

Outline

The Emotional Brain: A User Friendly Guide

- How an almond, a seahorse, and a Mohawk can help you understand your brain
- A healthy emotional brain & how it develops
- 7 primary emotional systems & how to influence them
- How trauma and disrupted attachment alter the brain
- 3 neuroscience breakthroughs that change how we treat trauma
- Rewire the brain for resilience, connection and post-traumatic growth

The 3-Phase Model of Trauma-Informed Treatment

Interventions for Assessment, Safety and Stabilization

- 5 simple questions to assess for PTSD
- Beyond words: build trust and safety with right brain to right brain communication
- Help clients understand trauma responses
- Activate the brain's instinct to heal through alpha-theta states
- Calm fear with mindfulness and imagery techniques
- Deal with dissociation: practical tools for grounding and orienting
- Shift shame and nurture self-compassion
- Defuse anger with play and humor
- Empower with movement and metaphor

Questions?
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Objectives

1. Assess how emotional trauma is processed in the brain.
2. Analyze why exposure techniques alone are not enough to relieve post-traumatic stress symptoms.
3. Breakdown the 3 phases of trauma-informed treatment.
4. Compile recent neuroscience discoveries regarding memory reconsolidation and its implications for treating trauma.
5. Characterize the 5 steps that all evidence-based trauma therapies have in common and how to apply them to safely and painlessly reconsolidate traumatic memories.
6. Utilize two experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.
7. Apply two interventions you can use to help clients reconnect to a healthy sense of self, relationships, and the world.

Painlessly Reprocessing Traumatic Memories

- Revise not relive: why exposure can retraumatize
- Memory reconsolidation: the brain's own mechanism for healing trauma
- 5 simple steps for painlessly reconsolidating a traumatic memory
- Create the future-self template and the brain's blueprint for healing
- Neutralize negative beliefs with resourceful emotional states
- Facilitate corrective emotional experiences with powerful imagery, metaphor, music and movement techniques

Facilitating Post-Traumatic Growth

- The 3 qualities of post-traumatic growth
- Create a positive post-trauma identity
- Nurture a secure attachment system after trauma
- Find meaning and purpose after trauma
- Hardwire happiness and the power of intention

Applications for Special Populations

- Heal experiences for sexual trauma survivors
- Recover from childhood abuse and neglect
- Transform traumatic grief after sudden or violent deaths
- Rebound from medical trauma, car accidents and disasters
- Assist military, police and first responders
- Foster resilience in children and adolescents after trauma
- Respectfully work with different cultures and faith traditions
- Prevent burnout and vicarious trauma with simple self-care techniques

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The

NEW RULES for TREATING TRAUMA

Integrating Neuroscience
to Rewire the Brain

Tinley Park, IL
Wednesday, March 7, 2018

Downers Grove, IL
Thursday, March 8, 2018

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Friday, March 9, 2018

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The

NEW RULES for TREATING TRAUMA

Integrating Neuroscience
to Rewire the Brain

- Discover the trick to reprogramming brain mechanisms involved in trauma conditioned responses
- Get a simple 5-step protocol that quickly reconsolidates a traumatic memory and activates the brain's innate capacity for healing and resilience
- Help your clients reclaim their lives after trauma!

Tinley Park, IL • Wednesday, March 7, 2018
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Were you taught to use medication, CBT, exposure and other traditional therapy approaches to treat trauma? Did you know that these approaches are limited when it comes to healing trauma at the deeper, emotional level of the brain?

Also, do you know that memory reconsolidation is a recent neuroscience breakthrough that revealed the brain's own rules for healing traumatic memories and allows you to clear trauma at its roots?

During this seminar, I'll provide you with step-by-step instructions and techniques you can use in each phase of trauma treatment. This is the only trauma training that specifically gives you skills in the phenomena of memory reconsolidation. Let me show you why memory reconsolidation is necessary for permanently transforming your trauma work with clients. I will give you a simple protocol to use to reconsolidate a traumatic memory in as little as one session!

Don't get the impression that you have to get lengthy, expensive training and certification in certain modalities in order to be able to successfully treat trauma. My workshop will let you walk away knowing exactly what to do to help your clients reclaim their lives after trauma!

Courtney Armstrong, LPC, MHSP

Speaker



Courtney Armstrong, LPC, MHSP, has over 20 years' experience and is a Board Certified Fellow in Clinical Hypnotherapy who has trained thousands of mental health professionals nationally and internationally in creative, brain-based strategies for healing trauma. She is a bestselling author of the book, *The Therapeutic "Aha!": 10 Strategies for Getting Clients Unstuck* and *Transforming Traumatic Grief* and contributes to publications such as the *Psychotherapy Networker*, *Counseling Today*, and *The Neuropsychologist*. She has been featured as a trauma and grief expert on national television and radio programs and is the owner/director of Tamarisk: A Center for Mind-Body Therapy in the state of Tennessee.

Speaker Disclosure
Financial: Courtney Armstrong is in private practice. She is an author for WW Norton and receives royalties. Ms. Armstrong receives a speaking honorarium from PESI, Inc.
Non-financial: Courtney Armstrong is a member of the Institute for Rapid Resolution Therapy.

I wanted you to know I don't think I could have achieved these results without your brilliant and user-friendly teaching. It really has transformed my capacity to work with traumatic experience. Thanks so much!

—J. Graham, PhD.

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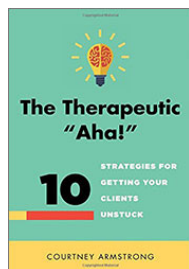
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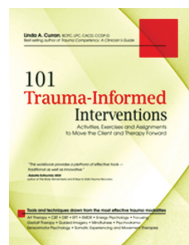
The Therapeutic "Aha!"

10 Strategies for Getting Your Clients Unstuck

By Courtney Armstrong, LPC, MHSP

seminar presenter!

Concise, reader-friendly, and filled with helpful case stories and client-therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.



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

By Linda Curran, BCPC, LPC, CACD, CCDPD

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities – all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

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