

# 2-DAY INTENSE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to Move Clients from  
Surviving to Thriving

Transform your practice with this intensive 2-day Certification Workshop that will provide you with effective strategies and interventions from EMDR, CBT, somatic approaches, and narrative therapy so you can take your trauma treatment to the next level!

You'll learn how to properly assess clients, effectively stabilize them in preparation for treatment, help them safely reprocess traumatic memories, and develop the resources they need to achieve and maintain recovery. You'll also get detailed guidance on overcoming scenarios involving anger, resistance, and suicidality that can leave you exhausted and uncertain of how to move your most challenging clients forward.

Better still, completion of this two-day conference meets the educational requirements when applying to become a Certified Clinical Trauma Professional, giving you the opportunity to differentiate yourself from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

Sign up today, get the proven tools and techniques needed to end the suffering of your clients and move them from surviving to thriving!



## BECOME CERTIFIED!

### 2 Easy Steps to Certification

1. Complete the Trauma Treatment Certification Workshop (This seminar!)
2. Apply for CCTP-Level I Certification with the International Association for Trauma Professionals at [www.traumapro.net](http://www.traumapro.net).



### Conference Designed Especially for

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

## SPEAKER

**Arielle Schwartz, PhD**, is a licensed clinical psychologist, Certified Complex Trauma Professional (CCTP-II) and EMDR consultant with a private practice in Boulder, Colorado. She is the co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiberger, 2018, W. W. Norton) and the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Schwartz, 2016, Althea Press). Dr. Schwartz is an international presenter on EMDR therapy, somatic psychology, complex PTSD, attachment trauma, and the psychological treatment of chronic pain. She is a certified Kripalu yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of somatic psychology, EMDR therapy, structural integration theory, existential therapy, and Gestalt—all with a strong relational foundation of care.

### Speaker Disclosures:

Financial: Arielle Schwartz is in private practice. She is an author for W.W. Norton and receives royalties. Dr. Schwartz receives a speaking honorarium from PESI, Inc.

Non-financial: Arielle Schwartz is a member of American Psychological Association (APA); EMDR International Association (EMDRIA); and Colorado Association of Psychotherapists (CAP).

**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.



**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](http://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 Anna Rustick at [arustick@pesi.com](mailto:arustick@pesi.com) or call 715-855-8195.

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



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. *Limited seats available; advance online registration required.*

## BECOME CERTIFIED!



This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).

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

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



MONDAY &  
TUESDAY

January 20-21, 2020

REGISTER ONLINE

[pesi.com/webcast/76339](http://pesi.com/webcast/76339)

### Bring any Training On-Site!

- Cost Effective for Groups
- Customizable
- Flexible



[www.pesi.com/inhouse](http://www.pesi.com/inhouse)

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

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

# 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EARN YOUR  
CCTP-LEVEL 1  
CERTIFICATION!

EMDR, CBT and Somatic-Based Interventions to  
Move Clients from Surviving to Thriving

BLOOMINGTON, MN

Monday & Tuesday • January 20-21, 2020

LIVE WEBCAST

Monday & Tuesday • January 20-21, 2020



Register now! [pesi.com/express/76302](http://pesi.com/express/76302)



Register now! [pesi.com/express/76302](http://pesi.com/express/76302)

A Non-Profit Organization  
CONNECTING KNOWLEDGE WITH NEED SINCE 1979

# 2-DAY INTENSIVE TRAUMA TREATMENT CERTIFICATION WORKSHOP

EMDR, CBT and Somatic-Based Interventions to  
Move Clients from Surviving to Thriving

- Interventions from today's most effective treatment approaches
- Overcome intense trauma responses that interfere with therapy
- Confidently apply proven techniques to the right therapeutic scenario

BLOOMINGTON, MN

Monday & Tuesday • January 20-21, 2020

LIVE WEBCAST

Monday & Tuesday • January 20-21, 2020



Become  
CCTP-Level I  
Certified!

