

OUTLINE

Trauma and the Brain

Neurobiology of Trauma and Symptomology

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

Somatic and Sensorimotor Sequelae of Trauma

- 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

DSM-5-TR® diagnostic criteria

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

The EMDR Approach for Trauma Treatment

The Stage Model of Treatment

Stage One: Stabilization and Safety

- Assessment, rapport, psychoeducation
- Develop 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
- Reduction of physiological arousal
- Recognizing and up & down regulating arousal levels
- Containment and self-soothing

Stage Two: Working Through Traumatic Memories

Overview of the theory and applicability of three trauma processing modalities:

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

Hands-On Practice of EMDR in a Safe and Supervised Environment

Practice EMDR for both Resourcing and Trauma Processing

Live EMDR demonstration and experiential sessions with partners

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

EMDR practice in triads

Continued practice and consultation options

Live Seminar Schedule - all 4 days

8:00 Registration/Morning Coffee & Tea

8:30 Program begins

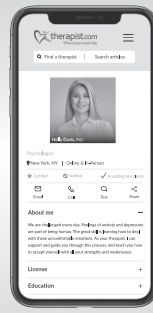
12:00-1:00 Lunch (on your own)

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.

Limited time only

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4-Day Intensive Training on

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The Complete Guide to Assessment, Resource Development and Treatment

Register Today! Space is Limited!

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- or -

SCOTTSDALE, AZ December 11 - 14, 2023

4-Day Intensive Training on

EMDR FOR TRAUMA

The Complete Guide to Assessment, Resource Development and Treatment

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In Just 4 days learn how to use EMDR & begin treating trauma -from single incident to complex- more effectively!

SEATTLE, WA

Monday - Thursday
November 6 - 9, 2023

- or -

SCOTTSDALE, AZ

Monday - Thursday
December 11 - 14, 2023

Secure your spot early and **SAVE \$200!**

Bonus! Take your EMDR practice to the next level...

Become a Certified EMDR Clinician (EMDR-C)! *details inside*

REGISTER NOW: www.pesi.com/emdrwa

4-DAY INTENSIVE TRAINING ON EMDR for Trauma

As a clinician, there is little doubt that you are working with trauma. Evidence suggests that **EMDR is one of the most effective modalities for treating trauma and PTSD**. During this 4-day EMDR training you will discover how this powerful, evidence-based treatment has helped thousands of clients safely and rapidly process their traumas without the need to focus on explicit details!

Join trauma specialist and trainer, Kate Haskell, LMHC, NBCC, EMDR-C, as she will provide you the **knowledge and skills needed to use EMDR safely and effectively**. Through lecture, live and recorded **EMDR demonstrations**, and supervised **experiential EMDR exercises**, this training will provide you with an in-depth knowledge of trauma theory, principles, diagnosis and how to use EMDR.

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

- Understand how and why EMDR is such an effective treatment for both single incident PTSD and complex trauma
- Learn and practice skills to stay stable to prepare clients for EMDR
- 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 grow your practice and discover how **EMDR can help clients find relief from trauma and reclaim their lives!**

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.

BONUS! This training gets you well on your way to becoming a Certified EMDR Clinician (EMDR-C)!

This training covers the following requirements:

- ✓ 6 Trauma Educational Hours
- ✓ 12 EMDR Educational Hours
- ✓ 6 EMDR Practice Hours
- ✓ Plus exclusive offers for additional training and certification fee!

See the the additional certification requirements at www.evergreencertifications.com/emdr. Professional standards apply.



SPEAKER



Kate Haskell, LMHC, NBCC, EMDR-C (she/her) is a 30+ year clinician, trainer and public speaker. Kate is an Evergreen Certified EMDR Clinician (EMDR-C) as well as an EMDR-C consultant. For the past 20 years she has primarily been engaged in trauma focused treatment while utilizing EMDR and other trauma modalities. She has worked with children, adolescents, adults, couples and families. 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). 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 cespi@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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Social Workers (NASW): This activity is pending approval from the National Association of Social Workers.

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

Washington Social Workers: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/89704.

Other Professions: This activity qualifies for 1440 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.

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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.

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Taxes and shipping apply where applicable, see website for details

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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.

5 Select Payment Method

All registrations must be prepaid.

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