



As a clinician, there is little doubt that you are working with trauma. In the field of traumatic stress, there have been many updates and improvements designed to improve treatment outcomes. One of those improvements is the trauma processing modality, Eye Movement Desensitization and Repro-cessing (EMDR). **Evidence suggests that EMDR is one of the most effective modalities for treating trauma and PTSD.** So, if you've yet to learn this skill, now is the time!

Join trauma specialist, author and national trainer, Linda Curran, BCPC, LPC, CAC-D, CCDP, for this in-tensive 3-day EMDR training that will **provide you the knowledge and skills needed to use EMDR safely and effectively.** Through lecture, live and videotaped EMDR demonstrations, and supervised experiential exercises, this training will provide you with an in-depth knowledge of trauma theory, principles, diagnosis and EMDR treatment.

The stage model remains today's state-of-the-art treatment approach for all but single-incident trauma. During this training, you will learn the goals of each stage, along with the therapeutic tools to reach those goals.

**This is a training you don't want to miss!** It's your opportunity to:

- Learn EMDR skills and why it is such an **effect treatment for both single incident PTSD and complex trauma**
- Participate **in hands-on practice of EMDR and other trauma treatment tools** in a safe and supervised environment
- Learn this dynamic, comprehensive skill that will equip you to **start improving outcomes with traumatized clients right away**

**Sign up today to become a better therapist for your clients suffering from trauma's multitude of symptoms.**

**BONUS**

This training meets most of the educational hours required to **become a Certified Clinical Trauma Professional- Level II (CCTP-Level II)!** For more information on the CCTP-Level II certification visit [www.traumapro.net](http://www.traumapro.net). This course is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

To see the learning objectives visit  
**[pesi.com/express/76304](http://pesi.com/express/76304)**

## OUTLINE

### Neuroscience of Trauma, Effective Assessment and DSM-5® Diagnostic Criteria

#### Neuroscience's Current Trauma Paradigm

Biological nature of trauma

- Triune Brain, The Autonomic Nervous System and the Stress Response
- The Polyvagal Theory
- Traumatic Stress: normal, prolonged, complex and developmental

Specific trauma symptoms

Primary treatment issues in trauma therapy

#### Trauma's Somatic and Sensorimotor Sequelae

Hyperarousal  
Hypoarousal  
Dissociation, body memories and "flashbacks"  
Affect dysregulation

#### Trauma and Attachment

The Adverse Childhood Experiences Study (ACE Study)

Attachment Essentials

- Baby/momma trauma
- Insecure Attachment Styles Assessment and Primary Treatment Issues of:
  - Avoidant
  - Preoccupied
  - Disorganized type

#### Assessment and Diagnosis of Trauma Disorders

Current Trauma Diagnoses:

- Acute Trauma Disorder
  - PTSD and subtypes
    - Dissociative
    - Preschool
  - Borderline Personality Disorder (BPD)
- Proposed Trauma Diagnoses
- Developmental Trauma Disorder (DTD)
  - Complex PTSD

#### Trauma Treatment: Effective Tools, Treatment Modalities, and an Introduction EMDR

##### The Stage Model of Treatment

Stage One: Stabilization and Safety

- Assessment, Rapport, Psychoeducation
- Developing the "Skills to Stay Stable"
  - Trauma Tools for Affect Regulation
- Recognizing and regulating affect
- Dissociative episodes and "flashbacks"

- Grounding clients in their bodies and back in the present in the here and now
- Mindfulness/bodyfulness (including somatic exercises)
- Multisensory Guided Imagery
- EFT (meridian tapping)
- Reduction of physiological arousal
- Recognizing and up & down regulating arousal levels
- Containment and self-soothing

#### Stage Two: Working Through Traumatic Memories

- Brief overview of the theory and applicability of three trauma processing modalities:
  - Sensorimotor Psychotherapy (SP)
  - Somatic Experiencing (SE)
  - EMDR

#### Practice EMDR for both Resourcing and Trauma Processing

Live EMDR demonstration followed by experiential sessions

#### Under Supervision, Learn and Safely Practice the Skills of EMDR for Both Phase One and Two

##### Phase One Work: Imaginal Resourcing

- Containment Imagery
- Comfortable Place Imagery
- Protection Imagery and/or Nurture Imagery

##### Phase Two Work: Reprocessing Traumatic Memories

#### Limitations of Research and Potential Risk

Contraindications and precautions for reprocessing trauma

Differences in theory and in the associated neurophysiological models are a matter of ongoing discus-sion