Details Inside



OUTLINE

The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma  
Fight, flight, freeze, fawn survival responses  
Clinical implications of the freeze response  
The neuroscience of EMDR, exposure therapy and cognitive therapy

Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma  
Intergenerational trauma  
Symptom clusters and physical manifestations  
CAPS-5 and PCL-5  
Primary Care PTSD Screen  
Dual diagnosis

Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations  
Bottom-up techniques to reconnect and feel safe in the body  
Self-soothing techniques  
Grounding strategies  
Breathwork

Gauge when a client is ready for intense trauma/cognitive work

Proven Skills and Techniques from Evidence-Based Approaches:

**Somatic Approaches:**  
*Address Physical Symptoms of Trauma*  
Relevance of Polyvagal theory and early trauma  
Assess for readiness to apply somatic tools  
Teach body awareness  
Manage unease with “Felt sense” exercises  
Resourcing strategies to create a safe space

**CBT Coping Skills:**  
*Manage Emotions*  
Identify inaccurate trauma-related cognitions  
Exposure, titration and pendulation to slow emotions  
Cognitive reframing and reappraisal interventions  
Memory reconstruction techniques

**EMDR-Based Techniques:**  
*Resolve Traumatic Memories*  
Adaptive Information Processing Theory  
EMDR vs EFT vs neuromodulation  
Resourcing strategies  
Combine memory reprorocessing with cognitive restructuring  
Using “restricted processing” with complex trauma

**Narrative Therapy Exercises:**  
*Rewrite Traumatic Experiences*  
Interventions to help clients talk about hotspots  
Reclaim identity with the “Tree of life” exercise  
Awareness and closure - create life stories

**Solutions to Trauma Treatment Roadblocks**  
How to handle the angry client  
Strategies for the resistant trauma client  
Boundary concerns  
Dealing with crises, suicidality, substance use

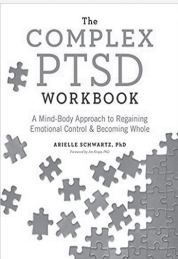
**Reintegration and Post-Traumatic Growth**  
Better than normal - the neuroscience of post-traumatic growth  
The therapeutic alliance as a brain-based approach  
The power of forgiveness in moving forward  
Meaning making exercises

Research, Limitations and Potential Risks

**Workshop and Webcast Schedule**  
*Times in Central — both days*  
**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.

SAVE by Including These Products With Workshop Registration!

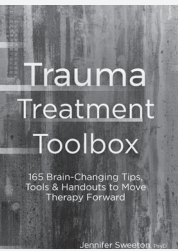


The Complex PTSD Workbook

A Mind-Body Approach to Regaining Emotional Control and Becoming Whole

Arielle Schwartz, PhD - **Seminar Speaker!**

Clinical psychologist Dr. Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz's knowledgeable guidance helping you find your way. In *The Complex PTSD Workbook*, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.



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.

More info and resources at [www.pesi.com](http://www.pesi.com)

Live Workshop 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" on this brochure 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](mailto: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 profession's 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 12.5 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 12.5 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.

**MINNESOTA COUNSELORS:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**WISCONSIN COUNSELORS:** This intermediate activity consists of 12.5 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 760 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.

**MINNESOTA MARRIAGE & FAMILY THERAPISTS:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

**WISCONSIN MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

**EMDRIA:** This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

**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. Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This activity consists of 12.5 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, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**MINNESOTA PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/76302](http://www.pesi.com/events/detail/76302).

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**MINNESOTA SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

**OTHER PROFESSIONS:** This activity qualifies for 760 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.

 **SCAN HERE**  
FOR A SPECIAL OFFER ON  
**BOOKS & CARD DECKS**

PLEASE RETURN ENTIRE REGISTRATION FORM

## How to Register

### 2-Day Intensive Trauma Treatment Certification Workshop

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

**ONLINE**

[pesi.com/express/76302](http://pesi.com/express/76302)

**PHONE**

**800-844-8260**  
Please have credit card available

**FAX**

**800-554-9775**

**MAIL**

PESI, Inc.  
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 Attendance Option**  
(make copy for your records)

**BLOOMINGTON, MN**

Embassy Suites Hotel - Bloomington  
2800 American Blvd West • 55431  
(952) 884-4811

☐ **January 20-21, 2020**

76302BLO

**LIVE WEBCAST**

Broadcast LIVE to your computer!

☐ **January 20-21, 2020**

PLW76302

**Register now!**  
[pesi.com/express/76302](http://pesi.com/express/76302)

**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. *Limited seats available; advance online registration required.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://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](http://www.pesi.com/students) or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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

**2-Day Intensive Trauma Treatment Certification Workshop on DVD\*** (video) \$439.99 (RNV054755)

**2-Day Intensive Trauma Treatment Certification Workshop on CD\*** (audio) \$439.99 (RNA054755)

**The Complex PTSD Workbook\*** \$15.99 (SAM085515)

**Trauma Treatment Toolbox** book\* \$34.99 (PUB085910)

CE hours and approvals on products may differ from live CE approvals.

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

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

Product total \$ \_\_\_\_\_

\*Shipping \_\_\_\_\_

**Subtotal** \_\_\_\_\_

\*\*Tax \_\_\_\_\_

**TOTAL** \_\_\_\_\_