

Outline

Assessment

- 4 Styles of Attachment
 - Research of Bowlby and Ainsworth
 - Secure
 - Ambivalent
 - Avoidant
 - Disorganized
 - Symptoms of Maladaptive Attachment
- Neurobiology of Attachment
 - How the brain categorizes attachment
 - Changing the brain in attachment
 - Assessing Attachment Style
 - Adult Assessment Inventory for parents
 - Strange Situation Procedure for young children
 - Manchester Child Attachment Story Task for children
 - Child Attachment Interview for older children and teens
- Psychosocial Assessment and Identifying the Impact of Trauma on Attachment
 - Recognize factors in the child's history
 - Abuse and neglect
 - Abandonment
 - Impact of parent's attachment style
 - Substance abuse in caregiver
 - Mental health disorders in caregiver
 - Foster care/adoption
 - Relation to other traumas

Trauma-Informed Attachment Symptomology

- Attachment trauma that complicates and intensifies symptoms
- Diagnosis that can contribute to attachment trauma
 - Depression
 - Anxiety
 - ADHD
 - ODD
 - Bipolar
 - Other Traumas

Attachment Focused Interventions – Play, Art, CBT

- Repair Connection
 - The use of art/creative interventions
 - Talking points
 - Collaborative problem solving
- Strengthen Relationships
 - Physical activities
 - Quality time activities
 - Face to face interactions

Objectives

1. Distinguish attachment patterns that are healthy versus those that are rooted in trauma.
2. Recognize how maladaptive attachment impacts client's connections and exacerbates mental health symptoms including anxiety, depression, opposition, defiance and mood stability.
3. Discover the risk factors of developing insecure attachment: parental substance misuse or abuse, a mental health diagnosis in the parent or child, a child with a history of abuse or neglect, and more.
4. Reduce symptomology for anxiety, depression, aggression, opposition, inattention, and mood instability by repairing primary attachment.
5. Determine the role that depression, anxiety, bipolar, ADHD, ODD and other traumas have in contributing to attachment trauma.
6. Facilitate relationship building leading to strong foundations for future connections.

Increase Felt Safety

- Trust building activities
- Establishing safety plans
- Identifying family system dysfunction and repair strategies

Trust-Based Parenting

- Re-do's
- Time ins
- Reframing

Establishing Supportive Attachments

- Brainstorming effective supports
- Clarifying needs
- Building attachment-based support systems

Attachment as a Coping Strategy

- Interventions to increase connections
- Leaning on social supports
- Groups- the force of understanding

The Role of the Therapeutic Relationship in Attachment

- Building attachment focused therapeutic rapport
- The role model
- The cheer leader
- Therapist self-care

Live Seminar & Webcast Schedule

(Times listed in Central)

7:30 Check-in/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.

Valuable Seminar For Professionals

- Counselors • Social Workers • Psychologists
- Marriage and Family Therapists • Couples Therapists
- School Guidance Counselors • Occupational Therapists
- Teachers • Case Managers

Questions? Call customer service at
800-844-8260

Don't Miss!
**LIVE VIDEO
WEBCAST**

 **WEDNESDAY**
February 13, 2019

REGISTER ONLINE
pesi.com/webcast/67596

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 and Attachment in Children and Families

Play, Art and CBT to Reduce
Symptomology and Repair Connection

ORLAND PARK, IL

Monday, February 11, 2019

ARLINGTON HEIGHTS, IL

Wednesday, February 13, 2019

LISLE, IL

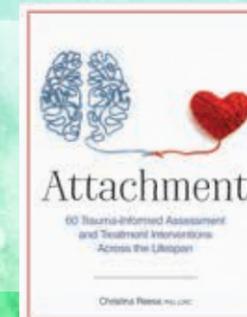
Tuesday, February 12, 2019

LIVE VIDEO WEBCAST

Wednesday, February 13, 2019

Trauma and Attachment in Children and Families

Play, Art and CBT to Reduce
Symptomology and Repair Connection



Presenter:

Christina Reese, PhD, LCPC
National Presenter, Recognized Trauma
and Attachment Professional and Author

ORLAND PARK, IL

Monday, February 11, 2019

ARLINGTON HEIGHTS, IL

Wednesday, February 13, 2019

LISLE, IL

Tuesday, February 12, 2019

LIVE VIDEO WEBCAST

Wednesday, February 13, 2019

 PESI
www.pesi.com

Register now! pesi.com/express/67487

 PESI®
www.pesi.com

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Register now! pesi.com/express/67487



Become
CATP
Certified!

