Outline

**Brain Regions Affected by Trauma in Children and Adolescents**
- How the brain responds when activated with trauma
- Developmental impact of early traumatic experiences on the brain
- Areas of the brain that are restricted when trauma occurs in children and adolescents
- Basic ways to re-engage the brain after a trauma response

**Presentations and Screening Techniques for Simple and Complex Trauma**
- Distinguish between simple and complex trauma
- Recognize the manifestation and presentation of trauma symptoms in children and adolescent clients
- Common misdiagnosis of trauma
- Fundamental trauma screening techniques for children and adolescents

**Assessment and Stabilization Tools for Child and Adolescent Trauma Clients**
- Trauma assessment tools specific to children and adolescents
- Techniques that target the vagus nerve to ameliorate somatic symptoms
- Grounding and coping strategies for managing trauma responses
- Identify indicators for when a client has achieved sufficient stability for trauma work

**Application of EMDR Therapy to Sessions**
- How EMDR is able to target trauma and attachment with children
- Dual awareness techniques specific for children and adolescents
- EMDR resourcing skills to increase clients’ sense of regulation
- Triturate exposure from intense emotional responses to states of somatic grounding

**Somatic and Sensory Approaches to Treat Physical Symptoms of Trauma**
- The association between the brain and body as it relates to trauma
- Discover the ways that trauma is re-experienced with children and adolescents
- Using EMDR to address sleep disturbed and other physical symptoms in children and adolescents
- Interventions to activate the nervous system and calm the senses

**Trauma Treatment with EMDR and Attachment Techniques**
- Overcoming Maladaptive Coping, Emotional Dysregulation and Avoidance
- The link between trauma and attachment
- The methodology of EMDR and memory reconsolidation
- Information processing theory and bilateral stimulation techniques
- Applying a 3-prong approach in EMDR trauma therapy
- Maladaptive cognitive patterns that occur when trauma is experienced or triggered
- Safely engaging in restricted processing
- Strategies to address attachment-based needs and deficits
- Interventions to soften protective mechanisms and disrupt unhealthy patterns of behavior

**Learning Objectives**
- Can be viewed at pesikids.com/webcast/89262

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**Target Audience:**
- Counselors
- Social Workers
- Psychotherapists
- Marriage and Family Therapists
- Psychologists
- Nurses
- Psychiatrists
- Addiction Counselors
- Other Mental Health Professionals
Treating traumatized kids can be overwhelming. Their intense emotions, challenging behaviors, and pain are compounded by a lack of trust in others…even those they want most to be loved by. But with EMDR therapy, you can provide the sense of safety and security they need to heal.

That’s why highly respected EMDR therapist, trainer, and author Megan Boardman developed her comprehensive training program. Over 2 days you’ll broaden your EMDR skills so you can help children safely process and integrate traumatic events, reduce their most distressing symptoms, and build their sense of self and trust in others.

Megan has successfully taught thousands of therapists how to get the most from EMDR therapy. Now with this accessible in-depth training full of step-by-step guidance and real-life case studies, she’ll give you the tools and strategies you need to:

• Identify even hard to find symptoms of trauma in children and adolescents.
• Adapt the 8-phase EMDR therapy protocol for improved outcomes.
• Guide clients past the fear, shame, and guilt that can obstruct healing.
• Engage easily triggered kids who struggle to get through sessions.
• Build children’s ability to express and regulate their emotions.
• Customize your approach to meet your client’s developmental needs.
• Treat a variety of traumas, including physical abuse, sexual abuse, and neglect.
• Enhance clients’ self-esteem and understanding of themselves and their place in the world.
• Treat a variety of traumas, including physical abuse, sexual abuse, and neglect.
• Guide clients past the fear, shame, and guilt that can obstruct healing.

Her trainings have helped thousands of clinicians across the US get the most out of EMDR, trauma and addiction-based skills and practices. She has been invited to train at international universities and the International Conference on Addiction Research and Therapy in Amsterdam and at the Psychologica Institute of Italy. Megan has extensively been trained on the use of EMDR as a protocol and uses EMDR in her practice to achieve improved outcomes with a broad spectrum of clients in areas of trauma, abuse, attachment and substance abuse. She is an expert witness at the State and Federal level for her expertise in areas surrounding trauma.

Megan is the author of the EMDR Workbook for Trauma and PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories, and Take Back Your Life. She is also an active member of the International Association of Addictions Medicine and the National Association of Social Workers. She currently owns and operates her own Counseling, Consulting and Training Business and is passionate about genuinely changing the landscape of trauma through an authentic, hands-on perspective, that she has uniquely made her own.

Speaker Disclosure:
Financial: Megan Boardman has an employment relationship with Researcher Counseling & Consulting. She receives royalties as a published author. Megan Boardman receives a speaking honorarium and recording royalties from PESI, Inc. She has no relevant relationships with ineligible organizations.

Non-financial: Megan Boardman is a member of the International Society of Addiction Medicine, the EMDR International Association of EMDR Trauma Specialists, and the National Association of Social Workers.

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