

# TRAUMA AND ATTACHMENT CERTIFICATION COURSE

Become a leader in the mental health field and elevate your practice with state-of-the-art advancements for working with some of our toughest clients—children, adolescents and families suffering from trauma and attachment wounds.

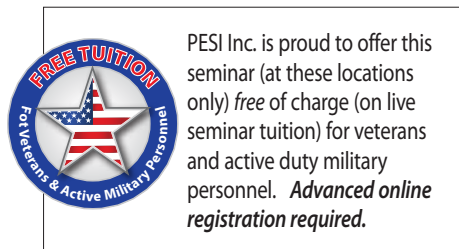
Begin by joining Dr. Lois Ehrmann for this intensive **2-day Trauma and Attachment Certification Course** and learn the most effective evidence-based **therapeutic interventions** for clients where the foundational blocks of attachment are fractured and at times not even there.

Let Dr. Ehrmann help you take your practice to the next level as she teaches you to integrate bottom up interventions rooted in **Eye Movement Desensitization Reprocessing (EMDR), Internal Family Systems (IFS), Attachment Focused Family Therapy, Bibliotherapy, Expressive Therapies, and Somatic Psychotherapy** in your treatment of these clients. You will learn cutting-edge interventions to:

- Repair and recover your client's trauma triggers, fears about connecting in relationships, self-destructive patterns, negative limiting beliefs and affect dysregulation
- Unpack your client's history and create a cohesive trauma narrative
- Assess the strength and health of the parental/caregiver system
- Assess your client's Internal Working Model and attachment category
- Operationalize core treatment goals into measurable objectives

Neuroscience revelations show us that healing in these areas require bottom up processes and not top down talk therapy processes. Through video case examples, video demonstration and thought-provoking lecture this intensive **2-day Trauma and Attachment Certification Course** will make the latest research accessible and user-friendly and clearly link it to your clinical work.

**Don't miss this opportunity to become a Certified Child and Adolescent Trauma Professional (CATP). Register today!**



## Live Seminar & Webcast Schedule (Both Days) (Times listed in Eastern)

**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.

## Target Audience:

Counselors • Social Workers • Psychologists  
Marriage and Family Therapists • Certified Case Managers • Occupational Therapists • Other Helping Professionals Who Work with Children

## Objectives

1. Articulate the neurological impact of trauma on attachment in children and adolescents and how current research informs treatment planning.
2. Differentiate between the clinical presentation of children and adolescents who exhibit insecure vs. secure vs. disorganized attachment.
3. Implement trauma and attachment assessments to develop observable and measurable treatment plan goals.
4. Implement the "internal working model" intervention to clarify the client's attachment category to inform treatment planning.
5. Operationalize the core treatment goals into measurable objectives in the treatment of trauma and attachment.
6. Implement the Integrated Attachment and Trauma Timeline Strategy (IATTS) to organize and construct the client's trauma narrative.
7. Utilize the client's trauma narrative to process attachment disruptions and trauma responses.
8. Apply bilateral tapping to reduce the intensity of strong affect and/or to amplify a strength resource.
9. Integrate elements of Internal Family Systems psychotherapy to map out a child's problematic behavior and the parent's responses to the behavior.
10. Utilize bibliotherapy to teach children, adolescents and families the concepts of Internal Family Systems psychotherapy to improve treatment outcomes.
11. Integrate resource tapping (EMDR) into Attachment Focused Family Therapy to increase the strength of attachment and healthy regulation in children, adolescents and families.
12. Teach clients mindfulness-based breath work, guided imagery and sensory awareness to improve affect regulation.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

**Join us on June 10 & 11, 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 \$89.99 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/71388](http://www.pesi.com/webcast/71388).



**BECOME CERTIFIED!**

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

**Visit [traumapro.net](http://traumapro.net) for the full certification requirements.**

## 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 Cyndi Postlewaite at [cpostlewaite@pesi.com](mailto:cpostlewaite@pesi.com) or call 715-855-5253.

