Roadmap to Resilience: A Guide for Military, Trauma Victims and Their Families
By Donald Meichenbaum, Ph.D.

The Clinical Handbook provides a life-span assessment and treatment approach for individuals who have problems controlling their anger and are prone to engage in aggressive behaviors. It provides practical treatment steps and procedures on how to effectively deal with anger. The book contains instructions and examples for implementing these procedures and the accompanying workbook. This three-part series of guides are designed to help clinicians and others who work with individuals who have problems controlling their anger and are prone to engage in aggressive behaviors. It provides practical treatment steps and procedures on how to effectively deal with anger. The book contains instructions and examples for implementing these procedures and the accompanying workbook.

Don Meichenbaum Three Part Series Special
By Donald Meichenbaum, Ph.D.

In this three part series, Dr. Don Meichenbaum, voted one of the most influential psychotherapists of the 20th century, explores the ways therapists help their clients change the nature of the stories they tell themselves and others, and moreover, how they can learn to cope more effectively and become more resilient.

Included in this series:
- Effective Treatment with Co-Occurring Disorders
- PTSD and Complex PTSD: Shaping Resilience
- Spirituality and Psychotherapy: Integrating Your Client’s Beliefs into Your Clinical Practice

Roadmap to Resilience: Treatment Adherence; Problems and Aggressive Behavior
By Donald Meichenbaum, Ph.D.

The Clinical Handbook provides a life-span assessment and treatment approach for individuals who have problems controlling their anger and are prone to engage in aggressive behaviors. It provides practical treatment steps and procedures on how to effectively deal with anger. The book contains instructions and examples for implementing these procedures and the accompanying workbook.

Don Meichenbaum is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada. He took early retirement 15 years ago to become Research Director of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence in Miami. (Please see www.melissainstitute.org that has had over 2 million hits worldwide). He is one of the founders of Cognitive Behavior Therapy. In a survey of psychotherapists of the 20th century, he was voted one of the 10 most influential psychotherapists of the 20th century. He is one of the 10 most influential psychologists of the 20th century. He was elected to the American Psychological Association Hall of Fame after a 40-year career, and a member of the American Psychological Society. He was an Honorary President of the Canadian Psychological Association.

He has published extensively and most recently published Roadmap to Resilience: A Guide for Military Trauma Victims and Their Families (visit www.melissainstitute.org). His other books include Treatment of Individuals with Anger Control Problems & Aggressive Behavior; Stress Inoculation Training; Facilitating Treatment Adherence; and, The Unconscious Reconsidered.

Don Meichenbaum is a Fellow of the American Psychological Association, the Canadian Psychological Association, and the American Academy of Clinical Psychology. He is a Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada. He is the Founding President of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence in Miami, Florida. He has consulted for various populations including veterans' hospitals, the National Guard, psychiatric treatment centers for children, adolescents and adults, treatment center for individuals with traumatic brain injuries, torture victims, Native populations, deaf populations and school boards. See papers by Dr. Meichenbaum on www.melissainstitute.org (go to home page and click on Author's Index and scroll to Meichenbaum). Don Meichenbaum receives a speaking honorarium from PESI, Inc.

Financial: Donald Meichenbaum is Research Director of the Melissa Institute for Violence Prevention and Treatment and Professor. He is also the Distinguished Professor Emeritus for the University of Waterloo, Ontario, Canada. Dr. Meichenbaum receives a speaking honorarium from PESI, Inc. Nonfinancial Donald Meichenbaum has no relevant financial relationships to disclose.

Target Audience:
- Counselors
- Social Workers
- Psychologists
- Case Managers
- Addiction Counselors
- Therapists
- Marriage & Family Therapists
- Nurses
- Other Mental Health Professionals

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1101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward
By Linda A. Curran, BSCP, LPC, LAC, CACII, CQDDP, EMER Level II Trained

Over 100 approaches to effectively deal with trauma, the worksheet path to tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. OT, CPT, ST, DANS, art therapy, guided imagery, mindfulness, psychoanalysis, play therapy, movement therapies and more. Easily usable both in the clinical setting and at home.