Details Inside

Trauma and Attachment in Children and Families

Play, Art and CBT to Reduce Symptomology and Repair Connection

What came first, the loss of attachment or the diagnosis...Anxiety, ADHD, ODD?

For the child who is oppositional, did they respond with opposition after feeling disconnected from their primary attachment or have their oppositional behaviors put stressors on their primary relationships?

Imagine a client/family in your office and you're hearing about the oppositional and defiant child's behavior from frustrated parents – which came first, the behavior and then the rupture in attachment. Or did the attachment come first and is showing as a behavioral disorder?

Join me to become more successful in helping identify and heal ruptured attachments in family and children. Learn the ways that attachment trauma and relationship dysfunction impacts a child's ability to feel safe with adults, follow directions and be respectful.

Reframe the behaviors to identify the distress, learn how attachment trauma is related to every diagnosis, and how repairing the primary attachment relationship can reduce symptomology.

Discover attachment-focused interventions to:

- Reduce symptomology for anxiety, aggression, opposition, inattention, and mood instability
- Increase connection for better self-esteem, coping skills, and sense of belonging
- Improve emotional and self-regulation for life-long attachment
- Build attachment-focused therapeutic rapport

Bring life-altering change to the children that you are working with, repairing foundational relationships and giving them the skills they need for life-long relationships, health and stability.

Speaker

Christina Reese, PhD, LCPC, has been working with children and their families for over 10 years and uses play therapy, art therapy and cognitive behavior therapies to help families solve problems. She has been the director of an outpatient mental health clinic in Baltimore, MD and has worked in private practice, as a court ordered therapist and in residential treatment centers. She works with a variety of diagnosis from ADHD to Oppositional Defiant Behavior, bipolar and mood disorders, and attachment disorders. She has her PhD in counselor education from George Washington University and is a licensed clinical supervisor.

Speaker Disclosure

Financial: Christina Reese has an employment relationship with Mosaic Community Services. She receives a speaking honorarium from PESI, Inc.

Non-financial: Christina Reese has no relevant non-financial relationship to disclose.

Become Certified!

This course counts toward the educational hours required for certification as a Certified Child & Adolescent Trauma Professional (CATP).



Visit traumapro.net for the full certification requirements.



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.

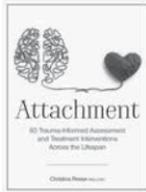
Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available 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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Meg Mickelson Graf at mgraf@pesi.com or call (715) 855-8199.



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.**

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

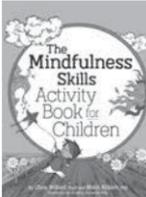


Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, Ph.D., *Your Presenter*

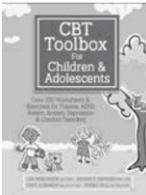
Attachment is the way that we connect to each other. Without attachment, people feel alone to deal with challenges they face, which leads to distress, dysfunction and mental health disorders. Improve your client's relationships by teaching them strategies to feel more connected, reestablish trust, and restore positive emotions. Dr. Christina Reese, a recognized attachment and trauma professional, has created a comprehensive guide that explains attachment over a lifetime, and offers trauma-informed approaches to treat attachment at any age.



The Mindfulness Skills Activity Book for Children

By Mitch R. Abblett, Ph.D. and Christopher Willard, Psy.D.

