Membership
- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
- **10% Discount** on all PESI books, CD's, DVD's and online courses
- Traumatology Tool Kit (assessment instruments, treatment protocols)

Visit the IATP website at www.traumaprofessional.net for more details on the non-profit association.

Membership management by PESI, Inc.

*SAVE by including these products with your seminar registration!



101 Trauma-Informed Interventions: New
Activities, Exercises and Assignments for Moving the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CDDP

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.



EMDR Made Simple: 4 Approaches to Using EMDR with Every Client

Jamie Marich, Ph.D., LPCC-S, LICDC

Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical examples, EMDR Made Simple will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

More info and resources at www.pesi.com/bookstore

Seminar on CD or DVD Package:

You can purchase this seminar as a homestudy package. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CEs for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

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2014 Two-Day Trauma Competency Conference

DAY 1

The 10 Core Competencies of Trauma, PTSD, Grief & Loss

DAY 2

Evidence-Based Trauma Treatments & Interventions

PRINCETON, NJ
February 11 & 12, 2014

PARSIPPANY, NJ
February 13 & 14, 2014



2014 Two-Day Trauma Competency Conference

DAY 1

The 10 Core Competencies of Trauma, PTSD, Grief & Loss

DAY 2

Evidence-Based Trauma Treatments & Interventions

BONUS! Attend both days and receive a Free year membership in the IATP!

\$99 value/Details Inside!

PRINCETON, NJ
Tuesday & Wednesday
February 11 & 12, 2014

PARSIPPANY, NJ
Thursday & Friday
February 13 & 14, 2014

This Two-Day Live Seminar meets the education requirement when applying to become a Certified Clinical Trauma Professional.

www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline Day 1 The 10 Core Competencies of Trauma, PTSD, Grief & Loss

A Brief History and Evolution of Traumatic Stress, Grief & Loss

- Systemic traumatic stress theory
- Symptom review
- Review of effective treatments
- Tri Phasic model
- Most commonly used instruments to assess traumatic stress

10 Core Competencies of Traumatic Stress, Grief & Loss

Bio-psycho-social-spiritual factors that produce anxiety & traumatic stress

- Precipitating events
- Meaning making
- Perception

Adaptive and maladaptive coping behaviors

- Five maladaptive choices
- Systemic influences
- Emotional & psychological stressors

Integrated theoretical concepts from stress, crisis & trauma theories

- Information Processing Model
- Psychosocial Model

Effective treatment interventions

- Cognitive Behavioral Techniques
- EMDR
- Thought Field Therapy (TFT)
- Emotional Freedom Techniques (EFT)
- Sensorimotor

The biochemical, affective, and cognitive impacts of traumatic stress

- Affective volatility
- The body keeps the score
- Biology of traumatic stress

The impacts of traumatic stress over time & across & within developmental stages

- Epigenetic stages
- Reactive Attachment Disorder
- Adrenal fatigue

The role of traumatic stress in clinical disorders such as personality disorders, dissociative identity disorder, and more

- Traumatogenesis
- Traumaddiction
- Comorbidity

Conceptualizing a framework of healing for survivors of traumatic stress

- Systemic perspective
- Strengths perspective
- Survivor metaphor

“Completion tendency” and “repetition compulsion” in coping & recovery

- Integration
- Making meaning
- Philosophical, existential & spiritual crises

Traumatic stress exists across the continuum of systemic levels

- Systemic trauma theory
- Community trauma
- Vicarious secondary traumatization

Objectives

- 1 Define clearly the nature of traumatic stress, grief, & loss and their sequelae.
- 2 Explain and apply theoretical models of traumatic stress, grief & loss.
- 3 Explain traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives.
- 4 List and describe the key current interventions employed for the treatment of traumatic stress, grief & loss.
- 5 Demonstrate a rudimentary understanding of brain functioning as it relates to traumatic stress.
- 6 Describe the pioneering work that informs evidence based treatments.

