

2-Day Certification Course

Trauma and Attachment Treatment for Children and Adolescents

Becoming a Certified Child and Adolescent Trauma Professional will demonstrate your passion for and knowledge of treating traumatized children and adolescents.

This 2-Day Certification Course in Trauma and Attachment Treatment for Children and Adolescents will provide you with the essential skills, proven interventions, and state-of-the-art treatments you need to successfully treat your most challenging clients—children, adolescents and families suffering from trauma and attachment wounds.

Children's neurology is impacted at the deepest levels of development resulting in emotional, behavioral and psychological problems. When the foundational blocks of attachment are fractured, you face therapeutic roadblocks—**innate distrust of others, acting out, avoidance/shutting down, extreme reactivity, self-harm, affect dysregulation, substance abuse, poor boundaries**—making successful treatment seem impossible to achieve.

Attend this intensive 2-day certification training and learn the most effective tools and techniques to help children and families **more fully engage in treatment, identify and express their emotions, manage disturbing thoughts and feelings, and achieve and maintain recovery.**

Elevate your practice and improve your ability to:

- Skillfully integrate proven interventions rooted in EMDR, IFS, Somatic Psychotherapy
- Unpack children's history and create a cohesive trauma narrative
- Use children's trauma narrative to process attachment disruptions and trauma responses
- Map children's problematic behavior and the parent's responses to the behavior
- Help children identify trauma triggers and develop appropriate, healthy regulation skills
- Help children overcome fears about connecting in relationships
- Repair self-destructive patterns, negative limiting beliefs and affect dysregulation
- Empower families to improve boundaries, discipline and communication
- Teach families/caregivers concrete, practical ways to repair attachment wounds

Completion of this 2-day course meets ALL the educational hours should you choose to apply for certification as a **Certified Child and Adolescent Trauma Professional (CATP)** through the International Association of Trauma Professionals (IATP).

To learn more about how you can apply for CATP certification and distinguish yourself from other professionals, visit www.traumapro.net.

Sign up today and feel the joy of setting children, adolescents and families with trauma and attachment wounds on the path to a better life!



**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.

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.



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.*

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 16-17, 2020, 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/76632

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 CD or DVD 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 Cyndi Postlewaite at cpostlewaite@pesi.com or call 715-855-5253.

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THUR-FRI
January 16-17, 2020

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2-Day Certification Course

Trauma and Attachment Treatment for Children and Adolescents

DOWNERS GROVE, IL
& LIVE VIDEO WEBCAST
THURSDAY & FRIDAY
JANUARY 16-17, 2020

Register now: pesi.com/express/76354



2-Day Certification Course

Trauma and Attachment Treatment for Children and Adolescents

- Help children identify trauma triggers and develop appropriate, healthy regulation skills
- Repair self-destructive patterns, negative limiting beliefs and affect dysregulation
- Teach families/caregivers concrete, practical ways to repair attachment wounds
- Skillfully integrate proven interventions rooted in EMDR, IFS, Somatic Psychotherapy

DOWNERS GROVE, IL
& LIVE VIDEO WEBCAST
THURSDAY & FRIDAY
JANUARY 16-17, 2020



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**Become
CATP
Certified!**

Details Inside

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-based treatment modalities
Eye Movement Desensitization Reprocessing (EMDR)
Internal Family Systems (IFS)
Attachment-Focused Family Therapy
Bibliotherapy
Expressive Therapies and Somatic Psychotherapy

TECHNIQUES WITH CASE STUDIES: PUTTING IT ALL TOGETHER WITH PRACTICE TIME!

A Child Who Had No Safety
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
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

Full of Rage with No Where to Go
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

Parts that Children Wall Off
Terrified of being terrified
The freeze of the fight-flight-freeze trauma response
Help children understand their own thoughts, feelings, behaviors and experiences

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

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

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

Repair the Fracture with Adoptive Parents
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

Other Trauma-Specific Evidence-based 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.

Questions? Call customer service at 800-844-8260

Live Seminar & Webcast Schedule

(Both Days) (Times listed in Central

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

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

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.

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 profession's 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 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.

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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 12.5 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 12.5 contact hours or 1.25 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.

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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 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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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 12.5 contact 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.



SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!

Attachment

60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

By Christina May Reese, LCPC, PHD

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.

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.

REGISTRATION FORM

2-DAY CERTIFICATION COURSE: TRAUMA AND ATTACHMENT TREATMENT FOR CHILDREN AND ADOLESCENTS

SAVE TIME! Express Register Online: pesi.com/express/76354

1 Please complete entire form if sending by mail *please print legibly*

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3 Select Tuition

TUITION including seminar manual

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☐ **\$499.99** standard

ADD-ON PRODUCTS — Save on Shipping! — Products Distributed at Seminar

☐ **\$24.99*** *Attachment* book (PUB085705)

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

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

WEBCAST with downloadable seminar manual

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We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

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Advance registration required. Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar 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 the day, go to: **www.pesi.com/coord** for availability and job description, first come, first serve.

• **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** for details.

QUESTIONS

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