

# THE HEROIC JOURNEY: FROM VICTIM TO THRIVER

Please select a date and location:  COLORADO SPRINGS - January 16  DENVER - January 17  SALT LAKE CITY - January 18

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	Early*	Regular
Single Registrant	\$149	\$169
2 to 4**	\$139 ea.	\$159 ea.
5 or more**	\$129 ea.	\$149 ea.

\*Registrations received 10 days prior to seminar date.  
 \*\*Price per person when registering at the same time.  
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I am registering and would like to order an audio set for \$49:  audiotapes  CDs

**The Heroic Journey: From Victim to Thriver**  
 Audio and course manual package: \$149 plus \$8 S&H  
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# The Heroic Journey: From Victim to Thriver

*From the person who brought you  
 "Counseling Victims of Sexual Trauma: Three Stages of Healing"*

Continuing education available for Social Workers, Counselors, Case Managers, Psychologists, Alcoholism and Drug Abuse Counselors. See inside for details.

- ◆ Define effective techniques for working with individuals and family members who have faced violent trauma: suicide, homicide, terrorist attack and war
- ◆ Discover prevention planning and postvention for those who are at high risk or have already experienced natural disaster: floods, tornadoes, hurricanes, earthquakes, landslides and more
- ◆ Examine how to work effectively with survival responses—with the sympathetic and parasympathetic nervous system
- ◆ Identify techniques to help victims of trauma integrate and move beyond the trauma—The Mythical Journey
- ◆ Understand the spiritual dilemma many victims of trauma face
- ◆ Explore the issues veterans and military families face—helping the whole family heal
- ◆ Identify the qualities of “thriveability” and how to help clients move from victim to thriver

Colorado Springs, CO - January 16

Denver, CO - January 17

Salt Lake City, UT - January 18



*From the person who brought you  
“Counseling Victims of Sexual Trauma: Three Stages of Healing”*

# The Heroic Journey: From Victim to Thriver

## From Trauma to Transformation

Statistics indicate hundreds of millions of people in the United States are impacted by trauma every year. Natural disasters occur in every state and suicide is the 11th cause of death. Homicide is the leading cause of death in certain age groups and races and claims the lives of nearly 20,000 people a year. In 2000, there were more than 26 million military veterans and even more family members impacted by the military sacrifice. By sheer magnitude, a large percentage of any professional caregiver’s caseload will probably be made up of people who are primary or secondary victims of these traumas. A significant number of those clients will have already experienced multiple traumas.

This important, one-day seminar will help professionals learn more about both the obvious and the subtle issues faced when working with these trauma victims. New breakthroughs in trauma research have made many approaches obsolete and even re-traumatizing. The instructor will lead attendees through identifying “thriveability” and how to address the physiological, emotional, spiritual, cognitive and physical aspects of taking patients through the heroic journey—from despair to transformation.

More than 20,000 attendees were trained by Ms. Bradley with her seminar “Counseling Victims of Sexual Trauma: Three Stages of Healing.” Those attending this new seminar will get useful information to work with these specific trauma victims and a high quality resource manual with articles, handouts and worksheets for clients.

## Course Director



**MELISSA (MISSY) BRADLEY, MS, NCC, BCETS, FAAETS**, is a nationally recognized educator, clinical and corporate consultant and author. Her seminar “Counseling Victims of Sexual Trauma: The Three Stages of Healing,” has been attended by tens of thousands of professionals and received with critical acclaim. Ms. Bradley is a Fellow, Diplomate and Board Certified Expert in Traumatic Stress for the American Academy of Experts in Traumatic Stress, and a National Certified Counselor. Ms. Bradley has spent more than 20 years providing individual, group and family therapy. She is in private practice near Nashville, Tennessee. As an EMDR trained (Level I and Level II; specialized protocol trainings) psychotherapist, she has had extensive experience in the field of trauma and trains personnel at medical and mental health agencies, universities, crisis lines, school systems, corporations and retreat centers in working with victims of trauma, other mental health, wellness issues and professional development.

Ms. Bradley is a frequent guest on regional and national radio and television news shows discussing a wide range of issues, including working with veterans. Several of these shows addressing the subject of rape and sexual abuse have won prestigious national and international media awards, including the Scripps Howard Award for Broadcasting Excellence, the Edward R. Murrow Award, the Tennessee Educator’s Association and the New York Festival. In addition to two decades of professional experience specializing in working with trauma survivors, Ms. Bradley also draws on her personal experience with trauma, her marriage to a war veteran and more. To learn more about Ms. Bradley, visit [www.omnibuswellness.org](http://www.omnibuswellness.org).

## Who Should Attend

- ◆ Psychotherapists
- ◆ Psychologists
- ◆ Social Workers
- ◆ Nurses
- ◆ Physicians
- ◆ Pastoral Counselors and Clergy
- ◆ Crisis Intervention Counselors
- ◆ Counselors
- ◆ Marriage and Family Therapists
- ◆ Victim Advocates
- ◆ Drug and Alcohol Counselors
- ◆ Community Mental Health Providers
- ◆ Guidance Counselors
- ◆ Law Enforcement
- ◆ Case Managers



[www.CrossCountryEducation.com](http://www.CrossCountryEducation.com)

# What You Will Learn

- ◆ Understand effective and safe techniques for individuals who have faced violent trauma
- ◆ Discover how to help clients rebuild emotionally, philosophically and physically after a natural disaster
- ◆ Examine how to frame the heroic journey from victim to thriver by use of myth
- ◆ Identify the physiological responses which help us survive a traumatic event and how to “reset” those responses
- ◆ Understand how basic military training can impact counseling and re-entry into civilian life
- ◆ Learn techniques for assisting couples, families, individuals and children after experiencing trauma

# Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, nurses, professionals and key personnel through our seminars, conferences and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our one-day seminars and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days of the program. We will issue a credit voucher that you or anyone in your facility may use toward another one-day seminar or audio program. You may contact us at Cross Country Education, P.O. Box 305006, Nashville, TN, 37230-5006.

