

OUTLINE

Neuroscience of Trauma, Effective Assessment and DSM-5-TR® Diagnostic Criteria

Neuroscience's Current Trauma Paradigm

Biological nature of trauma

- Triune Brain, The Autonomic Nervous System and the Stress Response
- The Polyvagal Theory
- Traumatic Stress: normal, prolonged, complex and developmental

Specific trauma symptoms

Primary treatment issues in trauma therapy

Trauma's Somatic and Sensorimotor Sequelae

Hyperarousal

Hypoarousal

Dissociation, body memories and "flashbacks"

Affect dysregulation

Trauma and Attachment

The Adverse Childhood Experiences Study (ACE Study)

Attachment Essentials

- Baby/momma trauma
- Insecure Attachment Styles Assessment and Primary Treatment Issues of:
 - Avoidant
 - Preoccupied
 - Disorganized type

Assessment and Diagnosis of Trauma Disorders

Current Trauma Diagnoses:

- Acute Trauma Disorder
- PTSD and subtypes
- Dissociative
- Preschool
- Borderline Personality Disorder (BPD)

Proposed Trauma Diagnoses

- Developmental Trauma Disorder (DTD)
- Complex PTSD

Limitations of Research and Potential Risk

- Contraindications and precautions for reprocessing trauma
- Differences in theory and in the associated neurophysiological models are a matter of ongoing discussion

EMDR for Trauma Treatment: Effective Tools and Treatment Modalities

The Stage Model of Treatment

Stage One: Stabilization and Safety

- Assessment, Rapport, Psychoeducation
- Developing the "Skills to Stay Stable"
- Trauma Tools for Affect Regulation
- Recognizing and regulating affect
- Dissociative episodes and "flashbacks"
- Grounding clients in their bodies and back in the present in the here and now
- Mindfulness/bodyfulness (including somatic exercises)
- Multisensory Guided Imagery
- EFT (meridian tapping)
- Reduction of physiological arousal
- Recognizing and up & down regulating arousal levels
- Containment and self-soothing

Stage Two: Working Through Traumatic Memories

Brief overview of the theory and applicability of three trauma processing modalities:

Sensorimotor Psychotherapy (SP) - Ogden
Somatic Experiencing (SE) - Levine
EMDR - Shapiro/Parnell

Practice EMDR for both Resourcing and Trauma Processing

Live EMDR demonstration followed by experiential sessions

Under Supervision, Learn and Safely Practice the Skills of EMDR for Both Phase One and Two

Phase One Work: Imaginal Resourcing

Comfortable Place Imagery
Protection Imagery and/or Nurture Imagery

Phase Two Work: Reprocessing Traumatic Memories

Live Seminar Schedule - all 3 days

7:30 Registration/Morning Coffee & Tea


8:00 Program begins

11:50-1:00 Lunch (on your own)


4:00 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.

Are you looking to gain new clients or showcase your expertise?

Stand out with a **FREE listing** on  therapist.com today!

Register for FREE when you go to: therapist.com/free



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

3-Day Intensive Training on

EMDR FOR TRAUMA

The Complete Guide to Assessment, Resource Development and Treatment

Register Today! Space is Limited!

BLOOMINGTON, MN
Monday - Wednesday, April 24-26, 2023

DENVER, CO
Wednesday - Friday, May 31-June 2, 2023



REGISTER NOW!
www.pesi.com/emdrmn



REGISTER NOW! www.pesi.com/emdrmn
A Non-Profit Organization Connecting Knowledge with Need Since 1979

3-Day Intensive Training on

EMDR FOR TRAUMA

The Complete Guide to Assessment, Resource Development and Treatment

Register Today! Space is Limited!

In just 3 days learn to use EMDR & begin treating trauma more effectively!



BLOOMINGTON, MN
Monday - Wednesday
April 24-26, 2023

DENVER, CO
Wednesday - Friday
May 31-June 2, 2023

3-DAY INTENSIVE TRAINING ON EMDR for Trauma

As a clinician, there is little doubt that you are working with trauma. In the field of traumatic stress, there have been many updates and improvements designed to improve treatment outcomes. One of those improvements is the trauma processing modality, Eye Movement Desensitization and Reprocessing (EMDR). **Evidence suggests that EMDR is one of the most effective modalities for treating trauma and PTSD.** So, if you've yet to learn this skill, now is the time!

Join trauma specialist and trainer, Kate Haskell, LMHC, NBCC, EMDR-C, for this intensive 3-day EMDR training that will **provide you the knowledge and skills needed to use EMDR safely and effectively.** Through lecture, live and videotaped EMDR demonstrations, and supervised experiential exercises, this training will provide you with an in-depth knowledge of trauma theory, principles, diagnosis and EMDR treatment.

The stage model remains today's state-of-the-art treatment approach for all but single incident trauma. During this training, you will learn the goals of each stage, along with the therapeutic tools to reach those goals.

