

Outline

Part I: Assessment

Symptoms of trauma
Symptoms of attachment disorder
Traumatized brain and biochemistry
Core beliefs and expectations
attachment styles
Life script: Psychosocial history and relationship patterns

Part II: Treatment Interventions Structure

Synergistic Trauma and Attachment Therapy (STAT™) Model
3-step treatment process
Integrative approach: mind-body-spirit

Experiential and Skill-Based Interventions

Facilitate emotional and neurobiological connections
Foster trust and secure attachments
Heal interpersonal trauma to self-acceptance
Confront traumatic events: move from victim to survivor
Change negative beliefs and narratives
Resolve anger, fear, shame and loss
Exposure Therapy to alleviate trauma and PTSD symptoms
Forgiveness to let go and move on

Posttraumatic Growth: Recovery and Resilience

Positive psychology
Instill optimism and hope
Gratitude and positive emotions
A sense of meaning and purpose
Use signature strengths
Enhance relationships and social support
Self-esteem and self-efficacy
Volunteering and giving

Improve Relationships

Strengthen the hardwired need for a safe emotional bond
The language of attachment
Change attachment patterns: withdraw-cling, blame-distance, criticize-defend
Attachment Communication Training:
Constructive communication, problem-solving and conflict-management skills
Sensory Processing and fulfillment of attachment needs

Therapeutic Goals

Develop positive core beliefs
Resolve loss and grief
Promote safe and secure attachments
Alleviate anxiety, depression, shame, and "victim mindset"
Reduce biochemistry of trauma
Stress management skills
Constructive parenting skills
Supportive and fulfilling family relationships
Mitigate defensiveness, enhance motivation and cooperation

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

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

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.

Objectives

1. Determine the psychological, social, cognitive, and biological aspects of trauma and attachment disorders as it relates to clinical treatment.
2. Develop an assessment plan to effectively identify your client's history for trauma and attachment wounds.
3. Provide techniques to improve your client's emotional regulation skills, reframe core beliefs and improve interpersonal skills.
4. Utilize communication based methods for conflict management and to promote secure attachment for your clients.
5. Develop strategies to help your clients achieve posttraumatic growth including the creation of positive personal and relationship goals.
6. Teach your clients, in-session, how to achieve secure and fulfilling relationships by facilitating attachment security.



Shame Shields

BRENÉ BROWN, Ph.D.
1 CE HOUR

HURRY OFFER EXPIRES
November 15, 2018

www.pesi.com/brown-shame

Bring any training in-house!

Convenient • Cost-Effective • Customizable

for more information visit
www.pesi.com/inhouse

NON-PROFIT ORG
US POSTAGE PAID
EAU CLAIRE, WI
PERMIT NO 32729

PESI
P.O. Box 1000
Eau Claire, WI 54702-1000
A Division of PESI, Inc.

TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients

TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients

Featuring internationally known attachment and trauma therapist,

Kathryn Seifert, Ph.D

- Facilitate positive change with challenging clients with trauma and/or attachment wounds
- See work put into practice and clients' lives transformed through video demonstrations!
- Walk away with strategies to use immediately with your traumatized clients!

ROANOKE, VA
Tuesday, December 18, 2018

RICHMOND, VA
Wednesday, December 19, 2018

NORFOLK, VA
Thursday, December 20, 2018



ROANOKE, VA
Tuesday, December 18, 2018

RICHMOND, VA
Wednesday, December 19, 2018

NORFOLK, VA
Thursday, December 20, 2018



www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Register now! pesi.com/express/65954

Register now! pesi.com/express/65954

TRAUMA & ATTACHMENT

Effective Treatment Strategies for Helping Challenging Clients

Join internationally known attachment and trauma therapist, Kathryn Seifert, Ph.D., in this cutting-edge seminar as he teaches you concepts and skills necessary to facilitate positive change with challenging clients with trauma and/or attachment wounds. You will learn effective assessment and therapeutic techniques for children, adults and couples, based on the latest research in neurobiology, trauma and attachment therapy, and resilience.

Clinical videos will illustrate how various interventions promote change and healing with the following issues:

- Beliefs and attitudes
- Attachment security in children and adults
- Traumatic emotions, behaviors, mindsets, and brain/biochemistry
- Self-regulation
- Communication and resilience
- Family dynamics
- Controlling, defiant and resistant clients.

Through video case studies, presentation and discussion, you will leave this seminar with practical and effective techniques you can use to help clients achieve symptom reduction, fulfilling lives and meaningful relationships.

Questions?

Call customer service at
800-844-8260

Speaker

Kathryn Seifert, Ph.D., is a psychologist in Maryland and the founder and executive director of Eastern Shore Psychological Services. She has worked for over 30 years successfully assessing and treating trauma and attachment problems. She now trains and supervises therapists who are assessing and treating maltreated children. Dr. Seifert has lectured both nationally and internationally and provides training on trauma, symptoms of trauma and attachment issues. She has written more than 60 articles on these topics, as well.

