

Outline

Neuroscience of Childhood Trauma Trauma Theory

Fight-or-Flight (parasympathetic / sympathetic nervous system)

Attachment Theory

Assessment

Complex Trauma

Post-traumatic Stress Disorder

Reactive Attachment Disorder

Developmental Trauma Disorder

A new conceptualization and integrated clinical framework

Essential Components for Trauma-Informed Treatments

Establishing safety and a sense of competence/worth

Appropriate attachments & relational engagement

Self-regulation (body & emotions)

Self-reflection & Introspection

Integration of traumatic experiences (acknowledgment & processing of the trauma)

Future safety ~ transitioning beyond the Trauma

Body Based Treatment – Emotional and Behavioral Regulation

Verbal vs nonverbal responses

– how to recognize trauma without verbal report

Bottom-up versus top-down processing – trauma starts in the body

Developmental needs of traumatized children

Embodied play & sensory integration – emotional and behavioral regulation

Incorporating Play Therapy into Proven Evidence-based Treatments

Components that “fit” the child’s specific needs

TF-CBT- Trauma focused Cognitive Behavioral Therapy

EMDR – Eye Movement Desensitization and Reprocessing

CPP – Child Parent Psychotherapy

ARC – Attachment, Regulation, and Competency

TARGET – Trauma Adaptive Recovery Group Education Therapy

Play Therapy Principles

Therapist establishes a friendly relationship

Accepts the child as he is

Creates a permissive relationship; child has freedom of expression

Validates (acknowledge and reflect) child’s feelings

Responsibility for decisions and change is left mostly to the child

Child directs the therapeutic process; therapist follows

Therapeutic interaction is not rushed

Limits are set only when necessary for child’s outcomes

Advancing Trauma Treatment with Play Therapy

Non-verbal techniques

Sensory-based techniques

Culturally and developmentally appropriate techniques

Play Therapy Strategies and Techniques

Integration of traumatic experiences to acknowledge and process the trauma: Sandtrays, drawings, & play

Target shame, self-doubt, and self-compassion: Sandtray Safeplace & All About Me

Build an understanding of the brainbody relationship: Flip your lid and Charades

Target indiscriminate attachments and interpersonal reactivity: Invisible String & Family Sandtray

Improve emotional and bodily regulation: Stressballs, Be Spaghetti, Feelings Map, Trashballs, Yoga, and Weather Massage

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

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Objectives

1. Articulate how to help children with complex trauma histories restore their capacity for playfulness and co-regulation.
2. Evaluate the fight-or-flight response in children, and learn playful ways to teach children about the brain-body relationship.
3. Communicate the neurophysiological theory behind developmental trauma and attachment.
4. Contrast diagnostic challenges within this population, and ascertain symptoms of post-traumatic stress disorder which can be decreased through embodied play therapy strategies.
5. Combine embodied play therapy interventions with evidence-based treatment models for improving emotional and behavioral regulation.
6. Pair the core components found within the leading evidence-based trauma treatments (TF-CBT, EMDR, CPP, ARC, TARGET) with play therapy techniques to improve relational engagement.
7. Evaluate which trauma informed treatment components “fit” with specific needs of children who have experienced developmental trauma.
8. Determine how core components of child-centered play therapy align with best practices for treating childhood trauma.
9. Help children heal from trauma through play therapy and evidence-based cognitive strategies.
10. Implement play therapy techniques that are consistent with the core components of trauma-informed treatment.
11. Develop a treatment plan for introducing play therapy to clients and families in an engaging, fun manner.
12. Integrate culturally attuned play therapy strategies into trauma work with children and families.

Target Audience: Counselors • Social Workers Psychologists • Marriage and Family Therapists Play Therapists • Speech-Language Pathologists Occupational Therapist

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

THUR & FRI
Feb 15 & 16, 2018

REGISTER ONLINE
pesi.com/express/59665



**SCAN HERE TO
SHOP OUR
HOT DVD DEALS!**



Training brought right to you
www.pesi.com/inhouse

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

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

2-DAY ADVANCED INTERACTIVE WORKSHOP

Trauma Treatment for Kids ~ Healing the Body Through Play

Fairfax, VA
Thursday & Friday
February 15 & 16, 2018

Live Video Webcast
Thursday & Friday
February 15 & 16, 2018



REGISTER NOW: pesi.com/express/59665

2-DAY ADVANCED INTERACTIVE WORKSHOP

Trauma Treatment for Kids ~ Healing the Body Through Play

Presented by: **Jennifer Lefebvre, Psy.D.**, Clinical Psychologist,
Registered Play Therapist Supervisor

