

Treating Complex Trauma with Internal Family Systems (IFS)

2-DAY CERTIFICATE TRAINING

*Hailed by **Dr. Bessel van der Kolk**, the world's leading expert in trauma, as the treatment method that all clinician should know to treat clients effectively.*



Frank G. Anderson, MD

Trainer at Dr. Bessel van der Kolk's Trauma Center
and Center for Self-Leadership associated with
Dr. Richard Schwartz (IFS Founder)

May 2 & 3, 2019
Thursday & Friday

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**Become a
Certified Trauma
Professional!**
Details Inside



Treating Complex Trauma with Internal Family Systems (IFS) TWO DAY CERTIFICATE TRAINING

Most modes of psychotherapy believe to have “parts” is pathological. NOT in Internal Family Systems (IFS). In IFS, the idea of multiplicity of the mind is normal. Every part has a good intention, and every part has value. Even for trauma survivors.

In the treatment of trauma, IFS is different from traditional phase-oriented treatments. Instead of starting with building resources in clients before processing traumatic memories, it welcomes extreme symptoms from the onset, learns about their positive protective intentions and gets their permission to access the traumatic wounds. IFS also differs from traditional attachment focused therapies, both value the therapeutic relationship; however, IFS additionally supports the relationship between the client’s “Self” and their part as the primary healing agent.

Hailed by Dr. van der Kolk, the world’s leading expert in trauma, IFS is the treatment method that all clinicians should know. Nearly all clients with a trauma history have innate abilities that help them improve their mental health if they listen to their parts. IFS does just that. IFS is an evidence-based approach for clinicians working with traumatized clients. Once you see it in action, you’ll want to incorporate it into your practice.

Join IFS and trauma expert Frank Anderson, MD, colleague of Dr. Bessel van der Kolk and Dr. Richard Schwartz, in this transformational certificate training.

Clients will leave your office with skills to use outside the therapy room to help them master their emotions. This experiential training will show video demonstrations and include exercises and meditation techniques to use with your clients.

“Frank Anderson is a brilliant and delightful presenter who has a unique ability to integrate the neuroscience and treatment of trauma with IFS.”

- Richard Schwartz, PhD – Developer of Internal Family Systems Therapy

REGISTER NOW! pesi.com/express/69853

Take the next step NOW to become CERTIFIED in CCTP-Level II!

This seminar counts towards the education hours when applying for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II). Visit traumapro.net for the full certification requirements.

"A gifted speaker and a national expert on trauma, Frank Anderson introduces a gentle, effective, mindfulness-based model for treating a wide range of clients—from the worried well to the most challenging of borderline clients."

- Janina Fisher, PhD



Frank Guastella Anderson, MD,

completed his residency and was a clinical instructor in psychiatry at Harvard Medical School.

He is both a psychiatrist and psychotherapist. He specializes in the treatment of trauma and

dissociation and is passionate about teaching brain-based psychotherapy and integrating current neuroscience knowledge with the IFS model of therapy.

Dr. Anderson is the vice chair and director of the Foundation for Self Leadership. He is a trainer at the Center for Self Leadership with Richard Schwartz, PhD, and maintains a long affiliation with, and trains for, Bessel van der Kolk's Trauma Center at Justice Resource Center in Boston, MA.

Dr. Anderson has lectured extensively on the Neurobiology of PTSD and Dissociation and wrote the chapter "Who's Taking What"

Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma in Internal Family Systems Therapy-New Dimensions. He co-authored a chapter on "What IFS Brings to Trauma Treatment in Innovations and Elaborations in Internal Family Systems Therapy" and recently coauthored the Internal Family Systems Skills Training Manual.

Dr. Anderson maintains a private practice in Concord, MA, and serves as an advisor to the International Association of Trauma Professionals (IATP).

Speaker Disclosure

Financial: Frank Anderson maintains a private practice. He receives a consulting fee from the Center for Self Leadership. Dr. Anderson receives a speaking honorarium from PESI, Inc. Non-financial: Frank Anderson is the President of the Foundation for Self Leadership.

Comprehensive Course Agenda

COURSE HOURS EACH DAY: 8 a.m. to 4 p.m. *

Registration and Morning Coffee & Tea at 7:30 a.m.

Lunch Break (on your own)

Treating the Various Types of Trauma

Acute trauma

PTSD

Complex or relational trauma

Developmental and attachment traumas

Extreme or dissociative trauma

Internal Family Systems (IFS): Healing of Emotional Wounds

The origins, goals & assumptions

A non-pathologizing, accelerated approach, rooted in neuroscience

Different from phase-oriented treatment

The importance of our protective responses

Deal with emotional overwhelm head-on

Multiplicity of the mind- we all have parts

Healing at the cellular level

Study limitations: small sample size, no control group

Clinical considerations for clients experiencing abuse

Manage Common Co-Morbidities

Depression, panic attacks, substance abuse, eating disorders, ADD and OCD

A non-pathological approach

Comorbidities as protective responses to trauma

Symptoms as "parts of the self".

