

TRAUMA AND ATTACHMENT CERTIFICATION COURSE

Become a leader in the mental health field and elevate your practice with state-of-the-art advancements for working with some of our toughest clients—children, adolescents and families suffering from trauma and attachment wounds.

Begin by joining Dr. Lois Ehrmann for this intensive **2-day Trauma and Attachment Certification Course** and learn the most effective evidence-based **therapeutic interventions** for clients where the foundational blocks of attachment are fractured and at times not even there.

Let Dr. Ehrmann help you take your practice to the next level as she teaches you to integrate bottom up interventions rooted in **Eye Movement Desensitization Reprocessing (EMDR), Internal Family Systems (IFS), Attachment Focused Family Therapy, Bibliotherapy, Expressive Therapies, and Somatic Psychotherapy** in your treatment of these clients. You will learn cutting-edge interventions to:

- Repair and recover your client's trauma triggers, fears about connecting in relationships, self-destructive patterns, negative limiting beliefs and affect dysregulation
- Unpack your client's history and create a cohesive trauma narrative
- Assess the strength and health of the parental/caregiver system
- Assess your client's Internal Working Model and attachment category
- Operationalize core treatment goals into measurable objectives

Neuroscience revelations show us that healing in these areas require bottom up processes and not top down talk therapy processes. Through video case examples, video demonstration and thought-provoking lecture this intensive **2-day Trauma and Attachment Certification Course** will make the latest research accessible and user-friendly and clearly link it to your clinical work.

Don't miss this opportunity to become a Certified Child and Adolescent Trauma Professional (CATP). Register today!



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.**

Questions? Call customer service at 800-844-8260

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

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
 Marriage and Family Therapists • Certified Case Managers • Occupational Therapists • Other Helping Professionals Who Work with Children

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.



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.

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.

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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TRAUMA AND ATTACHMENT CERTIFICATION COURSE

2-DAY LIVE EVENT



COLUMBIA, MD
 THURSDAY & FRIDAY
 MAY 30 & 31, 2019



Register now: pesi.com/express/70277

TRAUMA AND ATTACHMENT CERTIFICATION COURSE

2-DAY LIVE EVENT WITH LOIS EHRMANN, PHD, LPC, NCC, CTTS



COLUMBIA, MD
 THURSDAY & FRIDAY
 MAY 30 & 31, 2019



Register now: pesi.com/express/70277



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

BOTTOM UP TECHNIQUES: PUTTING IT ALL TOGETHER WITH PRACTICE TIME!

A Child Who Had No Safety: Case Study
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: Case Study
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

Repair the Fracture with Adoptive Parents: Case Study
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

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

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

Parts that Children Wall Off: Case Study
Terrified of being terrified
The freeze of the Fight Flight Freeze Trauma Response
Help children understand their own thoughts, feelings, behaviors and experiences

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

Full of Rage with No Where to Go: Case Study
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

Other Trauma Specific Evidence-base 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.



BECOME CERTIFIED!

2 Easy Steps to Certification

1. Attend this 2-day Trauma and Attachment live event with Lois Ehrmann, PhD, LPC, NCC, CTTS
2. Apply for CATP certification with The International Association of Trauma Professionals (IATP) (www.traumapro.net)



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.

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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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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.

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.

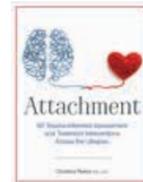
PSYCHOLOGISTS: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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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.

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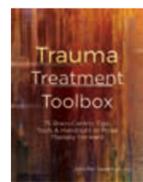
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Attachment
60 Trauma-Informed Assessment and Treatment Interventions Across the Lifespan

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.

How to Register: TRAUMA AND ATTACHMENT CERTIFICATION COURSE: 2-DAY LIVE EVENT WITH LOIS EHRMANN, PHD, LPC, NCC, CTTS

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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. **Advance registration required. Cannot be combined with other discounts.**

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 \$34.99* Trauma Treatment Toolbox book
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