- Experiential learning through “a child’s language” – sensory, non-verbal and embodied play
- Improve self-regulation, attachments and relational engagement
- Increase the effectiveness of traditional trauma therapies
- Transform your work and enhance the capacity for healthy play among the youngest of trauma survivors

Fairfax, VA
Thursday & Friday
February 15 & 16, 2018

Live Video Webcast
Thursday & Friday
February 15 & 16, 2018



REGISTER NOW:
pesi.com/express/59665

A NON-PROFIT ORGANIZATION CONNECTING
KNOWLEDGE WITH NEED SINCE 1979

Register Now: 800-844-8260 www.pesi.com

2-DAY ADVANCED INTERACTIVE WORKSHOP

Trauma Treatment for Kids ~ Healing the Body Through Play

Traumatic events damage children emotionally and psychologically. Their trauma stays trapped in their body – they feel overwhelmed, they don't sleep, they're anxious, depressed, failing in school, angry and socially isolated.

They are completely vulnerable.

How do you as a therapist get to the root of their pain? What do you do when words and language can't be accessed, when conventional treatments aren't enough?

Play is a child's natural way to expose their trauma, formulate their narrative and begin to process the trauma.

Join trauma expert, Dr. Jennifer Lefebre in this experiential, interactive 2-day workshop and learn to speak the language of traumatized children!

- Integrate play therapy with trauma treatment to provide children engaging, developmentally appropriate and empirically validated treatment
- Use essential components of trauma treatment flexibly combined with sensory, non-verbal and embodied play to address interest and advance your work with kids
- Creative and effective treatment strategies to improve self-regulation, attachments and relational engagement, integrate traumatic experiences and build a sense of competence and worth
- Access a clinical framework to incorporate trauma theory, neuroscientific research and play therapy principles
- Increase the capacity for healthy play among the youngest of trauma survivors

Come breathe new life into your trauma treatment with kids!

Questions? Call customer service at 800-844-8260

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.

Speaker

Jennifer Lefebre, Psy.D., RPT-S, is a clinical psychologist and registered play therapist – supervisor. Her clinical and research interests center on the assessment and treatment of children, adolescents, adults and families whose lives have been impacted by complex trauma. She has extensive experience working with young children (0-5), adult survivors of severe childhood abuse and neglect, first responders, and combat veterans.

Dr. Lefebre is the clinical director at Healing the Child Within, a holistic trauma center in northwestern Connecticut which integrates psychotherapy, yoga, and eastern philosophies into the treatment of complex trauma, and a clinical supervisor and EMDR/play therapy consult facilitator at JRI's Trauma Center in Boston. She has worked in residential treatment, psychiatric inpatient, community mental health settings, and schools, and has taught at both the undergraduate and graduate level. She has provided trainings around the country integrating play therapy and evidence-based trauma practices.

She and has received specialized training in Trauma Sensitive Yoga (TC-TSY), Attachment, Regulation and Competency (ARC), Sensory Motor Arousal Regulation Therapy (SMART), Theraplay, and Parent Child Interaction Therapy (PCIT-A). She is certified in Trauma-focused Cognitive Behavioral Therapy (TF-CBT), and is an EMDR (Level II) clinician working towards becoming an EMDRIA-approved consultant. Additionally, she is an infant and early childhood mental health consultant.

Speaker Disclosure:
Financial: Jennifer Lefebre-McGevna is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Jennifer Lefebre-McGevna is a member of the Association of Play Therapy.

LIVE WEBCAST DETAILS

Join us on February 15 & 16, 2018, 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 and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Only \$29.99 per CE Certificate for each additional participant.



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.

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 **Meg Graf at mgraf@pesi.com** or call **715-855-8199**.

