

Two-Day Trauma Competency Conference

This two-day seminar delivers the bio-psycho-social aspects of traumatic stress, traumatic grief, & traumatic loss. Mental health professionals are on the front lines and, in many cases, have the initial contact with the individual(s) who has experienced traumatic stress. Clinicians are routinely called upon to serve survivors of major disasters, war, childhood physical and sexual trauma, rape, violent crime, and other forms of traumatic events. Participation in this workshop leads to a holistic and systemic understanding of traumatic stress and provides skills for immediate use in a variety of clinical settings.

How people respond to traumatic stress is an individual matter based on a number of factors including psychological, emotional, social, cultural, biological, spiritual, and familial. The two-day training will involve an analysis of the various defense mechanisms and other coping skills individuals employ during and following the experience of traumatic stress. Key approaches and interventions include:

- Crisis intervention
- Critical incident stress debriefing
- Cognitive Behavioral Therapy
- EMDR
- Sensorimotor approaches

This training provides take-away evidence-based, best-practice clinical interventions and techniques for the Assessment, Safety & Stabilization, and Remembrance & Mourning phases of trauma treatment. In addition, completion of this two-day seminar meets the educational requirement when applying to become a Certified Clinical Trauma Professional (International Association for Trauma Professionals, www.traumapro.net)

Meet Your Speaker

Mike Dubi, Ed.D., LMHC, is president of the International Trauma Training Institute (ITTI) and editor of the Trauma Online newsletter. He co-authored a book on trauma, several book chapters and various articles on trauma, power therapies, case conceptualization and supervision.

Mike is a former associate professor of Counselor Education and Supervision, Mental Health Counseling, Forensic Psychology and Counseling Psychology at Argosy University/Sarasota (1997 to 2014). He has been engaged in the practice of individual and group psychotherapy for over 40 years and is a Florida Licensed Mental Health Counselor and Qualified Supervisor. He is certified in Cognitive-Behavior Therapy, Hypnosis, EMDR and Brainspotting. He is also an AMHCA Diplomate and Clinical Mental Health Specialist in Trauma Counseling, Board Certified Expert and Diplomate in Traumatic Stress, a Certified Clinical Trauma Professional, a Certified Trauma Specialist, Certified in Acute Traumatic Stress Management, trained in Accelerated Resolution Therapy, Certified in Disaster Mental Health by the American Red Cross, Certified Compassion Fatigue Specialist and Fellow of the National Board for Certified Clinical Hypnotherapists.

Over the course of his career, Mike has treated more than 3500 survivors of child and adult sexual abuse and is currently working with Vietnam and OEF/OIF veterans whom he treats pro bono.

Mike has been involved in the administration of various private agencies both in the United States and United Kingdom for almost 50 years. His businesses have provided consultation, program development and evaluation and grant writing services to mental health agencies. He is a passionate scuba diver, road cyclist and hill runner.

Speaker Disclosure:

Financial: Michael Dubi maintains a private practice. He receives compensation as an Associate Professor at Argosy University. Mr. Dubi receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Dubi has no relevant non-financial relationship to disclose.



The IATP is a non-profit membership association providing trauma professionals with **state-of-the-art** training, education, certification and research.

Benefits of Membership:

- Certificate of Membership
- **\$25 Discount** on all live one-day and multi-day PESI seminars across the United States
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- Traumatology Tool Kit (assessment instruments, treatment protocols)

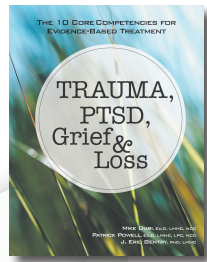
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Visit the IATP website at www.traumapro.net for more details on the non-profit association.

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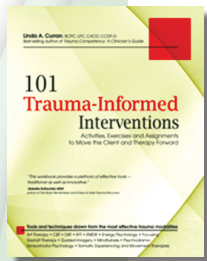
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Trauma, PTSD, Grief & Loss:

The 10 Core Competencies for Evidence-Based Treatment
By Michael Dubi, Ed.D., LMHC - **Your Speaker**
Patrick Powell, EDD, LMHC, LPC, NCC
& J. Eric Gentry, Ph.D., LMHC

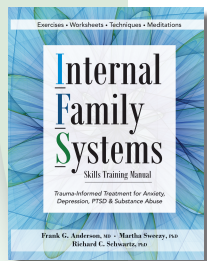
A holistic and systemic path of understanding traumatic stress. Key approaches and effective interventions include Feedback Informed Therapy, Self-Regulation, EMDR, Tri-Phasic Models, Exposure-Based Therapies, CBT and Narrative Exposure Therapy.



101 Trauma-Informed Interventions:

Activities, Exercises and Assignments to Move the Client and Therapy Forward
By Linda Curran, BCPC, LPC, CAC-D, CCDDP

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

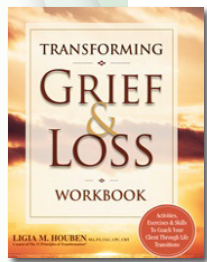


Internal Family Systems Skills

Training Manual: Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D.; Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach -- rooted in neuroscience -- the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.