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New Developments in the Treatment of PTSD, Complex PTSD and Co-Occurring Disorders: Ways to Bolster Resilience

This is your opportunity to learn the latest developments in the treatment of PTSD, Complex PTSD and comorbid disorders from one of the world’s leading psychotherapists. Dr. Meichenbaum is a cofounder of Cognitive Behavior Therapy and he was voted “one of the most influential psychotherapists of the 20th century.” Attend this seminar and learn the assessment and treatment implications of research findings on neuroscience and resilience. Learn how to use a Case Conceptualization Model to inform treatment decisions and ways to implement the Core Tasks of Psychotherapy that “Expert” therapists employ. You will learn how to provide integrated evidence-based therapy with clients who experience a variety of comorbid disorders including PTSD and Prolonged and Complicated Grief Disorders, suicidal behavior, Substance abuse disorder, Borderline Personality Disorder and Traumatic Brain Injury. You will also learn how to integrate spiritually-based interventions and psychotherapy.

Dr. Meichenbaum will use his vast clinical and research experience, humorous, engaging, presentation style, along with video case presentations and provide a detailed and practical set of handouts with tools and techniques to be used in your practice.

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Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors will recognize and accept continuing education programs that are sponsored by an APA-approved provider. Dr. Meichenbaum, the presenter for this program, is an approved provider, and accepts approved providers. 

American Psychological Association (APA), which is the governing body of psychology in the United States. 

SEMINAR DATES:
This activity consists of 380 continuing education clock hours as required by many national, state and local boards and professional organizations. Please check with your state board for specific approvals.

New Developments in the Treatment of PTSD, Complex PTSD and Co-Occurring Disorders: Ways to Bolster Resilience. December 9, 2016 (Eau Claire, WI)

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101 Trauma-Informed Interventions

OBJECTIVES

1. Critique the concept of PTSD and critically evaluate the “state-of-art” of treatment with traumatized and victimized individuals, families and communities.

2. Employ a Case Conceptualization Model of risk and protective factors that inform assessment and treatment decision-making.

3. Conduct evidence-based integrated trauma-focused intervention programs with a variety of psychological disorders and comorbid conditions (Mood disorders, Anxiety disorders, Personality disorders, Autism, Traumatic Brain Injury, etc.).

4. Address the wide range of post-trauma emotional reactions and emotional disorders (Grief reactions, Suicidal behaviors, Substance abuse, Borderline Personality Disorder, Traumatic Brain Injury).

5. Improve Core Tasks of Psychotherapy, including ways to address the needs of psychotherapists.

6. Integrate spiritually-based interventions and psychotherapy.

How to Implement the Core Tasks of Psychotherapy

Develop, maintain and monitor a therapeutic alliance. Treatment-informed feedback.

Goal setting using Motivational Interviewing to nurture hope and positive emotions.

Psychological defusion (a CLOTCH metaphor).

Teach intra- and interpersonal coping skills. Intervention guidelines on ways to increase the likelihood of treatment generalization (i.e., building resilience) as well as dynamic physical, interpersonal, emotional, cognitive, behavioral and spiritual.

Integrate spirituality and psychotherapy.

Adapt the skills of health care providers. Ways to bolster “vivacious resilience.”

APPROACHES FOR CLIENTS WITH COMORBID DISORDERS

The Core Tasks of Psychotherapy: What “EXPERT” therapists do.

PTSD is more than a fear-based Anxiety Disorder. The role of guilt, shame, disgust, anger, (prolonged and complicated) grief and moral injuries.

Detailed clinical examples of INTEGRATED treatment with clients experiencing a variety of clinical disorders.

Prolonged and Complicated Grief Disorder

Borderline Personality Disorder

Suicidal behavior

Substance abuse disorder (including how to integrate 12-Step programs and ways to enhance Recovery Transition Coping skills)

Traumatic Brain Injury and PTSD

IN YOUR PRACTICE

1. Teach intrapersonal coping strategies.
2. Teach interpersonal coping strategies.
3. Teach intra- and interpersonal coping strategies.
4. Teach a variety of practical techniques.
5. Teach survival skills.
6. Integrate spiritually-based interventions and psychotherapy.
7. Integrative interventions.

THE NATURE AND IMPACT OF TRAUMA EXPOSURE: THE “UNTOLD STORY” OF RESILIENCE

Controversies in the field of PTSD and Complex PTSD: “State of the Art.”

What distinguishes the 75% of individuals who evidence resilience Versus the 25% who develop persistent PTSD and related co-occurring disorders.

The nature and neurobiology of resilience: Implications for assessment and treatment. Constructive Narrative Treatment Perspective: How to help clients develop “balking stories” and appropriate coping strategies.

What resilient individuals do and do NOT do.

A Case Conceptualization Model of risk and protective factors that inform treatment decision-making.

SPEcIFIC EVIDENCE-BASED INTEGRATED TREATMENT APPROACHES FOR CLIENTS WITH COMORBID DISORDERS

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Prepare yourEval

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