

## OUTLINE

### Trauma Wires Clients for Resistance

Brain signature of resistance  
Autonomic Nervous System and emotional regulation  
Neurodevelopmental consequences of trauma

### Assessment: Identify the Root of Resistance in Traumatized Clients

Trust and avoidance issues as a legacy of trauma  
Assessment for the fear of change and rejection  
Tools to identify the shame underlying resistance  
Assessment tools for readiness to change  
Is there such a thing as "too little" resistance?

### Errors that Foster Resistance to Trauma Treatment

Defining resistance as adversarial  
Should you confront resistance directly?  
When to push back  
Resistance as a personality style?

### Proven Interventions for Resistant Clients

How to use resistance to your favor  
Neuro-repatterning techniques to create therapeutic movement  
How to use priming, suggestion and influence  
Hypnotic strategies for non-hypnotic therapy  
Risks and limitations

### Effective Strategies for Trauma Treatment with Clients Who Are:

#### Avoidant and Shame Prone

- Shame, trauma, and the relational brain
- Re-patterning strategies to create a sense of safety
- Interventions to restore empathic possibility after trauma
- Techniques to address the belief of "not good enough"

#### Oppositional or Manipulative

- Recognize and deal with power moves
- Techniques to diminish opposition stemming from trauma
- Find wise leverage with manipulators

#### Angry or Reactionary

- Teach clients to properly express vulnerable emotions
- Meditation practices to bring calm
- Strategies to bridge negative to positive states

#### Withdrawn

- Win the battle for initiative
- Access the optimal arousal state for enhanced motivation  
Powerful language for collaborative change

## OBJECTIVES

1. Communicate how the neurodevelopmental consequences of trauma can lead to resistance in therapy.
2. Establish how clinicians can identify shame that can underlie resistance to treatment.
3. Delineate potential therapeutic errors that can foster increased resistance in therapy.
4. Formulate treatment plans that create a sense of safety for avoidant clients in trauma treatment.
5. Articulate how techniques that teach clients to properly express emotions can be used in-session with reactionary clients
6. Evaluate how curiosity can be leveraged by clinicians to create engagement with withdrawn clients.

### 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.



### Questions?

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

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# TRAUMA TREATMENT AND THE LEGACY OF FEAR

## Clinical Solutions for Your Most Resistant, Avoidant, Oppositional, and Reactionary Clients

**EUGENE, OR**  
Thursday, October 17, 2019

**PORTLAND, OR**  
Friday, October 18, 2019

# TRAUMA TREATMENT AND THE LEGACY OF FEAR

## Clinical Solutions for Your Most Resistant, Avoidant, Oppositional, and Reactionary Clients

- Shatter the chains of fear keeping clients trapped in the avoidance cycle
- Calm the threat response in angry and reactionary clients
- New ways to embrace vulnerability that build trust and openness
- Dissolve shame and self-blame underlying therapeutic opposition

**EUGENE, OR**  
Thursday, October 17, 2019

**PORTLAND, OR**  
Friday, October 18, 2019

Target Audience: Counselors • Psychotherapists • Social Workers • Psychologists • Addiction Counselors  
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# TRAUMA TREATMENT AND THE LEGACY OF FEAR

Some clients with trauma aren't receptive to the therapeutic process. They can be avoidant, argumentative, reactionary, or simply withdraw.

From empathic and understanding to assertive and firm. You've tried every approach. But with certain clients, you always feel like you're responding the wrong way. **You're left exhausted, working harder in session than your client, and feeling powerless when nothing you try is effective.**

Attend this seminar and learn the art and science of successfully overcoming your most challenging and resistant trauma clients' frozen impasses, opposition to internal work, and refusal to cooperate so you can help them achieve meaningful growth and change.

This essential program will give you the skills and tools you need to identify trauma from early relationships often at the root of resistance, calm the threat response in reactionary clients, sidestep common errors that can foster resistance, and help your clients dissolve self-blame and embrace vulnerability.

**Sign up today**, and get the clinical tools you need to help your most challenging trauma clients achieve greater levels of healing!

## SPEAKER

**Dr. Carol Kershaw, Ed.D.** worked as a licensed clinical psychologist for over 35 years helping clients suffering from trauma, anxiety, stress, and depression. She is an author, international trainer and frequent presenter on trauma and neuroscience. In addition to lecturing internationally, Dr. Kershaw has presented workshops and lectures at numerous Evolution of Psychotherapy conferences, Erickson Congresses, and annual scientific meetings of ASCH and AAMFT.

Dr. Kershaw has been sought out for her expertise in trauma treatment by organizations throughout the world, including leading a team of medical professionals in trauma intervention efforts in Saudi Arabia. Dr. Kershaw has been featured on numerous media outlets including ABC, CBS, Fox and NBC regarding her work. She is an invited author for *Family Therapy Magazine* and the co-author of the books *Brain Change Therapy: Clinical Interventions for Self-Transformation and The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*.

Dr. Kershaw is the co-director of the Milton Erickson Institute of Houston and Board Certified in Biofeedback. She is an approved supervisor for the AAMFT and a member of the American Psychological Association.

### Speaker Disclosure:

Financial: Carol Kershaw is co-director of the Milton Erickson Inst of Houston. She receives royalties as an author for W.W. Norton and Company. Dr. Kershaw receives a speaking honorarium from PESI, Inc.

Non-financial: Carol Kershaw has no relevant non-financial relationship to disclose.

**Bill Wade, M.Div., LPC, LMFT** is a licensed professional counselor and marriage and family therapist, author and international trainer. He is the co-author of *Brain Change Therapy: Clinical Interventions for Self-Transformation and The Worry Free Mind: Train Your Brain, Calm The Stress Spin Cycle, and Discover a Happier, More Productive You*. He has taught extensively on clinical approaches for overcoming trauma, anxiety and depression as well as clinical hypnosis, meditation, panic disorder, relationship enhancement, and peak performance. Mr. Wade is a clinical member and approved supervisor with American Association for Marriage and Family Therapy and co-director of the Milton Erickson Institute of Houston.

### Speaker Disclosure:

Financial: J. William Wade is co-director of the Milton Erickson Inst of Houston. He receives royalties from W.W. Norton, Amazon Books and CDS. He receives a speaking honorarium from PESI, Inc.

Non-financial: J. William Wade is a member of the American Association for Marriage and Family Therapy; American Counseling Association; and Texas Association for Marriage and Family Therapy.

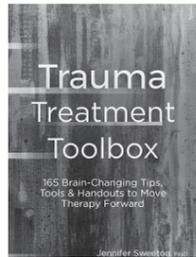
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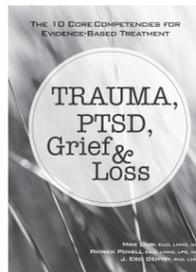


### Trauma Treatment Toolbox

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

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.



### Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment

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

A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, self-regulation, EMDR, Tri-Phasic Models, exposure-based therapies, CBT and Narrative Exposure Therapy.

## 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 [cepsi@pesi.com](mailto:cepsi@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.

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**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.

**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.

**Oregon 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.

**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.

**Nurses, Nurse Practitioners, and Clinical Nurse Specialists:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



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**Washington Social Workers, Counselors, and Marriage & Family Therapists:** This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

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

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### 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.

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