Dozens of games, puzzles, and exercises to build calm & beat stress! *The Mindfulness Activity Book for Children* gives you the resources to help the children in your classroom, office or home learn and hone the crucial skills of mindfulness - getting on top of stress and doing their daily best! Written by two psychologists with decades of experience working with kids, families and mindfulness, these fun, easy-to-learn and creative activities are awesome for all school-aged kids, whether they are newbies to mindfulness or not!



CBT Toolbox for Children and Adolescents

Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, Lisa Phifer, Amanda Crowder, Tracy Elsenraat

The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on February 13, 2019, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/67596

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 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.

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.

ILLINOIS 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.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

ILLINOIS EDUCATORS: 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University. Those requesting ISBE Professional Development Clock Hours will be required to complete and return the ISBE "Evaluation for Workshop" form to be available at the seminar and submit the \$20 enrollment fee (cash or check payable to PESI only) if you have not already paid with and in addition to your registration fee.

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.

ILLINOIS MARRIAGE & FAMILY THERAPISTS: PESI, Inc. has been approved as a provider of continuing education by the State of Illinois, Department of Professional Regulation. Provider #: 168-000156. Full attendance at this course qualifies for 6.0 credits.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: This activity consists of 6.25 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. 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.

SOCIAL WORKERS: PESI, Inc. Provider #1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Regulatory Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

ILLINOIS SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Illinois, Department of Professional Regulation. License #: 159-000154. Full attendance at this course qualifies for 6.0 contact hours.

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.

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

How to Register:

TRAUMA AND ATTACHMENT IN CHILDREN AND FAMILIES: PLAY, ART AND COGNITIVE BEHAVIORAL THERAPIES TO REDUCE SYMPTOMOLOGY AND REPAIR CONNECTION

ONLINE

pesi.com/express/67487

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)

ORLAND PARK, IL

February 11, 2019 [67487OPK]

Elements Conference Center
16235 S LaGrange Rd • 60467
(708) 981-3608

LISLE, IL

February 12, 2019 [67487LIL]

Hyatt Lisle
1400 Corporetum Dr • 60532
(630) 852-1234

ARLINGTON HEIGHTS, IL

February 13, 2019 [67487ALH]

DoubleTree Hotel Chicago Arlington Heights
75 West Algonquin Rd. • 60005
(847) 364-7600

LIVE VIDEO WEBCAST

February 13, 2019 [PLW67487]

Broadcast LIVE to your computer!

Register now!

pesi.com/express/67487

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.

• **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.

Go to www.pesi.com/students or call 800-844-8260 for details.

Advance registration required.
Cannot be combined with other discounts.

FOR OFFICE USE ONLY
Fed ID # 26-3896894
© 2018 PESI, Inc.

3 Check tuition:

ON-SITE 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

\$229.99 standard

\$20.00 IL ISBE Certificate Processing Fee

For more information on this fee contact cepesi@pesi.com

ADD-ON PRODUCTS

Distributed at seminar—FREE SHIPPING!

- \$24.99*** Attachment book
- \$19.99*** The Mindfulness Skills Activity Book for Children book
- \$34.99*** CBT Toolbox for Children and Adolescents book

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

WEBCAST with downloadable seminar manual

\$199.99 registration (+ tax in HI, MN, NM, PA, WI)

\$20.00 IL ISBE Certificate Processing Fee

For more information on this fee contact cepesi@pesi.com

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

Check enclosed payable to **PESI, Inc.**

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?
See below for individual product orders

Trauma and Attachment in Children and Families: Play, Art and Cognitive Behavioral Therapies to Reduce Symptomology and Repair Connection

— Seminar on DVD* (video) \$199.99 (RNV054430)

— Seminar on CD* (audio) \$169.99 (RNA054430)

— Attachment book* \$24.99 (PUB085705)

— The Mindfulness Skills Activity Book for Children* \$19.99 (PUB085495)

— CBT Toolbox for Children and Adolescents book* \$34.99 (PUB085120)

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

Product total \$ _____

*Shipping _____

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

**Tax _____

TOTAL _____