Dr. Seifert is an internationally recognized expert in the assessment and treatment of youth with trauma and attachment problems and their families. She has appeared on CNN, Discovery ID, and Fox News and consults with numerous public agencies. Dr. Seifert testifies in courts as an expert on the maltreatment of children. She has a blog, Stop the Cycle, on Psychologytoday.com with over a half a million readers.

She has written two books, *How Children Become Violent* (Acanthus, 2006) and *Youth Violence: Theory, Prevention, and Intervention* (Springer, 2015). In these two books, she wrote about the groundbreaking research such as the ACE's research out of the CDC, connecting child maltreatment, delays in the developmental of coping skills, and youthful violent behaviors. In addition to these books and numerous ebooks, Dr. Seifert has developed the CARE-2, Child and Adolescent Risk/Needs Evaluation. The CARE-2 builds on the work in her books by creating a method to develop effective treatment plans for traumatized children who's symptoms included aggression and difficulty in relationships with others.

Speaker Disclosure:

Financial: Kathryn Seifert is the Chief Executive Officer and Founder of Eastern Shore Psychological Services; and CARE-2, LLC. She receives royalties as an author of Acanthus Publishing and Springer Publishing. Dr. Seifert receives a speaking honorarium from PESI, Inc.

Non-financial: Kathryn Seifert is a member of the American Psychological Association; and the Maryland Psychological Association. She writes a blog, Stop the Cycle, on Psychologytoday.com.



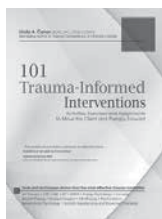
PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**



Seminar on DVD or CD 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.

***SAVE by including these products with your seminar registration!**

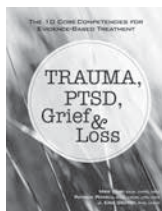


101 Trauma-Informed Interventions:

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.

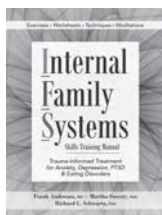


Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment

By Eric Gentry, PhD, LMHC, Patrick Powell, EDD, LMHC, LPC, NCC & Michael Dubi, Ed.D., LMHC

Trauma, PTSD, Grief & Loss provides a holistic and systemic path of understanding traumatic stress, and charts the most effective treatments, outlined in the 10 core trauma competencies. Trauma experts J. Eric Gentry and Mike Dubi bring 70+ years of clinical trauma experience, providing best-practice, evidence-based clinical interventions and techniques.



Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D.; Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.

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. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and 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 cespi@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 counselling 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.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NORTH CAROLINA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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 **Ryan Bartholomew** at rbartholomew@pesi.com or call **715-855-8225**.

QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

How to Register:

TRAUMA & ATTACHMENT: EFFECTIVE TREATMENT STRATEGIES FOR HELPING CHALLENGING CLIENTS

ONLINE

pesi.com/express/65954

PHONE

800-844-8260

Please have credit card available

FAX

800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI
54702-1000

1 Please complete entire form (to notify you of seminar changes):
please print; staple duplicate forms.

Mail Code: _____
See mail code box on address panel on reverse side

Name _____ Profession _____

Employer Name _____

Employer Address _____

Dept./Floor/Suite _____

City _____ County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

*E-mail address _____

*Registrant's e-mail is required to receive your certificate of completion and registration confirmation.

2 Check location: (make copy of locations)

ROANOKE, VA

December 18, 2018

65954ROA

Holiday Inn Valley View

3315 Ordway Dr • 24017

(540) 362-4500

RICHMOND, VA

December 19, 2018

65954RIC

Delta Hotels by Marriott,

Richmond Downtown

555 East Canal Street • 23219

(804) 788-0900

NORFOLK, VA

December 20, 2018

65954NOR

DoubleTree by Hilton Norfolk Airport

1500 N Military Hwy • 23502

(757) 466-8000

Register now!

pesi.com/express/65954

PLEASE RETURN ENTIRE REGISTRATION FORM

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260. Go to www.pesi.com/students or call 800-844-8260 for details. **Advance registration required.** *Cannot be combined with other discounts.*
- **Groups of 5 or more:** Call 800-844-8260 for discounts.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.



FOR OFFICE USE ONLY

Fed ID # 26-3896894 © 2018 PESI, Inc.

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

Trauma & Attachment: Effective Treatment Strategies for Helping Challenging Clients

- ___ Seminar on DVD* (video) \$199.99 (RNV045590)
- ___ Seminar on CD* (audio) \$169.99 (RNA045590)
- ___ **101 Trauma-Informed Interventions** book* \$29.99 (PUB045620)
- ___ **Trauma, PTSD, Grief & Loss** book* \$24.99 (PUB084790)
- ___ **Internal Family Systems Skills Training Manual*** \$29.99 (PUB085175)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

Product total \$ _____

*Shipping _____

Subtotal _____

**Tax _____

TOTAL _____

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