

Outline

Trauma

- Concepts & definitions
- A historical perspective of trauma
- Stress vs. trauma: Two states, two responses
- The creation of trauma, reactive adaptations, traumagenesis
- Small "t" and Big "T" trauma
 - High-risk characteristics
 - Pre-natal
 - Early life trauma
 - "On Going" vs. "Single Event" trauma

The Traumatized Brain

- Neurobiology and Triunal Brain Model
- Activation and hyper-arousal of threat response system
- The sensitized brain through conditioned traumatic cues
- Dissociation and the importance of freeze discharge:
 - Neuroception, bodily reactions and biological changes

Trauma and Stress-Related Disorders (DSM-5®)

- Post-Traumatic Stress Disorder (PTSD)
 - 0-6 child definitions of PTSD
 - Reactive Attachment Disorders
 - Acute Stress disorders
 - Adjustment disorders
 - Disinhibited Social Engagement Disorder

Trauma and Working with Children and Adolescents: The Developing Brain, Body, and Mind

- Best practices and innovative tools for assessment
- Subjective imprints of trauma
- Innovative tools for trauma resiliency
- Trauma-Focused CBT for Children
- Eight interventions to use immediately
- Rapport, hope and empathy during the first session and thereafter

Trauma, Loss, and Complicated Grief

- Grief, bereavement and mourning
- How trauma "freezes" the normal grieving process

- Signs of complicated/traumatic grief
- Factors contributing to complexities in grief
- Grief, bereavement in DSM-5® and viable treatment implications

Healing Trauma: Three Active Ingredients

- Therapeutic Relationship - hope, safety, and calming presence
- Relaxation – reciprocal inhibition, parasympathetic dominance
- Narrative – developing "new" narrative to "transform" memories

Immediate Interventions: The Three-Stage Consensus Model

Safety/Stabilization

- The Therapeutic Alliance
- Felt safe vs real safe
- Resolution of impeding environment
- Amelioration of self-destructive thoughts
- Restructuring victim mentality to proactive survivor identity
- Stabilization, self-regulation, relaxation, grounding & containment
- Mindfulness, yoga, recovery resources and holistic strategies

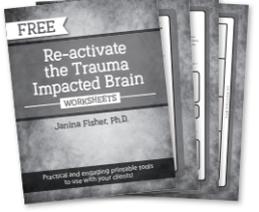
Reprocessing/Resolution

- Narrative and metabolization of traumatic memory
- Cognitive therapies
- Mindfulness-informed interventions
- Guided Imagery and Systematic Desensitization
- Somatic and focusing interventions
- Forgiveness and gratitude work
- Reintegration/Reconciliation
- Reconnection to self, family, society and hopes/dreams
- Resiliency skills training

Limitations of Research and Potential Risks

- No "one size fits all" for any modality of trauma treatment
- Various definitions of trauma with different treatment implications
- Side effects may include an initial increase in symptoms
- Empirical verses anecdotal evidence

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Objectives

1. Illustrate the effects of trauma on the structure and function of the brain.
2. Determine the etiology and potential impact of traumatic stress on the client utilizing multiple assessment strategies.
3. Develop an assessment plan for a client's reaction to a traumatic event and develop a viable treatment program.
4. Analyze how grief, bereavement, and mourning are accounted for in the DSM-5®.
5. Integrate interventions to assist a client in dealing with the biopsychosocial manifestations of trauma, PTSD, and traumatic grief/complicated mourning.
6. Discover appropriate evidence-based interventions to assist a client in coping with the physical and psychosocial-spiritual manifestations of trauma.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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 Val Whitehead at vwhitehead@pesi.com or 715-855-8166.

