

Outline

The Emotional Brain: A User Friendly Guide

How an almond, a seahorse, and a Mohawk can help you understand your brain
A healthy emotional brain & how it develops
7 primary emotional systems & how to influence them
How trauma and disrupted attachment alter the brain
3 neuroscience breakthroughs that change how we treat trauma
Rewire the brain for resilience, connection and post-traumatic growth

The 3-Phase Model of Trauma-Informed Treatment

Interventions for Assessment, Safety and Stabilization
5 simple questions to assess for PTSD
Beyond words: build trust and safety with right brain to right brain communication
Help clients understand trauma responses
Activate the brain's instinct to heal through alpha-theta states
Calm fear with mindfulness and imagery techniques
Deal with dissociation: practical tools for grounding and orienting
Shift shame and nurture self-compassion
Defuse anger with play and humor
Empower with movement and metaphor

Questions?
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800-844-8260

Objectives

1. Assess how emotional trauma is processed in the brain.

2. Analyze why exposure techniques alone are not enough to relieve post-traumatic stress symptoms.

3. Breakdown the 3 phases of trauma-informed treatment.

4. Compile recent neuroscience discoveries regarding memory reconsolidation and its implications for treating trauma.
5. Characterize the 5 steps that all evidence-based trauma therapies have in common and how to apply them to safely and painlessly reconsolidate traumatic memories.

6. Utilize two experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.

7. Apply two interventions you can use to help clients reconnect to a healthy sense of self, relationships, and the world.



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.

Painlessly Reprocessing Traumatic Memories

Revise not relive: why exposure can retraumatize
Memory reconsolidation: the brain's own mechanism for healing trauma
5 simple steps for painlessly reconsolidating a traumatic memory
Create the future-self template and the brain's blueprint for healing
Neutralize negative beliefs with resourceful emotional states
Facilitate corrective emotional experiences with powerful imagery, metaphor, music and movement techniques

Facilitating Post-Traumatic Growth

The 3 qualities of post-traumatic growth
Create a positive post-trauma identity
Nurture a secure attachment system after trauma
Find meaning and purpose after trauma
Hardwire happiness and the power of intention

Applications for Special Populations

Heal experiences for sexual trauma survivors
Recover from childhood abuse and neglect
Transform traumatic grief after sudden or violent deaths
Rebound from medical trauma, car accidents and disasters
Assist military, police and first responders
Foster resilience in children and adolescents after trauma
Respectfully work with different cultures and faith traditions
Prevent burnout and vicarious trauma with simple self-care techniques

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The NEW RULES for TREATING TRAUMA Integrating Neuroscience to Rewire the Brain

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The NEW RULES for TREATING TRAUMA Integrating Neuroscience to Rewire the Brain

NBCC Credit Available!

- Discover the trick to reprogramming brain mechanisms involved in trauma conditioned responses
- Get a simple 5-step protocol that quickly reconsolidates a traumatic memory and activates the brain's innate capacity for healing and resilience
- Help your clients reclaim their lives after trauma!

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Were you taught to use medication, CBT, exposure and other traditional therapy approaches to treat trauma? Did you know that these approaches are limited when it comes to healing trauma at the deeper, emotional level of the brain?

Also, do you know that memory reconsolidation is a recent neuroscience breakthrough that revealed the brain's own rules for healing traumatic memories and allows you to clear trauma at its roots?

During this seminar, I'll provide you with step-by-step instructions and techniques you can use in each phase of trauma treatment. This is the only trauma training that specifically gives you skills in the phenomena of memory reconsolidation. Let me show you why memory reconsolidation is necessary for permanently transforming your trauma work with clients. I will give you a simple protocol to use to reconsolidate a traumatic memory in as little as one session!

Don't get the impression that you have to get lengthy, expensive training and certification in certain modalities in order to be able to successfully treat trauma. My workshop will let you walk away knowing exactly what to do to help your clients reclaim their lives after trauma!

Courtney Armstrong, LPC, MHSP

Speaker



Courtney Armstrong, LPC, MHSP, has over 20 years' experience and is a Board Certified Fellow in Clinical Hypnotherapy who has trained thousands of mental health professionals nationally and internationally in creative, brain-based strategies for healing trauma. She is a bestselling author of the book, *The Therapeutic "Aha!"*: 10 Strategies for Getting Clients Unstuck and Transforming Traumatic Grief and contributes to publications such as the *Psychotherapy Networker*, *Counseling Today*, and *The Neuropsychotherapist*. She has been featured as a trauma and grief expert on national television and radio programs and is the owner/director of Tamarisk: A Center for Mind-Body Therapy in the state of Tennessee.

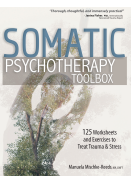
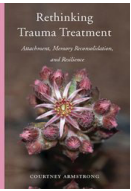
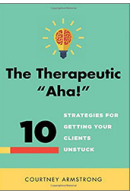
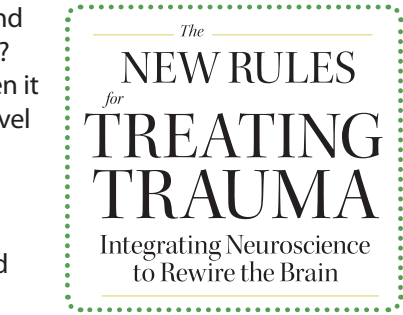
Speaker Disclosure
Financial: Courtney Armstrong is in private practice. She is an author for WW Norton and receives royalties. Ms. Armstrong receives a speaking honorarium from PESI, Inc.
Non-financial: Courtney Armstrong is a member of the Institute for Rapid Resolution Therapy.

I wanted you to know I don't think I could have achieved these results without your brilliant and user-friendly teaching. It really has transformed my capacity to work with traumatic experience. Thanks so much!
—J. Graham, PhD.

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The Therapeutic "Aha!"

10 Strategies for Getting Your Clients Unstuck

By Courtney Armstrong, LPC, MHSP **SEMINAR PRESENTER!**

Concise, reader-friendly, and filled with helpful case stories and client–therapist dialogue, this wonderfully accessible book puts a new spin on neuroscience knowledge, showing clinicians exactly how it can be used to make those once-elusive therapeutic breakthroughs more frequent, leading to greater healing for your patients.

Rethinking Trauma Treatment

Attachment, Memory Reconsolidation, and Resilience

By Courtney Armstrong, LPC, MHSP **SEMINAR PRESENTER!**

In this accessible guide, Courtney Armstrong distills discoveries from attachment theory, brain science, and post-traumatic growth into practical strategies you can use to: 1) build trust and a secure therapeutic relationship; 2) transform traumatic memories into stories of triumph and courage; and 3) help clients cultivate resilience and a positive post-trauma identity.

Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke- Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

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.

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Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 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.

Michigan Addiction Counselors: This course has been submitted to the Michigan Certification Board for Addiction Professionals (MCBAP). Credit is pending.

Counselors: This intermediate activity consists of 6.25 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.

Marriage & Family Therapists: This activity consists of 380 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.

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.

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BECOME CERTIFIED!
This course counts toward the educational hours required for certification as a Certified Clinical Trauma Professional Level II (CCTP-Level II).
Visit traumapro.net for the full certification requirements.

Psychologists: This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist 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.

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