***SAVE by including these products with your seminar registration!**

70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior

By Lynne Kenney, Psy.D. & Rebecca Comizio, MA, MA-Ed, MCSP

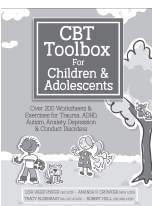
Packed with worksheets, handouts, and guided scripts with step-by-step directions, this definitive resource will put you to the top of your play game. With over 70 activities designed to improve thinking, self-regulation, learning and behavior, your tool kit will be full and your creative brain will be inspired to craft your own meaningful exercises. Play now, Play later... with *70 Play Activities for better brain function and learning*.

CBT Toolbox for Children and Adolescents

Over 220 Worksheets & exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

By Robert Hull, MA, ED, EDS, MHS

The *CBT Toolbox for Children and Adolescents* gives you the resources to help the children in your life handle their daily obstacles with ease. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.



Live Workshop & Webcast Continuing Education Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), 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 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 professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

PLAY THERAPISTS: PESI, Inc. is an APT Approved Provider 05-165. Full attendance at this program will qualify for 12.5 contact hours. Play therapy credit will not be awarded to non-mental health professionals.

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.

DISTRICT OF COLUMBIA 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.

MARYLAND COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

VIRGINIA 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.

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 .6 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.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. 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.

SPEECH-LANGUAGE PATHOLOGISTS/AUDIOLOGISTS: This course contains 12.5 hours of continuing education. It was not offered for ASHA CEUs. Please retain your certificate of completion. If audited for ASHA Certification Maintenance, you can submit this certificate of completion at that time. For state licensure, teacher certification renewal, or other credential renewal, contact those agencies for information about your reporting responsibilities and requirements.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

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.

How to Register:

ONLINE
pesi.com/express/59665

PHONE
800-844-8260
Please have credit card available

FAX
800-554-9775

MAIL
PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2-DAY ADVANCED INTERACTIVE WORKSHOP
TRAUMA TREATMENT FOR KIDS ~ HEALING THE BODY THROUGH PLAY
QUESTIONS? Call **800-844-8260** or e-mail us at info@pesi.com.

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 _____

For your convenience, confirmations are sent via email.

2 Check location: (make copy of locations)

FAIRFAX, VA

Hilton Garden Inn Fairfax
3950 Fair Ridge Dr • 22033
(703) 385-7774

☐ **February 15 & 16, 2018** [59665FAI](#)

LIVE VIDEO WEBCAST

Broadcast LIVE to your computer!

☐ **February 15 & 16, 2018** [PLW59665](#)

REGISTER NOW:
pesi.com/express/59665

ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

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:

\$60 Tuition: If you are interested in being our registration coordinator for both days, go to: 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 Military Rate: PESI Inc. is proud to offer a \$20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**

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 or call 800-844-8260 for details.

Advance registration required.

Cannot be combined with other discounts.

FOR OFFICE USE ONLY
Fed ID # 26-3896894
© 2017 PESI, Inc.

3 Check tuition:

Tuition with seminar manual

☐ **\$389.99** per person for both days (postmarked 3 wks prior to event)

☐ **\$429.99** per person for both days (standard)

Add-On Products

Distributed at seminar—FREE SHIPPING!

☐ **\$26.99*** *70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior* book

☐ **\$34.99*** *CBT Toolbox for Children and Adolescents* book

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

WEBCAST with downloadable seminar manual

☐ **\$389.99** registration (+ tax in MN, PA, WI)

4 Indicate method of payment:

ALL REGISTRATIONS MUST BE PREPAID.
Purchase orders welcome (attach copy).

☐ Check enclosed payable to **PESI, Inc.**
☐ MC ☐ VISA ☐ AE ☐ Discover Novus
16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ V-Code #*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.)

(*American Express: 4-digit # above account # on face of card.)

CAN'T ATTEND THE SEMINAR?

See below for individual product orders

2-Day Advanced Interactive Workshop Trauma Treatment for Kids ~ Healing the Body Through Play

_____ Seminar on DVD* (video) \$299.99 (RNV053325)

_____ Seminar on CD* (audio) \$269.99 (RNA053325)

_____ **70 Play Activities for Better Thinking, Self-Regulation, Learning & Behavior** book* \$26.99 (PUB084495)

_____ **CBT Toolbox for Children and Adolescents** book* \$34.99 (PUB085120)

*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 _____