Differentiate Therapeutic Issues from Biological Conditions

Intersection of biology and situation ("Real Mind-Body Medicine")

Therapist's role in biology- When to refer and when to work it through

Psychotherapy of psychopharmacology

The IFS Technique

Step 1: Identify the Target Symptom

Identify the "target symptom"

Apply meditation practices

Separate the person (self) from the symptom

Learn about its intention

Step 2: Gain Access to Internal Strengths & Resources for Healing

Move from defensiveness to curiosity

The "Self" of the therapist-countertransference redefined

Access compassion to open the pathways toward healing

Role of empathy in healing- the benefits and the downsides

Step 3: Find the Fear and Function of the Symptom

Focusing on its fear

The real story behind the symptom

Foster the internal relationship

Attachment Disorders and Relational Trauma

IFS as internal attachment work

Attachment styles as parts of self

Attachment trauma- the role of the therapist

Heal relational wounds of childhood

Client's "Self" as the corrective object

Work with preverbal trauma

The Neurobiology of Trauma

Neuroscience for therapists- what you need to know

Fear circuitry and the development of PTSD

Extreme reactions and Autonomic Nervous System

Rage to suicide and dissociation to shame

Dealing with the Extreme Reactions of Trauma

Talk directly to the symptom-direct access

Introducing the part to the "Self"

Deal with the overwhelm- no need for building resources

Therapist parts- How to stay clear and calm while working with clients in extreme states

How Neuroscience Informs Therapeutic Decisions

Top-down and bottom-up strategies rooted in neuroscience

When it's necessary to take over and "be the auxiliary brain" for your client

When it's best to slow things down, hand over control and work with the body

Sensing vs. making sense of things

At home strategies

Target Audience:

Counselors • Social Workers • Psychologists • Therapists • Addiction Counselors
Nurses • Marriage and Family Therapists • Other Professionals Who Work within the Mental Health Fields

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11:50 a.m. to 1 p.m. *(Times listed in Eastern)*

Step 4: Healing of Traumatic Wounds

Three phases to healing:

Witness the pain

Remove the wounded part out of the past

Let go of the feelings, thoughts and beliefs

Science behind the healing- memory reconsolidation

Integrate IFS into Your Treatment Approach

EMDR, DBT, Sensorimotor/SE and other methods

Transformation vs adaptation or rehabilitation

Going beyond the cognitive (experiential therapies)

Integrate IFS with your current clinical approach

Live demonstrations
Meditations
Practice sessions



Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital audio package on the subject 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.

* 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.

Learning Objectives

1. Integrate the IFS model into your clinical practice and accelerate the healing from complex trauma.
2. Identify, specify and clarify the protective parts of clients with trauma histories to help with assessment and treatment planning.
3. Offer an alternate view of symptoms and psychopathology, showing how client's parts are actually trying to protect them from emotional pain and psychological pain.
4. Demonstrate how IFS translates common comorbidities into parts language, showing a non-pathological perspective of mental health disorders.
5. Communicate how IFS increases the therapist's curious and compassionate self when working with clients who have trauma histories.
6. Differentiate a therapeutic issue from a biological condition for better decision making in your clinical practice.
7. Compare traditional attachment theory perspectives on healing to the IFS view (an internal attachment model) and learn to trust the client's internal relationship to heal their traumatic wounds.
8. Determine if trauma symptoms are rooted in sympathetic activation or parasympathetic withdrawal to help inform the treatment process.
9. Demonstrate IFS specific therapeutic techniques that shift arousal and withdrawal, allowing quicker access to client's traumatic vulnerabilities.
10. Develop a deep understanding of how neuroscience informs therapeutic decisions in IFS therapy.
11. Integrate IFS with your current treatment approaches including EMDR, DBT, and Sensorimotor Psychotherapy.
12. Compare IFS to traditional phase-oriented treatment and learn accelerated ways of accessing and healing traumatic wounds.

"The key to healing is through accessing the traumatic wound with compassion and non-judgment. IFS is the most efficient modality I've found to do this."

-Your speaker, Frank Anderson, MD

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Become Certified!

This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CTP-Level II).



Visit traumapro.net for more information.

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 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.

Certificate Course Continuing Education Credit Information for Entire Training

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.

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 submitted to OASAS for review.

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 JERSEY 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.

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.

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PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. 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.

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 the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.



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 #SW-0008. This activity will qualify for 15.0 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

NEW JERSEY SOCIAL WORKERS: Treating Complex Trauma with Internal Family Systems (IFS): 2-Day Certificate Training, Course #2426, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 04/19/2019 - 04/19/2021. Social workers completing this course receive 12.5 Clinical Practice continuing education credits. 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.

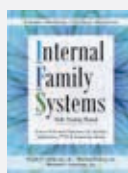
Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on May 2 & 3, 2019, 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 \$79.99 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/69991

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Save by including these products with registration!



Internal Family Systems Skills Training Manual Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D.

YOUR PRESENTER!

Martha Sweezy, Ph.D.

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.



IFS Internal Family Systems Therapy: New Dimensions

By Martha Sweezy, PhD & Ellen L. Ziskind, LICSW

Internal family systems therapy, or IFS, is one of the fastest growing models of psychotherapy today. *Internal Family Systems Therapy* builds on Richard Schwartz's foundational introductory texts, illustrating how the IFS protocol can be applied to a variety of therapy modalities and patient populations. Each chapter provides clear, practical guidance and clinical illustrations. While addressing questions from therapists who are exploring the model or wonder about its applicability, *Internal Family Systems Therapy* is also essential reading for knowledgeable IFS clinicians.



101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDPD

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.



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. **Advanced online registration required.**

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☐ **Standard Tuition \$439.99** per person

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4 Add-On Products

	Distributed at seminar FREE SHIPPING	Shipped to You
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Treating Complex Trauma with Internal Family Systems (IFS): 2-Day Certificate Training Seminar on CD* (audio) \$269.99 (RNA053540)	N/A	<input type="checkbox"/>
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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. **Advanced online registration required.**

• **\$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 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.

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