This is a training you don't want to miss!

- ✓ Learn EMDR skills and why it is such an **effect treatment for both single incident PTSD and complex trauma**
- ✓ It's your opportunity to participate in **hands-on practice of EMDR and other trauma treatment tools** in a safe and supervised environment
- ✓ Learn this dynamic, comprehensive skill that will equip you to **start improving outcomes with traumatized clients right away**

Sign up today to become a better therapist for your clients suffering from trauma's multitude of symptoms.

INTENDED AUDIENCE

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. In this course, you will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material.

This course assumes requisite knowledge of, and experience with, a traumatized population (i.e., clients with underlying simple or complex PTSD regardless of presenting issues).



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.

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**.

SPEAKER



Kate Haskell, LMHC, NBCC, EMDR-C, (she/her) is a 30+ year clinician, trainer and public speaker. She has worked with children, adolescents, adults, couples and families. For the past 20 years she has primarily been engaged in trauma focused treatment while utilizing EMDR and other modalities. Kate is an Evergreen Certifications Approved EMDR-C Consultant. She has created and facilitated services for multiple school districts to address student and staff deaths. Kate brings extensive experience in vicarious trauma and strives to improve human service workers well-being. She demonstrates a warm, compassionate and direct communication style to engage individuals and allow them to explore their deepest questions.

Speaker Disclosure:

Financial: Kate Haskell maintains a private practice and is a consultant for Bellingham School and Mt. Vernon School Districts mobile response team. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-financial: Kate Haskell has no relevant non-financial relationships.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see "live seminar schedule" for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their online account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). The CE certificate for the live webinar can be downloaded after completing the webinar, passing the online post-test (80% passing score), and completing the evaluation. NOTE: Boards do not allow credit for breaks or lunch. 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 cepesi@pesi.com or 800-726-3888 before the event. Materials that are included 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. For planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.



Addiction Counselors: PESI, Inc. is an NAADAC Approved Provider of continuing education. NAADAC Provider #77553. This activity has been submitted to NAADAC for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/88508>.

Counselors: This intermediate activity consists of 19.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Minnesota Counselors: Application for MN BBHT continuing education credits has been submitted. For the most up-to-date credit information, please go to: www.pesi.com/events/detail/88508.

Marriage & Family Therapists: This activity consists of 1140 minutes of continuing education instruction. 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.

Minnesota Marriage & Family Therapists: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

EMDRIA: This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

Psychologists & Physicians:

Physicians

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 19.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 19.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Minnesota Psychologists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/88508.

ACE Social Workers: 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 19.0 Clinical continuing education credits.

Course Level: Intermediate Format: In-person Full attendance is required; no partial credits will be offered for partial attendance.

Minnesota Social Workers: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 19.0 continuing education hours.

Other Professions: This activity qualifies for 1140 minutes of instructional content 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.

For all credit approvals and details, visit www.pesi.com/emdrmn

This course is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

This seminar focuses heavily on the use of the Theratapper.

Other methods of bilateral stimulation are marginally discussed and can be used in practice.

SIGN UP TODAY!

3-Day Intensive Training on EMDR for Trauma

The Complete Guide to Assessment, Resource Development and Treatment

SAVE TIME! Express Register Online: www.pesi.com/emdrmn

1 Please complete entire form if sending by mail *please print legibly*

*Email address _____ ***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____ ***Required for event updates**

2 Live Training Options (make copy for your records)

A SELECT LOCATION

BLOOMINGTON, MN • April 24-26, 2023 88508BLO
Embassy Suites Hotel - Bloomington
2800 American Boulevard West • 55431 • (952) 884-4811

DENVER, CO • May 31-June 2, 2023 88511DEN
Embassy Suites Denver Tech Center North
7525 East Hampden Ave • 80231 • (303) 696-6644

B SELECT LIVE IN-PERSON TUITION includes downloadable seminar manual

\$599.99 – choose one of the options below:
 per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date
 \$699.99 standard

IN-PERSON SAFETY

As you prepare to make face-to-face learning a part of your professional development, we want you to know that your safety is ALWAYS our top priority. We are fully committed to monitoring and implementing all best practices outlined by state and local regulations.

ADA NEEDS

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

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **Get a Group Discount!** Contact us at www.pesi.com/info to save for groups of 5 or more
- **FREE Military Tuition:** Free live seminars for veterans and active duty military, limited seats available, advanced registration online required
- **\$150 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, first come, first serve.
- **\$399.99 Facilitator Discount:** If you are interested in being our facilitator to help the presenter, visit www.pesi.com/facilitator for availability, role description and qualifications. First come, first serve.

QUESTIONS

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

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details

OTHER WAYS TO REGISTER

Fax: 800-554-9775
Mail: PESI, Inc.
PO Box 1000
Eau Claire, WI 54702-1000
Phone: 800-726-3888
Online: www.pesi.com/emdrmn

Total Payment:

5 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)