Transforming Grief & Loss

Workbook: Activities, Exercises & Skills to Coach Your Client Through Life Transitions

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The

11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.

More info and resources at
www.pesi.com/bookstore



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Two-Day Trauma Competency Conference

The Core Competencies and Treatment Strategies for Trauma, PTSD, Grief & Loss

This conference meets the education requirements when applying to become a Certified Clinical Trauma Professional



BONUS! Attend both days and receive a Free year membership in the IATP! \$99 value/Details Inside!

SYRACUSE, NY
Monday & Tuesday
March 12 & 13, 2018

ROCHESTER, NY
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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

A Brief History and Evolution of Traumatic Stress, Grief & Loss

- Systemic traumatic stress theory
- Symptom review
- Review of effective treatments
- Tri Phasic model
- Most commonly used instruments to assess traumatic stress

10 Core Competencies of Traumatic Stress, Grief & Loss

Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

- Precipitating events
- Meaning making
- Physiology of Trauma
- Perception

Adaptive and Maladaptive Coping Behaviors

- Trauma Adaptation
- Systemic influences
- Emotional & psychological stressors
- Integrated theoretical concepts from stress, crisis & trauma theories
- Information Processing Model
- Psychosocial Model

Review of Effective Treatment Interventions

- Cognitive Behavioral Techniques (PE, CPT & SIT)
- EMDR & Bilateral Stimulation
- Thought Field Therapy (TFT)/ Emotional Freedom Techniques (EFT)
- Sensorimotor

The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

- Affective volatility
- The body keeps the score
- Biology of traumatic stress

The Impacts of Traumatic Stress Over Time & Across & Within Developmental Stages

- Epigenetics
- Reactive Attachment Disorder
- Adrenal fatigue

The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

- Traumagenesis
- Traumaddiction
- Comorbidity

Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

- Systemic perspective
- Strengths perspective
- Survivor metaphor

Traumatic Stress Exists Across the Continuum of Systemic Levels

- Systemic trauma theory
- Community trauma
- Vicarious secondary traumatization

Evidence-Based Trauma Treatments & Interventions

Theories of Traumatic Stress, Loss and Grief

- Information processing model
- Psychosocial model
- Contemporary thoughts

Bereavement and Adjustment Disorders

- Supporting Normal Bereavement
- Treating Complicated Bereavement

Assessment of Traumatic Stress Disorders

- Diagnostic and Statistical Manual of the APA
- DSM-5[®] changes
- ACE & Developmental Trauma
- Diagnosing PTSD with the PCL-5

Techniques/Interventions

- Relaxation/Self-regulation
- Grounding
- Containment
- Writing/journaling
- Drawing art
- Healing metaphors
- Transitional objects

Demonstrations: Interactive Exercises/Application of skills

- Cognitive Behavioral Techniques
- Narrative Exposure Therapy Technique
- Thought Field Therapy (TFT)
- Bilateral Stimulation

Closure: Lessons Learned

Objectives

- Determine clearly the nature of traumatic stress, grief, & loss and their sequelae.
- Evaluate the various theoretical models of traumatic stress, grief & loss.
- Analyze traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives.
- Explore the key current interventions employed for the treatment of traumatic stress, grief & loss.
- Display the importance of self-regulation for treatment and professional resiliency.
- Analyze the pioneering work that informs evidence-based treatments.
- Breakdown clinical interventions and techniques for the assessment, safety and stabilization, as well as the remembrance and mourning phases of trauma treatment.
- Analyze the changes to the Diagnostic and Statistical Manual of the APA (DSM-5[®]).
- Incorporate the specified techniques and interventions as demonstrated during the conference to add to your clinical toolbox.
- Determine the potential limitations and applications of needs assessment.
- Teach the 10 core competencies of traumatic stress, grief and loss.
- Generate a framework of healing for survivors of traumatic stress.

“Mike Dubi’s seminar was absolutely fantastic. Since May ‘16 I have had 99% success rate, not only with my patients but myself as well... He has changed my life and the lives of others.”

-Workshop Participant

Live Seminar Schedule (both days):

- 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.



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.

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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.

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Live Conference 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.

ADDITION 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.

NEW YORK ADDICTION PROFESSIONALS: This course has been approved by OASAS for 12.5 clock hours toward Initial Credentialing for CPP Section 1 or CPS Section 1 or Renewal for CASAC or CPP or CPS. Board required certificates will be sent after the program.

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.

NEW YORK COUNSELORS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

NEW YORK MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: 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.

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.

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.

NEW YORK SOCIAL WORKERS: PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

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.

International Association of Trauma Professionals™
A membership association providing trauma professionals with state-of-the-art training, education, certification and research.
Benefits & more info at www.TraumaPro.net

Conference Target Audience:

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

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\$389.99 per person for **both days** (postmarked 3 wks prior to event) - Includes 1 Year Free IATP Membership

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- \$24.99*** Trauma, PTSD, Grief & Loss book
- \$29.99*** 101 Trauma-Informed Interventions book
- \$29.99*** Internal Family Systems Skills Training Manual book
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- **Trauma Competency Conference + FREE IATP Membership (\$99 Value!)** Multiple CDs* (audio) \$269.99 (RKIT051137)
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