# Dates & Locations

## **COLORADO SPRINGS - January 16, 2007**

Sheraton Colorado Springs Hotel  
2886 S. Circle Dr., Colorado Springs, CO 80906 (719) 576-5900

## **DENVER - January 17, 2007**

Radisson Hotel Denver Stapleton Plaza  
3333 Quebec St., Denver, CO 80207 (303) 321-3500

## **SALT LAKE CITY - January 18, 2007**

Radisson Hotel Salt Lake City  
215 W. South Temple, Salt Lake City, UT 84101 (801) 531-7500

# Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Lunch is on your own from 11:30 a.m. to 12:30 p.m. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

*“Engrossing and inspiring, Melissa Bradley’s presentation speaks to her dedicated work in the field of trauma. Her seminars are important for therapists and trauma survivors alike.”*

Steven Levenkron  
Best Selling Author and Psychologist  
New York, New York

# COURSE CONTENT

## **BEGINNING THE JOURNEY**

- ◆ Getting the framework of healing
- ◆ The traumatized nervous system—parasympathetic vs. sympathetic nervous system
- ◆ What philosophers, sociologists and theologians teach about moving through trauma
- ◆ What is “thriveability”?
- ◆ Differentiating between the level of functioning of victim, survivor and thriver
- ◆ Children and trauma—how primary caregivers can establish safety
- ◆ How early trauma impacts new trauma

## **WORKING WITH FAMILIES OF HOMICIDE, SUICIDE AND TERRORIST ATTACK**

- ◆ Grief vs. complicated mourning
- ◆ Safe vs. unsafe memories processing
- ◆ Understanding the suicidal trance—prevention
- ◆ Complicated closure and the complicated relationship
- ◆ Crime Victim’s Compensation Fund

## **WORKING WITH FAMILIES OF ALL NATURAL DISASTERS**

- ◆ Prevention assistance—developing disaster plans for home, work and school
- ◆ Federal and state resources for the professional and the community
- ◆ Rebuilding: physically, emotionally and philosophically
- ◆ Vicarious trauma for the professionals
- ◆ Processing primary and secondary losses

## **WORKING WITH FAMILIES (continued)**

- ◆ Mourning rituals for adults and children
- ◆ Clinical considerations with violent trauma
- ◆ Beliefs about death

## **WORKING WITH VETERANS, FIRST RESPONDERS AND THEIR FAMILIES**

- ◆ Critical incident or not?
- ◆ What many vets wish civilians understood
- ◆ Processing the “unspeakable”
- ◆ “Who is this stranger in my loved one’s body?”
- ◆ Military sexual assault
- ◆ Rituals of healing using myth and history
- ◆ Spirituality: strengthened or shattered—the vet’s spiritual dilemma
- ◆ The family sacrifices—working with marital and parenting issues
- ◆ Helping children of veterans
- ◆ Finding helpful resources—running the gauntlet of red tape
- ◆ First responders—the forgotten victims
- ◆ Making peace with the dead

## **THE HEROIC JOURNEY TO TRANSFORMATION**

- ◆ From despair to transformation
- ◆ The use of myth to build understanding and inspiration
- ◆ The new philosopher
- ◆ Meeting the future self

## **QUESTIONS AND ANSWERS**

# Continuing Education Credit

**Social Workers:** This program has been submitted to the Utah Chapter, NASW for approval of 6 credit hours of continuing education.

**Counselors:** Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program.



**Psychologists:** Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

**Nurses:** Cross Country Education is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider #044013109, this course is offered for 7.2 contact hours. Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 7.2 contact hours.



**Alcoholism and Drug Abuse Counselors:** Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours.



**Case Managers:** This program has been submitted to the Commission for Case Manager Certification for 6 clock hours of continuing education.

**Other professions:** This seminar qualifies for 6 continuing education hours 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 filing requirements.

**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date so that arrangements can be made.

## Audio Products

If you would like to order the audio/manual package for this seminar, it is available for \$149, plus \$8 shipping and handling. If you are registered to attend this seminar, you may order a set of tapes/CDs for this program at \$49 each. Order online at our website, by faxing or mailing the registration form on this brochure or by calling (800) 397-0180. Supply may be limited. Please call to check for availability. Participant use of recording devices at the seminar is not permitted. Please allow 4 to 6 weeks following the seminar date for delivery.

**Disclaimer:** Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

## Confirmations & Cancellations

Confirmations of registration are sent via fax within three days of receipt in our office. If a faxed confirmation cannot be sent, a post card is mailed.

**If you have not received a confirmation within five days of the program, please call our office at (800) 397-0180 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. For cancellations received later, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time.

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