## 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 \$60 cancel fee. Substitutions are permitted at any time.



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# TRAUMA AND ATTACHMENT CERTIFICATION COURSE

2-DAY LIVE EVENT

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LIVE VIDEO WEBCAST**

MONDAY & TUESDAY  
JUNE 10 & 11, 2019



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**Become  
CATP  
Certified!**  
Details Inside

# TRAUMA AND ATTACHMENT CERTIFICATION COURSE

2-DAY LIVE EVENT WITH  
LOIS EHRMANN, PHD, LPC, NCC, CTTS



**KING OF PRUSSIA, PA -OR-  
LIVE VIDEO WEBCAST**

MONDAY & TUESDAY  
JUNE 10 & 11, 2019



Outline

**Attachment Theory and Attachment Therapy**  
Recent influences in attachment theory and therapy  
Attachment importance in the development of the healthy individual  
Attachment styles vs. disorganized attachment  
Neuroscience supporting bottom up therapeutic strategies  
DSM-5®: Classification of trauma and stressor-related disorders

**Neurological Impact of Trauma and Attachment**  
How the research informs treatment  
Trauma is stored/stuck in the right hemisphere  
Chronic activation of the fight/flight/freeze response (Amygdala issues)  
The reason for the stuckness  
Cortisol and its impact on cognitive impairment

**Indicators of Trauma and Attachment Disruption**  
Common diagnostic mistakes  
Characteristics of the children and adults  
View attachment as a continuum

**Assessments for Trauma and Attachment Wounds Case Studies and Video Sessions**  
Protocol to assess the strength and health of the parental/caregiver system  
Most effective scales, measures and instruments  
Methods to explain the Internal Working Model of the child to the parent/caregiver  
Diagnostic considerations/Differential diagnosis  
Complex Trauma, Complex PTSD, Developmental Trauma, Disorganized Attachment, Reactive Attachment Disorder

**Translate Trauma and Attachment Goals into SMART Objectives**  
Core treatment goals  
Relational factors between client/therapist and child/parent/caregiver  
Dismantling the individual's unhealthy negative internal working model  
Increase the level of affective mastery  
Reduce distancing defenses  
Increase attachment within healthy relationships and for adults with their own children  
Containment of rage anger and pain so that resolution can occur  
How to operationalize goals into measurable objectives

**The Integrated Attachment and Trauma Timeline Strategy (IATTS): Help Children and Families Unpack their History**  
A guide to move from assessment to treatment  
Techniques to clarify and construct the client's cohesive narrative  
Methods to "chunk" overwhelming and disorganized historical material  
Integrates with evidence-base treatment modalities  
Eye Movement Desensitization Reprocessing (EMDR)  
Internal Family Systems (IFS)  
Attachment Focused Family Therapy  
Bibliotherapy  
Expressive Therapies and Somatic Psychotherapy

BOTTOM UP TECHNIQUES: PUTTING IT ALL TOGETHER WITH PRACTICE TIME!

**A Child Who Had No Safety: Case Study**  
A view of Attachment Focused Family Therapy  
Healthy vs. disrupted attachment/bonding cycle  
Intersubjectivity and Attunement: What being in sync does/does not look like  
PACE: Playfulness, Acceptance, Curiosity and Empathy  
Co-regulation of affect and co-creation of experiences

**When Traumatized Children are Broken into Many Parts: Case Study**  
Secure vs. anxious and avoidant attachment styles  
Disorganized attachment: Recognize the signs  
How attachment impacts parent-child dyads  
Integrate IFS into Attachment Focused Family Therapy  
Parts work through sand tray, art strategies and puppetry

**Repair the Fracture with Adoptive Parents: Case Study**  
Clarify the trauma and negative internal working model  
Parts mapping: Teach parts concepts to children and parents  
Integrate Bibliotherapy into IFS  
Assist parents how to engage in self-led parenting