#### Live Seminar Schedule (each day)

**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.

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Details Inside



## What fellow therapists are saying about this training:

*"What a life-changing EMDR conference."*

– Bill, MA, LCMHC

*"Thank you for the amazing amount of knowledge your (Linda's) skilled teaching helped me to assimilate in such a short time."*

*I am still fired about all that I have learned and my wonderful experience of this training."*

– Meryl, LCSW

*"Thank you for a stellar training. I have been interested in EMDR for many years and now I am thrilled to finally understand the process!"*

– Janet, LCSW, LCAC

*"First, I'd like to thank Linda for a very good 3-day workshop. Linda's honesty and directness was re-freshing. Her materials were thorough and videos, interesting. It's clear she put time and effort into planning and perfecting this workshop. I'm very glad I signed up!"*

– Drew, MS, Ed, PCC

*"This was a content rich course taught with enthusiasm. Left final days with actual therapeutic tools."*

– Dave, Ph.D.

## INTENDED AUDIENCE

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. In this course, you will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material. This course assumes requisite knowledge of, and experience with, a traumatized population (i.e., clients with underlying simple or complex PTSD regardless of presenting issues).

Participants will leave the workshop with both theoretical knowledge of the current trauma paradigm as well as the practical "hands on" experience of participating in EMDR for resourcing and reprocessing trauma.

## SPEAKER

**Linda Curran, BCPC, LPC, CAC-D, CCDPD**, is president of Integrative Trauma Treatment, LLC. She provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma. Linda is the author of best selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and *101 Trauma-Informed Interventions* (PPM, 2013) and the soon to be released book set: *Trauma Treatment: Beyond Competency~Clinician Playbook/Client Workbook*. She is the producer of the best-selling *Master Clinician Series*, in which she collaborated with the world's leaders in trauma: Bessel van der Kolk, M.D., Peter Levine, Ph.D., Babette Rothschild, MSW, LCS, Stephen Porges, Ph.D., Janina Fisher, Ph.D, and many more.

Speaker Disclosure:

Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Linda Curran has no relevant non-financial relationship to disclose.

## Save 20% by including these resources with seminar registration!

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

By Linda Curran, BCPC, LPC, CAC-D, CCDP **YOUR PRESENTER!**

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.

### **Trauma Competency: A Clinician's Guide**

By Linda Curran, BCPC, LPC, CACD, CCDPD **YOUR PRESENTER!**

Unique in its approach, each chapter guides clinicians further into trauma's theory and practice; from assessment through stabilization, step-by-step demonstrations prove its in-session clinical utility and applicability. *Trauma Competency* is a clear and concise, reader-friendly illumination of the HOW and the WHY of trauma treatment.

### **EMDR Made Simple: 4 Approaches to Using EMDR with Every Client**

By Jamie Marich, Ph.D., LPCC-S, LICDC-CS, RMT

A fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Using common sense language, clinical cases, and practical examples, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

### **Addiction, Trauma, & Adverse Childhood Experiences (ACEs): The Neuroscience behind Developmental/Attachment Trauma and Adverse Childhood Experiences**

Vincent Felitti, Bessel van der Kolk, MD, and more

In this video, you will learn key insights regarding the neuroscience of addiction from the Adverse Childhood Experiences (ACE) Study, one of the largest investigations of childhood abuse and neglect, and the impact on later-life health and well-being. You will understand the important assessment and treatment implications from neuroscience that show us addiction is experience dependent, not substance dependent.

### **EMDR: Step by Step: New In-Session Demonstrations**

By Linda Curran, BCPC, LPC, CACD, CCDPD **YOUR PRESENTER!**

*EMDR Step-by-Step* is a comprehensive recording featuring Linda Curran, BCPC, LPC, CACD, CCDPD, recognized trauma specialist, veteran clinician, sought-after national trainer and best-selling author on trauma, that will provide you with practical strategies for effective implementation of EMDR into your practice.

Note prices of products on the registration panel have 20% discount already applied.

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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](mailto: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.

**Addiction Counselors:** This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 19.0 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.

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### 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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### Psychologists & Psychiatrists:

#### Psychiatrists

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#### Psychologists

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**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 this course. ACE provider approval period: January 27, 2017 – January 27, 2020. Social Workers completing this course receive 19.0 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 1140 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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Questions? Call customer service at 800-844-8260



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

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### ADA NEEDS

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### 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

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