

OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma
Fight, flight, freeze, fawn survival responses
Clinical implications of the freeze response
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma
Intergenerational trauma
Symptom clusters and physical manifestations
CAPS-5 and PCL-5
Primary Care PTSD Screen
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations
Bottom-up techniques to reconnect and feel safe in the body
Self-soothing techniques
Grounding strategies
Breathwork
Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

Somatic Approaches:

Address Physical Symptoms of Trauma

Relevance of Polyvagal theory and early trauma
Assess for readiness to apply somatic tools
Teach body awareness
Manage unease with “Felt sense” exercises
Resourcing strategies to create a safe space

CBT Coping Skills:

Manage Emotions

Identify inaccurate trauma-related cognitions
Exposure, titration and pendulation to slow emotions
Cognitive reframing and reappraisal interventions
Memory reconstruction techniques

EMDR-Based Techniques:

Resolve Traumatic Memories

Adaptive Information Processing Theory
EMDR vs EFT vs neuromodulation
Resourcing strategies
Combine memory reprocessing with cognitive restructuring
Using “restricted processing” with complex trauma

Narrative Therapy Exercises:

Rewrite Traumatic Experiences

Interventions to help clients talk about hotspots
Reclaim identity with the “Tree of life” exercise
Awareness and closure - create life stories

Solutions to Trauma Treatment Roadblocks

Roadblocks

How to handle the angry client
Strategies for the resistant trauma client
Boundary concerns
Dealing with crises, suicidality, substance use

Reintegration and Post-Traumatic Growth

Better than normal - the neuroscience of post-traumatic growth
The therapeutic alliance as a brain-based approach
The power of forgiveness in moving forward
Meaning making exercises

Research, Limitations and Potential Risks

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.

FREE WORKSHEETS!

Identifying Anxiety-Igniting Thoughts



Get yours today at pesi.com/ccatpworksheets

Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available



www.pesi.com/inhouse

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO. 32729

PESI, Inc.
P.O. Box 1000
Eau Claire, WI 54702-1000

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

LIVE Interactive Webinar
Monday & Tuesday, May 2 & 3, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

REGISTER NOW:
pesi.com/webcast/87000



Live Online Certification Training

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario



Limited Time Offer
Your Certification Application Fee
(\$99 value!) Included - On PESI! See details inside

LIVE Interactive Webinar
Monday & Tuesday, May 2 & 3, 2022

BONUS! – Registration includes FREE on-demand access for 3 months.

REGISTER NOW:
pesi.com/webcast/87000



A NON-PROFIT ORGANIZATION
CONNECTING KNOWLEDGE WITH NEED
SINCE 1979

2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Best of all, upon completion of this live training, you'll be eligible to become a **Certified Clinical Trauma Professional (CCTP)** through Evergreen Certifications. Certification lets colleagues, employers, and clients know that you've invested the extra time and effort necessary to understand the complexities of trauma counselling. Professional standards apply. Visit www.evergreencertifications.com/CCTP for details.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!

Target Audience:

Counselors • Social Workers • Physicians • Psychologists • Case Managers
Addiction Counselors • Therapists • Marriage & Family Therapists • Nurses
Other Mental Health Professionals



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesi.com/info or 800-726-3888 and we will make it right.

PESI Offers Group Discounts!

To save on groups of 5 or more, contact us at www.pesi.com/info!

Questions? Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Anna Rustick** at arustick@pesi.com or call 715-855-8195.

CERTIFICATION MADE SIMPLE!

EVERGREEN
CERTIFICATIONS

- No hidden fees – PESI pays for your application fee (a \$99 value)*!
- Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Clinical Trauma Professional through Evergreen Certifications is complete.*

Attendees will receive documentation of CCTP designation from Evergreen Certifications 4 to 6 weeks following the program.

*Professional standards apply. Visit www.evergreencertifications.com/CCTP for professional requirements.

SPEAKER

Megan McQuary, LCSW, CSUD, EMDR CIT., has spent her career studying, researching, and treating trauma related disorders and has a special interest in treating gender issues, specifically men's trauma and the impact and relativity to ongoing substance abuse. Megan has quickly built one of the largest specialty clinics in the state of Idaho. She continues to own and operate this intensive outpatient treatment facility that has remained one of the largest substance abuse and specialized trauma clinics in their state region. Megan works as a consultant in the development of substance abuse facilities in Idaho and the surrounding areas. In addition to her consulting work, she maintains an active schedule of international lectures. She is a member of EMDRIA and the International Society of Addiction Medicine, and received training from the late John Southworth, Ken Seeley, and other leaders in the field.

Speaker Disclosures:

Financial: Megan McQuary is the owner of Addiction and Trauma Recovery Services. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Megan McQuary has no relevant non-financial relationship to disclose.

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Social Workers, Physicians, Psychologists, Addiction Counselors, Marriage & Family Therapists, and Nurses.**

For specific credit approvals and details, visit www.pesi.com/webcast/87000

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.

This program is Approved by the National Association of Social Workers (Approval # 886759332-3528) for 12.5 Social Work continuing education contact hours.



PESI, Inc., #1062, is approved to offer social work continuing

education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 12.5 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Self-study credit: To check availability for your profession, go to www.pesi.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Kids, PESI Rehab and Psychotherapy Networker.



For all credit approvals and details, visit: www.pesi.com/webcast/87000

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesi.com/webcast/87000

Live Interactive Webinar (Option 1)

May 2 & 3, 2022 [PWZ86999]

\$439.99 tuition

9am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesi.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$439.99 [POS058445]

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
 - Access to the program materials
 - Enjoy lifetime on-demand access
 - Earn a self-study CE certificate
- CE hours and approvals may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability.

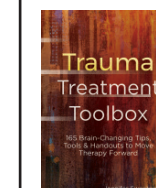
DVD (Option 3)

\$439.99 [RNV058445]

DVD Experience:

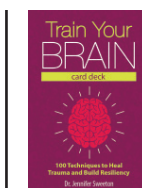
- Self-study CE certificate available
- CE hours, approvals and cost of CE Certificates may vary from live event. Visit www.pesi.com or call 800-726-3888 to check for availability and pricing

Recommended Reading:



Trauma Treatment Toolbox
165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward
Jennifer Sweeton, Psy.D., M.S., M.A.
~~\$36.99~~ \$26.99*

PUB085910



Train Your Brain Card Deck
100 Techniques to Heal Trauma and Build Resiliency
Jennifer Sweeton, Psy.D., M.S., M.A.
~~\$19.99~~ \$14.99*

PUB086765

*Discount Included with purchase of the Webinar

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

Mail: PESI, Inc.

PO Box 1000

Eau Claire, WI 54702-1000

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

Visit pesi.com/faq or contact us at pesi.com/info

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



©2022