**Protecting Sibling and Self In Foster Care: Case Study**  
Protector parts activity/worksheet  
Teach children to use their inner imagination to work with their part  
Transform terror into trust

**The Rage that Comes from Physical Abuse: Case Study**  
When children reenact the trauma of abuse  
See the positive intention in all parts  
Teach compassion, curiosity, calmness and connectedness through Expressive therapies

**Parts that Children Wall Off: Case Study**  
Terrified of being terrified  
The freeze of the Fight Flight Freeze Trauma Response  
Help children understand their own thoughts, feelings, behaviors and experiences

**When Parents and Children Both Have Activated Parts: Case Study**  
Activation Parts Map: Z-Process  
Naming and witnessing the activated parts  
Helping the parts understand each other

**Full of Rage with No Where to Go: Case Study**  
Integrate EMDR into Attachment Focused Family Therapy  
Teach parents and children resource tapping and positive self-talk  
Use tapping as part of imaginal nurturing  
Calming and self-regulating strategies from EFT  
Naming feelings with bilateral drumming

**Other Trauma Specific Evidence-base Treatment Modalities**  
*What they are used for and why clients seem to respond well*  
Sensorimotor psychotherapy  
Mindfulness-based approaches including breath work and imagery  
Biofeedback and EEG Biofeedback  
Limitations of the related research and risks of each approach

Speaker

**Lois Ehrmann, PhD, LPC, NCC, CTTS**, is a trauma-informed and sensitive clinician who works with individuals and families who suffer from trauma, abuse and attachment issues. She is the founder of The Individual and Family CHOICES Program, a holistic trauma-informed counseling center in State College, PA, that has been providing cutting-edge trauma-informed therapy for over 10 years. Prior to that she co-owned a dual diagnosis outpatient counseling program called Counseling Alternatives Group for over 18 years. She is a Licensed Professional Counselor in both Pennsylvania and New Jersey and has been in clinical practice for over 30 years, specializing in trauma and attachment for over 22 years.

A Certified Trauma Treatment Specialist (CTTS), Lois is also an Approved Consultant and Certified Clinician in Eye Movement Desensitization Reprocessing (EMDR) as well as a Certified Internal Family Systems Clinician. Trained in IFS Levels 1, 2 and 3 as well as Somatic IFS she has introduced the IFS model to the children and families she works with, as well as groups of parents of traumatized children and to professional healers who work with traumatized families. Lois is a Registered ATTACH Clinician, Certified Attachment Focused Family Therapist/Consultant and an Approved Clinical Supervisor (NCE). In addition, she is a trained neurofeedback clinician and trained in clinical hypnosis.

Lois is a sought-after trainer both locally and nationally and is also an adjunct assistant professor in counselor education and supervision at PSU. She has presented nationally for many years for the National ATTACH Conference and until very recently served on that organization's board of directors. Lois has also presented annually for the Internal Family Systems Conference specifically focusing on the use of IFS with children and families struggling with attachment issues.

Lois is the co-author of a book on best practices in attachment therapy and has self-published books for children and their parents on attachment and Internal Family Systems concepts. She was the lead researcher in the development of the Internal Family Systems Adherence Scale for the Internal Family System Foundation.

Speaker Disclosure:  
Financial: Lois Ehrmann is founder and executive director of The Individual and Family CHOICES Program. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Lois Ehrmann has no relevant non-financial relationship to disclose.

Certified Child and Adolescent Trauma Professional (CATP)

BECOME CERTIFIED!

Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

2 Easy Steps to Certification

1. Attend this 2-day Trauma and Attachment live event with Lois Ehrmann, PhD, LPC, NCC, CTTS
2. Apply for CATP certification with The International Association of Trauma Professionals (IATP) (www.traumapro.net)



Live Seminar Continuing Education 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" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*  
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Attachment

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By Christina May Reese, LCPC, PHD

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Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

By Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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