

Outline

Adaptive Information Processing Model through the Lens of the Polyvagal Theory

Body
Relationships
Environment

Pivot Approach to Treatment

Telehealth
School
Home
Office
Nature

Creating a Clear Clinical Picture

Phase 1: History Taking, Case

Conceptualization & Treatment Planning

Gather Information from a Multitude of Sources
Develop a 3-Pronged Protocol – PAST, PRESENT, FUTURE – Target Sequence Plan
Putting It Together for Case Conceptualization & Treatment Planning
Determine if it's Good Timing for Therapy
Gather Potential Targets to Treat Varying Trauma
Develop Inner and Outer Resources through Play and Creative Arts
Recognize and Address Secondary Gain Issues

Preparing the Client

Phase 2: Preparation

Establish & Maintain a Strong Therapeutic Relationship through Playful Applications of the Polyvagal Theory
Ensure Predictability and Familiarity
Create a Comfortable Place
Develop a Crafty Container
Develop an Abundance of Resources
Learn Play-Based Regulation Techniques

Selecting and Setting Up Targets through Safety and Connection

Phase 3: Assessment

Select Appropriate Targets
Identify the Procedural Steps through PLAY
Creative Ways to Assess the SUD and VOC with Children
Elicit Positive / Negative Cognitions through the Safe Layers of PLAY
Use Case Vignettes to See the Process

Reduce Emotionality and Image Vividness

Phase 4: Desensitization

Creative Methods of Bilateral Stimulation Based on Child Development
Float Back and Forward (Future Templates) to Move through the Neural Networks
Address Looping, Learned Limitations, and Blocking Beliefs
Reduce and Respond to Abreactions

Strengthen New Positive Belief About Self

Phase 5: Installation

Play-Based Methods to Reassess and Install the Positive Cognition
"I am Positive Cognition Thought Cards" and other Creative Art Expressions
Playful Somatic Expression of Positive Cognitions

Clear Up Any Remaining Residual Somatically Stored Material

Phase 6: Body Scans

Kid Friendly Body Scans Inspired by the Polyvagal Theory
Playful Pendulation with Kids to Process Out Stuck Material in the Body

Regulation Reset through Connected, Playful Movement at the End of Sessions

Phase 7: Closure

Play-Based Methods to Regain Homeostasis
Playful Breathwork to Up and Down Regulate State
Games of Reciprocity

Circle Back Around to Check-in on Previous Targets

Phase 8: Re-Evaluation

Play-Based Methods Assess Previous Targets
Knowing When and How to Re-Target if Necessary

Risks, limitations, and Scope of Practice

Learning Objectives can be viewed at pesikids.com/webcast/89769

Live Webinar Schedule (both days)
(Times listed in Central)

8:00 Program begins

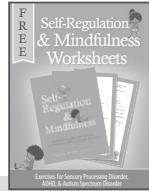
11:50-1:00 Lunch Break

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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2-DAY EMDR WITH KIDS

We know EMDR is an effective trauma treatment for adults, but it's also an effective treatment for children & adolescents—are you prepared to use this powerful therapeutic approach with kids.

EMDR and play therapy integrated is a robust approach to helping children and adolescents heal from even the most painful realities.

A playful approach to EMDR therapy with kids, resetting the nervous system, through recognizing and treating traumatic stress. When kids begin to heal from trauma, their lives become freed from the burdens of the past allowing for problematic behaviors to dissolve.

Join Megan Salar, LCSW, ACADC, CCTP-II, EMDR-C, for this 2-day training where she teaches how to integrate play through all phases of EMDR.

Megan will describe and demonstrate playful ways to:

- Respect the developmental needs of the child
- Empower parents to achieve long-lasting treatment results
- Utilize behavioral symptoms to strengthen your treatment process
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What others are saying...

This was an amazing training. The resources alone are worth taking the class. Anyone doing EMDR and working with children/adolescents should be required to take this course. —Debra M., LPC

I needed play therapy training, and training on how to do EMDR with kids. This training was amazing for both. I feel a lot better prepared to work effectively with young kids. —Kathleen W., LCSW

Target Audience:

Counselors • Social Workers • Psychotherapists • Marriage and Family Therapists
Psychologists • Psychiatrists • Addiction Counselors • Other Mental Health Professionals

This workshop is intended for therapists with fundamental EMDR knowledge and skills.

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Meet Your Speaker

Megan Salar, LCSW, ACADC, CCTP-II, EMDR-C, is a Certified EMDR Clinician and Trainer, as well as a Certified Clinical Trauma Professional II through Evergreen Certifications. Megan also is an Advanced Certified Alcohol and Drug Counselor, who formerly owned and operated one of the largest treatment centers for substance abuse and trauma in Southeast Idaho, which was voted best in practice for 2019.

Her trainings have helped thousands of clinicians across the U.S. get the most out of EMDR, trauma and addiction-based skills and practices. She has been invited to train internationally at the International Society of Addiction Medicine in India, the International Conference on Addiction Research and Therapy in Amsterdam and at the Psicologia 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 the 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 *EMDR Workbook for Trauma and PTSD: Skills to Manage Triggers, Move Beyond Traumatic Memories, and Take Back Your Life* set to be released by New Harbinger Publications in 2023. She earned her master's in Clinical Social Work from Northwest Nazarene University in 2011 and is an active member of the International Society of Addiction 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 treatment through an authentic, hands-on perspective, that she has uniquely made her own.

Speaker Disclosure:

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

Non-financial: Megan Salar 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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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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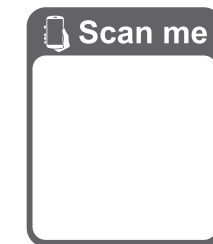
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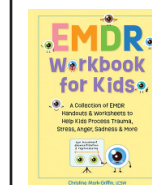
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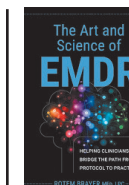


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