

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.

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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).



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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.

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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.

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Psychologists

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Colorado Psychologists: CE credit is available. This course consists of 19.0 continuing education credit hours for Colorado Psychologists. The Colorado State Board of Examiners Rule 20 confirms acceptance of continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 19.0 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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

Colorado Social Workers: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. 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/emdrco

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

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Taxes and shipping apply where applicable, see website for details

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5 Select Payment Method

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