

2-Day Trauma & Memory Workshop

Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

Addressing traumatic memories directly is critical to successful therapy. But there's tremendous misunderstanding in how to work with traumatic memories in treatment. It can leave you confused, insecure, and seeking a deeper understanding of memory systems to help guide your important work.

Peter Levine, PhD is a master therapist, pioneer in the field of trauma and memory, and author of several seminal books on trauma. His body-oriented techniques for healing traumatic memories are built upon 50 years of research and clinical work and have influenced generations of therapists.

This 2-day workshop is your chance to learn from Dr. Levine himself!

Join Dr. Levine as he explains the significance of memory systems in the resolution of trauma, and shares the therapeutic approaches that he's found most effective during his decades of groundbreaking clinical work. His proven strategies will help you to quickly reduce symptomology in your clients and heal the traumatic memories that haunt them. Under Dr. Levine's expert guidance you'll discover how you can take your treatment of complex, deeply entrenched trauma to the next level and overcome the painful roadblocks that can frustrate you and your clients.

Sign up today! You don't want to miss this rare opportunity to study directly under Dr. Levine and learn from a legend in our field!

"Levine has been a heroic pioneer in explaining how the damaging emotional memories associated with trauma are locked in our body."

-Stephen W. Porges, PhD, author of *The Polyvagal Theory*

Questions? Call customer service at **800-844-8260**

Outline

Trauma and the Body

Developmental trauma
Pre-natal through age 5
Evolution and Polyvagal foundation
How the body stores trauma
Clinical research

Deeper Understanding of Memory and Clinical Implications

Explicit – More Conscious Memory
Declarative
Episodic
Implicit – Less Conscious Memory
Emotional
Procedural/Body Memory
Clinical application for memory systems

Traumatic Memories

Long-term memory vs short-term memory
How the brain and body store memory
Memory engrams with somatic markers
Fight, flight, freeze response

How Clients Get "Stuck"

Tonic immobility - The fallback to freeze
Freeze couples with Fear
Dissociation
Bracing and terror
Euphoric dissociation
Collapse

Somatic and Emotional Reactions to Trauma

Symptoms and complexities of each in therapy
Emotional – anxiety, depression
Somatic – chronic pain, fibromyalgia
Autonomic – migraines, irritable bowel
Resolving Traumatic Reactions

The Basic Stages of Trauma Treatment

Containment of strong sensation and emotion
Pendulation – The dual opposites of sensation
Titration – going gradually
Completion
Renegotiation of active for passive responses
Allow things to settle: Self-Paced termination

Therapeutic Approaches to Heal Traumatic Memories

The importance of "Bottom-Up" processing
The Paul MacLean's Triune Brain
In an Unspoken Voice
Somatic Experiencing®
Renegotiation vs. Reliving
Restoration of self-regulation
Somatic experience of trauma
Developing internal awareness
The mind-body connection in trauma work
Help reinforce trust and acceptance in clients
Incorporating client's spirituality in trauma work

Workshop & Webcast Schedule (each day) (Times listed in Eastern)

9:30 Registration/Morning Coffee & Tea
10:00 Program begins
1:00-2:00 Lunch (on your own)
5:00 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.

Course Designed Especially for:

Counselors • Social Workers • Psychologists • Psychotherapists • Therapists
Marriage and Family Therapists • Addiction Counselors • Occupational Therapists
Case Managers • Nurses • Other Helping Professionals

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October 28 & 29, 2019

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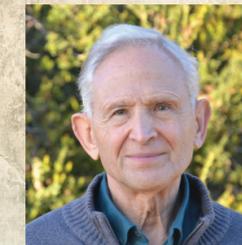
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2-Day Trauma & Memory Workshop

Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives



FEATURING

Peter A. Levine, Ph.D

World Reowned Developer of Somatic Experiencing®, a Body-Awareness Approach to Healing Trauma

Dedham, MA & Live Video Webcast
Monday & Tuesday, October 28 & 29, 2019

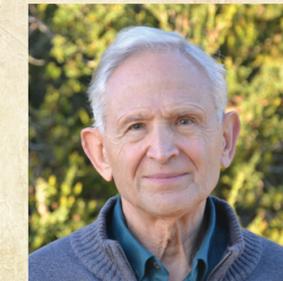
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2-Day Trauma & Memory Workshop

Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

RARE EVENT
Reserve your spot today!



FEATURING

Peter A. Levine, Ph.D

World Reowned Developer of Somatic Experiencing®, a Body-Awareness Approach to Healing Trauma

Strategies to heal the brain and body in a search for the living past.

**Dedham, MA
& Live Video Webcast**
Monday & Tuesday, October 28 & 29, 2019

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Meet Your Speaker



Peter A. Levine, Ph.D., holds doctorates in both medical biophysics and psychology. The developer of Somatic Experiencing®, a body-awareness approach to healing trauma, and founder of the Somatic Experiencing Trauma Institute, which conducts trainings in this work throughout the world and in various indigenous cultures, with 26 faculty members and over five thousand students. Dr. Levine was a stress consultant for NASA on the development of the space shuttle project and was a member of the Institute of World

Affairs Task Force of Psychologists for Social Responsibility in developing responses to large-scale disasters and ethno-political warfare. Levine's international best seller, *Waking the Tiger: Healing Trauma*, has been translated into 22 languages. His recent interests include the prevention of trauma in children, and he has co-written two books, with Maggie Kline, in this area: *Trauma Through a Child's Eyes* and *Trauma-Proofing Your Kids*. His most recent book, *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*, was recently released to rave reviews. Levine's original contribution to the field of Body-Psychotherapy was honored in 2010 when he received the Life Time Achievement award from the United States Association for Body Psychotherapy (USABP).

