

Outline

Trauma

Concepts & definition
An historical perspective of trauma
High-risk characteristics
Early life trauma
"On Going" vs. "Single Event" trauma

Complex Trauma

History and assessment
Risk factors
Long-term implications

The Traumatized Brain

Activation and hyper-arousal of threat response system
The sensitized brain through conditioned traumatic cues
Dissociation and the importance of freeze discharge: Neuroception, bodily reactions and biological changes

Timing, Techniques, and Research Support for CBT-Focused Interventions

When to use CBT and when to use other techniques
Prochaska's stages
Problems with critical incident stress debriefing
Problems with recovered memory techniques and dissociation
Narrative Therapy and CBT in resolving complex trauma
Writing exercises
In-session activities

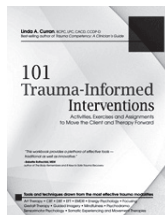
CBT in Managing Crisis, Crisis Intervention and Client Safety

Essentials and risk factors
CBT to keep your clients safe: Intervention techniques
Matching versus calming
Breathing exercises
CBT and safety planning
Specifics of assessment and crisis planning
Concerns and criticism regarding safety contracts
Role playing exercises/case examples

PTSD and Complex Trauma CBT Interventions

Essentials of Exposure-based Treatment
Current research regarding exposure
Exposure-based treatment in managing symptoms of PTSD
Assessment and treatment issues in CBT-themed trauma treatment
Overview of specific assessments of trauma and PTSD
Structured assessment methods vs. less formal assessment methods
Critical incident stress debriefing techniques
Interfering with the natural process of coping
Recovered memory techniques and the treatment of dissociation
Role playing exercises/case examples

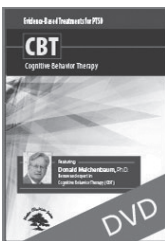
*SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDP

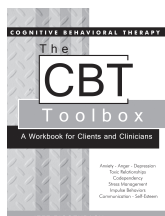
This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.



Evidence-Based Treatment for PTSD: Cognitive Behavior Therapy (CBT)

By Linda Curran, BCPC, LPC, CACD, CCDPD and Don Meichenbaum, Ph.D.


Don Meichenbaum, Ph.D. for this unique personal session. He will explain in what way CBT is evolving, and how to get patients to conquer post traumatic growth. You cannot cure PTSD, nothing will take away the pain, but how you help your patients develop a life worth living and residence is the key. Learn from his own clinical experiences and how he treated PTSD through CBT.



The CBT Toolbox: A Workbook for Clients and Clinicians


By Jeff Rigenbach, Ph.D., LPC

Theoretically sound, yet practical and easy to use, this resource guides you through evidence based exercises. Not a "one strategy fits all" book or approach; it integrates research with practical application and exercises. Tools for depression, anxiety, impulsive and destructive behaviors, problem solving, toxic relationships, stress management and more.



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Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

ASHEVILLE, NC
Wednesday, November 8, 2017

CHARLOTTE, NC
Thursday, November 9, 2017

RALEIGH, NC
Friday, November 10, 2017



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Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

- Apply advanced Cognitive Behavioral Therapy (CBT) techniques in treating trauma survivors
- The essentials of exposure-based interventions in the treatment of post-traumatic stress disorder
- Cutting-edge treatments and practice-related interventions through role plays and case examples

ASHEVILLE, NC
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Cognitive Behavioral Therapy for Post-Traumatic Stress Disorder and Complex Trauma

Post-traumatic stress disorder and complex trauma are regular aspects of every clinician's practice; and yet, so few are aware of what works and what doesn't work in helping clients move forward with their lives. This seminar pulls from **cutting-edge research to help you identify effective CBT-focused interventions** to help clients **cope in the aftermath of immediate trauma and in the effective resolution of extensive traumatic histories.**

Through role playing exercises and case examples, **you will learn how to help clients to effectively resolve complex trauma histories.** This seminar will go into advanced training in CBT-themed treatment of trauma, particularly exposure-based practices for PTSD.

A history of extensive trauma exposure (e.g., abuse and neglect, domestic violence, community violence) can lead to substance abuse, mood disorders, and mental health concerns in adulthood. This seminar will cover a variety of CBT-themed interventions to help clients reduce symptomology and reclaim their lives.

Dr. Jacob will help you understand how and when to use CBT in the treatment of trauma. This seminar will also provide a thorough overview of interventions that DON'T work. **In working with trauma, the line between effective and harmful interventions can be thin, and this seminar will help you to keep your clients (and your practice) safe!**

Objectives

1. Explore the essentials of PTSD (e.g., assessment, historical concepts) and how to use CBT to conceptualize clients' presenting concerns.
2. Explore essentials of complex trauma (e.g., assessment, historical concepts) and how to use CBT to conceptualize clients' presenting concerns.
3. Integrate CBT-focused techniques to use with PTSD and complex trauma.
4. Analyze the basics of exposure-based treatment for trauma (e.g., rape survivors and combat veterans), clinical assessment, and treatment issues in trauma counseling.
5. Breakdown treatments that may cause harm when working with trauma as well as alternate interventions supported by current research (CBT and otherwise).
6. Incorporate mindfulness and CBT in the prevention and management of vicarious trauma.

Questions? Call customer service at **800-844-8260**

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Target Audience:

Psychologists • Counselors • Social Workers • Psychotherapists • Case Managers • Marriage & Family Therapists • Nurses • Addiction Counselors • Mental Health Professionals

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact us 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

Charles Jacob, Ph.D., is the immediate past president of the Pennsylvania branch of the American Counseling Association and maintains a robust private practice in the suburbs of Philadelphia as a licensed psychologist, professional counselor and marriage and family therapist.

Dr Jacob is a full time faculty member in the Human Development Quantitative Methods Division at the University of Pennsylvania's Graduate School of Education. In addition to regularly teaching the program's course in grief loss and trauma, he has published and presented research related to counseling and psychotherapy all over the world. He received his Ph.D. from The Pennsylvania State University and completed a year of additional training at the Center for Cognitive Therapy at the University of Pennsylvania.

Speaker Disclosures:

Financial: Charles Jacob is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Charles Jacob is a member of the Pennsylvania Counseling Association; American Counseling Association; and the American Mental Health Counseling Association.

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

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

4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. 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 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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NORTH CAROLINA COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The North Carolina Board of Licensed Professional Counselors recognizes courses and providers that are approved by the American Psychological Association or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

SOUTH CAROLINA COUNSELORS, MARRIAGE & FAMILY THERAPISTS AND PSYCHO-EDUCATIONAL SPECIALISTS: This program has been approved for 6.0 continuing education hours by the South Carolina Board of Examiners for Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. Provider #4540.

TENNESSEE COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Tennessee Department of Health-Professional Counselors and Marital and Family Therapists recognizes courses and providers that are approved by the American Psychological Association. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 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.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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OTHER PROFESSIONS: This activity qualifies for 380 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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TUITION WITH SEMINAR MANUAL

\$199.99 – choose one of the options below:

- per person for 2 or more preregistering together —OR—
 single registration postmarked 3 weeks prior to seminar date

\$219.99 standard

ADD-ON PRODUCTS

- \$29.99*** 101 Trauma-Informed Intervention book
 \$39.99* Evidence-Based Treatment for PTSD DVD
 \$28.95* The CBT Toolbox workbook

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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___ **101 Trauma-Informed Interventions** book* \$29.99 (PUB045620)

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