Outline Day 2 Evidence-Based Trauma Treatments & Interventions

Theories of Traumatic Stress, Loss and Grief

- Information processing model
- Psychosocial model
- Five stage
- Seven stage
- 10 stage
- Contemporary thoughts

Bereavement and Adjustment Disorders

- Diagnostic and Statistical Manual of the APA
- DSM-5® changes
- Developmental Trauma Disorder

Techniques/Interventions

- Writing/journaling
- Drawing art
- Healing metaphors
- Transitional objects

Demonstrations: Interactive Exercises/ Application of Skills

- Cognitive Behavioral Techniques
- EMDR
- Thought Field Therapy (TFT)
- Emotional Freedom Techniques (EFT)
- Traumatic Incident Reduction (TIR)

Needs Assessment

- How needs assessment informs us: Limitations & applications
- Creating, developing, administering

Critical Incident Behavioral Health

- Research, theory, & practice
- Developing crisis response team
- Demonstration and interactive exercises

Closure: Lessons Learned

Live Seminar Schedule Both days

- 7:30** Registration/Morning Coffee & Tea
- 8:00** Program begins
- 11:50-1:00** Lunch (on your own)
- 4:00** Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Objectives

- 1 Demonstrate knowledge of specified theories of traumatic stress, loss and grief.
- 2 Summarize the changes to the Diagnostic and Statistical Manual of the APA (DSM-5®).
- 3 Demonstrate and apply in practice, the specified techniques and interventions as demonstrated during the seminar.
- 4 Describe the limitations and applications of needs assessment.
- 5 List the core components of Critical Incident Behavioral Health.
- 6 Describe and apply a non anxious presence.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepsi@pesi.com or 800-844-8260 before the event. PESI provides all attendees with documentation of attendance. Full attendance is required to receive full credit. Partial credit may be awarded if your board allows. Please check approvals below for full attendance requirements.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI HealthCare, MEDS-PDN, CMI Education Institute, and Ed4Nurses.

COUNSELORS: PESI, Inc. is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. ACEP#: 5637. This course qualifies for 6.25 contact hours per day OR 12.5 contact hours for entire conference.

SOCIAL WORKERS: PESI, Provider #1062, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: January 27, 2011-January 27, 2014. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6.25 clinical continuing education clock hours per day OR 12.5 clinical continuing education clock hours for entire conference in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW JERSEY SOCIAL WORKERS: This activity qualifies for an approved continuing education offering for New Jersey Social Workers. The New Jersey State Board of Social Work Examiners has approved this activity for 6.0 (Clinical) credit hours per day OR 12.0 (Clinical) credits hours for entire conference.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.0 hours of continuing education credit per day OR 12.0 hours of continuing education credit for entire conference. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction per day OR 760 minutes of continuing education instruction for entire conference. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: PESI is an approved provider of continuing education by the National Association of Alcoholism & Drug Abuse Counselors (NAADAC), provider #: 00131. Full attendance is required; no partial credit will be awarded for partial attendance. This course qualifies for 7.5 contact hours per day OR 15.0 contact hours for entire conference.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 6.0 contact hours per day OR 12.0 contact hours for entire conference.

OTHER PROFESSIONS: This seminar qualifies for 6.25 continuing education clock hours per day OR 12.5 continuing education clock hours for entire conference as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

DAY ONE: THE 10 CORE COMPETENCIES OF TRAUMA, PTSD, GRIEF & LOSS
DAY TWO: EVIDENCE-BASED TRAUMA TREATMENTS & INTERVENTIONS

ONLINE

www.pesi.com

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

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PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2 Check seminar(s): (make copy for your records)

PRINCETON, NJ

Holiday Inn Princeton
100 Independence Way • 08540 • (609) 520-1200

DAY 1: The 10 Core Competencies of Trauma, PTSD, Grief & Loss

February 11, 2014 22204PRI1

DAY 2: Evidence-Based Trauma Treatments & Interventions

February 12, 2014 22204PRI2

PARSIPPANY, NJ

Embassy Suites Parsippany
909 Parsippany Blvd • 07054 • (973) 334-1440

DAY 1: The 10 Core Competencies of Trauma, PTSD, Grief & Loss

February 13, 2014 22204PAY1

DAY 2: Evidence-Based Trauma Treatments & Interventions

February 14, 2014 22204PAY2

PLEASE RETURN ENTIRE REGISTRATION FORM

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:
\$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 1-800-844-8260. Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Go to www.pesi.com/students or call 800-844-8260 for details. Groups of 5 or more Call 800-844-8260 for discounts

ADA needs:
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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CAN'T ATTEND THE SEMINAR? See below for individual product orders

- **The 10 Core Competencies of Trauma, PTSD, Grief & Loss (Day One)** Seminar on DVD* (video) \$169.99 (RNV045115)
- **Evidence-Based Trauma Treatments & Interventions (Day Two)** Seminar on DVD* (video) \$169.99 (RNV044995)
- Save by buying **both** DVDs! \$299.99 (RVKIT045440)
- **101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward** book* \$29.99 (PUB0453620)
- **EMDR Made Simple** book* \$19.95 (PUB043890)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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