TRAUMA, PTSD & COMPLICATED GRIEF

Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

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Monday, March 9, 2020

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- Dozens of practical assessment, diagnosis and intervention strategies
- New clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma
- Multisensory interventions to treat the whole person

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Complete this workshop and learn **new clinical skills, interventions, and principles to help your clients cope with the challenges of recovering from trauma.** Throughout the workshop trauma specialist, Michael S. Prokop, will discuss and integrate the “active ingredients” for “healing trauma” as they are utilized within the Three Stage Consensus Model. Attend and be able to:

- Use dozens of practical assessment, diagnosis and intervention strategies
- Effectively work with children, adolescents and adults dealing with trauma issues
- Implement multisensory interventions to treat the whole person

You will be able to implement evidence-based treatment protocols for establishing safety, desensitizing and reprocessing trauma memories, as well as, resolving/reprocessing complicated grief. **With these new skills, you will be able to assist your clients in their journey as they “restructure a victim mentality to form a proactive survivor identity.”** With this new identity, you will be able to help clients reconnect to self, family, society and dreams!

Speaker

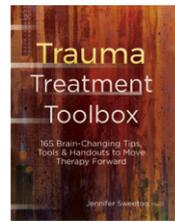
Michael S. Prokop, M.Ed., CCTP, CSP, LPC, BCPC, is a national speaker, Certified Clinical Trauma Professional, consulting school psychologist, Licensed Professional Counselor, American Psychotherapy Association Board Certified PTSD Clinician/Board Certified Professional Counselor-Diplomate, sports psychology consultant and is a member of the International Association of Trauma Professionals (IATP). He specializes in grief and trauma therapy, relaxation therapy, rational emotive psychotherapy, anger management, mental toughness training, and more. As a consulting psychologist he has conducted hundreds of psychological evaluations of traumatized clients and continues to provide individual and group therapy for clients with various adjustments, intellectual, motivational and emotional challenges. His clinical expertise with traumatized clients is based on a long history of comprehensive professional experiences. These include providing support for children and families impacted by suicide, domestic violence, homicide, child abuse, sexual assault and accidental death.

Michael has authored three children’s books regarding adjustment issues and his counseling experiences include more than 25 years in private practice, school districts, part time at The Developmental Clinic, and the rest at Kent State University teaching undergraduate psychology classes, graduate level workshops and also providing psychological counseling services for the T.R.I. Program (Toward Retention Intervention). Besides his private practice, he consults in numerous schools and agencies and is an adjunct professor at Ashland University. As an entertaining and enthusiastic speaker, he frequently lectures and provides seminars at state and national conferences.

Speaker Disclosures:
 Financial: Michael Prokop is an adjunct instructor at Ashland University. He receives a speaking honorarium from PESI, Inc.
 Non-financial: Michael Prokop is a member of the American Psychotherapy Association; National Education Association; National Association of School Psychologists; and the American Psychological Association.

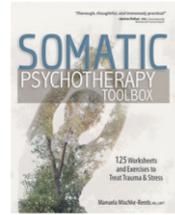
TRAUMA, PTSD & COMPLICATED GRIEF Effective Assessments and Immediate Interventions for Children, Adolescents and Adults

SAVE by including these products with your seminar registration!



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.



Somatic Psychotherapy Toolbox
 125 Worksheets and Exercises to Treat Trauma & Stress
 By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

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” 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.

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OHIO CHEMICAL DEPENDENCY PROFESSIONALS: This course has been submitted to the Ohio Chemical Dependency Professionals Board for review. Please contact PESI, Inc. for the most current information.

CHAPLAINS/CLERGY: This activity is designed to qualify for 6.25 continuing education hours.

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.

KENTUCKY COUNSELORS: The Kentucky Board of Licensed Professional Counselors granted approval for this program on 03/15/2019 for 7.5 hours of general continuing education credit for LPCAs and LPCCs per 201 KAR36:030 section 2(1).

OHIO COUNSELORS: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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.

KENTUCKY MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Kentucky Board of Licensure of Marriage & Family Therapists for review.

OHIO MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is an approved provider with the State of Ohio Counselor, Social Worker and Marriage & Family Therapist Board. Provider approval #:RCST071001. Full attendance at this course meets the qualifications for 6.25 clock hours of continuing education credit.

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OHIO PSYCHOLOGISTS: PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content. PESI is offering this activity for 6.25 standard hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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 6.25 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.

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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.



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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.

Target Audience

Counselors • Social Workers • Psychologists
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 Marriage & Family Therapists • Psychiatrists
 Addiction Counselors • Mental Health Professionals
 Crisis Intervention Specialists • Nurses

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- **\$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, first come, first serve.
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