Speaker Disclosure:

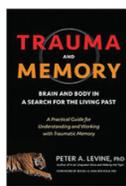
Financial: Peter Levine is the Developer of Somatic Experiencing®. He is the founder and Senior Advisor to the Foundation for Human Enrichment; and Senior Advisor to The Meadows Addiction Treatment Center. Dr. Levine receives a speaking honorarium from PESI, Inc.

Non-financial: Peter Levine is a member of the American Psychological Association; Humanistic Psychological Association; and International Society for Traumatic Stress Studies.

Objectives

1. Articulate the four major developmental stages that increase vulnerability to trauma and how to recognize them in your clients.
2. Determine the naturalistic mechanics of trauma and survival responses of flight, fight, freeze and collapse as it relates to clinical treatment.
3. List the different types of memory systems and comprehend the connection to the mind and body's way of processing the types of memories.
4. Identify the various forms of memory and their impact on working with clients in therapy.
5. Explain ways to identify which memory systems are operative and how to access these (memory) components in a systematic fashion to promote self-regulation, integration and empowerment with clients.
6. Discover the evolutionary underpinnings of trauma and the Polyvagal theory and their clinical implications.
7. Demonstrate the importance of "Bottom-Up" processing versus "Top-Down" processing to improve treatment outcomes.
8. Analyze the effects of stress on somatic and emotional syndromes in clients.
9. Incorporate Dr. Levine's simple containment tools to more effectively engage your client in trauma therapy.
10. Implement Somatic Experiencing® techniques to help clients heal traumatic memories.
11. Demonstrate practical tools for therapeutic work with emotional and procedural ("body") memories.
12. Describe how to avoid the pitfalls of generating spurious ("false") memories and help clients come to peace with their troubling memories and haunting emotions.

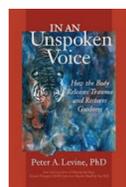
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Trauma and Memory:
Brain and Body in a Search for the Living Past

By Peter Levine, Ph.D. - **Your Presenter!**

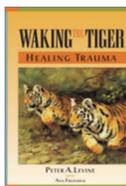
Written for trauma sufferers as well as mental health care practitioners, *Trauma and Memory* is a groundbreaking look at how memory is constructed and how influential memories are on our present state of being.



In An Unspoken Voice:
How the Body Releases Trauma and Restores Goodness

By Peter Levine, Ph.D. - **Your Presenter!**

Enriched with a coherent theoretical framework and compelling case examples, the book elegantly blends the latest findings in biology, neuroscience and body-oriented psychotherapy to show that when we bring together animal instinct and reason, we can become more whole human beings.



Waking the Tiger:
Healing Trauma

By Peter Levine, Ph.D. - **Your Presenter!**

Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.



Freedom From Pain:
Discover Your Body's Power to Overcome Physical Pain

By Peter Levine, Ph.D. - **Your Presenter!** & Maggie Phillips, Ph.D.

With *Freedom from Pain*, two pioneers in the field of pain and trauma recovery address a crucial missing factor essential to long-term healing: addressing the unresolved emotional trauma held within the body. Informed by their founding work in the Somatic Experiencing® process and unique insights gleaned from decades of clinical success, Drs. Levine and Phillips will show you how to:

- Calm the body's overreactive "fight" response to pain
- Release the fear, frustration, and depression intensified by prior traumas, and build inner resilience and self-regulation
- Relieve pain caused by the aftermath of injuries, surgical procedures, joint and muscle conditions, migraines, and other challenges

More info and resources at www.pesi.com

Live Webcast Details and Live Webcast Continuing Education Credit Information

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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 \$99.99 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/73441

"Memory has many layers, and Peter Levine has contributed his own unique and powerful way of thinking about how we can understand these systems and optimize their unfolding after trauma."

-Daniel J. Siegel, MD, Multiple *New York Times* bestselling author and renowned psychiatrist

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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. **Limited seats available; advance online registration required.**

Workshop 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" 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 cepsi@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 11.0 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.

Counselors: This intermediate activity consists of 11.0 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.

Massachusetts Counselors: Application for MA/MHCA/MMCEP continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LMHC CE certification.

Massachusetts Marriage & Family Therapists: This course has been submitted for review for continuing education approval. Credit is pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 11.0 contact hours. Partial contact hours will be awarded for partial attendance.

Marriage & Family Therapists: This activity consists of 660 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 11.0 contact hours or 1.1 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: This activity consists of 11.0 clock hours of continuing education instruction. The following state psychology boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

PESI, Inc. designates this live activity for a maximum of 11.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

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 will 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 11.0 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.

Other Professions: This activity qualifies for 660 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 2-Day Trauma & Memory Workshop: Clinical Strategies to Resolve Traumatic Memories and Help Clients Reclaim Their Lives

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