

THE THREE STAGES OF HEALING: COUNSELING VICTIMS OF SEXUAL TRAUMA

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Learn tools and hands-on techniques necessary at each stage of the counseling process for sexual trauma victims

The Three Stages of Healing: Counseling Victims of Sexual Trauma

- ◆ The physiology of all trauma and its impact on the immune system, relationships, intimacy, the counseling process and learning
- ◆ Identify the three stages: victim, survivor and thriver; and how to move clients through the stages
- ◆ Learn therapeutic techniques to use with adults, children and couples
- ◆ How to identify the imprints from sexual trauma
- ◆ Helping clients heal emotionally, physically, sexually, interpersonally and spiritually
- ◆ Understanding the qualities of "thriveability"
- ◆ How to integrate the trauma in their life stories
- ◆ Develop safety plans to help move people through the stages

Continuing education available for Psychologists, Counselors, Marriage and Family Therapists, Alcoholism and Drug Abuse Counselors, Nurse Practitioners, Social Workers and Nurses. Please see inside for details.



Regina, SK - May 13

Calgary, AB - May 14

Edmonton, AB - May 15

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The Three Stages of Healing: *Counseling Victims of Sexual Trauma*

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- ★ **Develop safety plans to help move people through the stages**

Treatment of Sexual Trauma

Statistics indicate that one out of three people, both male and female, will be personally impacted by sexual trauma (including rape, child sexual abuse, sexual harassment and exploitation). Proper identification and effective treatment are essential to establishing and/or restoring emotional and physical health of an individual and family. New breakthroughs on the neurobiology of trauma have greatly changed the treatment of sexual trauma victims since the 1980s and 1990s. The instructor will give a comprehensive look at the counseling process. Several treatment modalities will be utilized to increase clinical improvement of clients from diverse backgrounds and which modalities work best in each stage of the healing.

Based on her more-than-20-year career working with many aspects of sexual trauma, Ms. Bradley will tap into her extensive background as a child sexual abuse investigator, a clinical educator and therapist. She will take participants from the point of initial patient contact and will provide tools and hands-on techniques necessary at each stage. Every participant will receive a comprehensive manual with client masters and handouts.

Ms. Bradley has spoken nationally about her personal experience with sexual trauma and will discuss important and subtle steps in the healing process.

Who Should Attend

- Psychotherapists
- Psychologists
- Social Workers
- Pastoral Counselors and Clergy
- Physicians
- Nurses
- Nurse Practitioners
- Psychiatric Nurse Practitioners
- Crisis Intervention Counselors
- Guidance Counselors
- Drug and Alcohol Counselors
- Marriage and Family Therapists
- Victim Intervention and other Court Advocates
- Rape Crisis Counselors
- Licensed Professional Counselors
- Sex Educators, Counselors and Therapists
- Law Enforcement

“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, NY



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What You Will Learn

- ➔ Identify the three healing templates for treatment of all types of trauma
- ➔ Learn therapeutic techniques to be used in the treatment of traumatized children, adults and couples
- ➔ Understand the physiology of trauma responses and how they play out in all relationships and the counseling process
- ➔ Learn the essentials in safe trauma processing
- ➔ Educate the family and the client's system during the healing process
- ➔ Identify sexual trauma imprints and how they impact the lives of those

Course Director

MELISSA (MISSY) BRADLEY, M.S., NCC, B.C.E.T.S., F.A.A.E.T.S., is a nationally recognized educator, consultant and author. After more than 20 years of assessing and providing treatment for sexual trauma victims, she has worked as a child sexual abuse investigator and provided individual, group and family therapy in corporate and non-profit settings.

Ms. Bradley is the developer of "The Three Stages," an EMDR-trained psychotherapist and trainer for professionals in medical and mental health settings, universities, crisis lines, school systems and corporations. She also provides expert witness testimony in criminal and civil court.

As a Fellow, Diplomat and Board Certified Expert in Traumatic Stress by the prestigious Academy of Experts in Traumatic Stress, Ms. Bradley is a frequent guest on regional and national radio and television news programs speaking on many mental health issues. Several of the news series she has been interviewed for addressing the subject of rape, sexual abuse and stalking have won prestigious national and international media awards, among them, the Scripps Howard Award for Broadcast Excellence and the Edward R. Murrow Award.

Ms. Bradley's additional professional affiliations include: American Counseling Association (ACA), National Board of Certified Counselors (NBCC), Eye Movement Desensitization and Reprocessing International Association (EMDRIA). For more information, visit her website at www.omnibuswellness.org.

Dates & Locations

REGINA - May 13, 2009

Regina Inn Hotel and Conference Centre
1975 Broad St., Regina, SK S4P 1Y2 306-525-6767

CALGARY - May 14, 2009

Quality Inn University
2359 Banff Trail N.W., Calgary, AB T2M 4L2 403-289-1973

EDMONTON - May 15, 2009

Hilton Garden Inn West Edmonton
17610 Stony Plain Rd., Edmonton, AB T5S 1A2 780-443-2233

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COURSE CONTENT

THE FUNDAMENTALS OF SEXUAL TRAUMA

- ◆ Fundamentals of sexual trauma
 - overview of the three stages
 - neurobiology of trauma and its impact
 - identifying the unintegrated fragments of trauma
 - reenactment and revictimization—the common duo
 - Child sex play or abuse? The legal vs. clinical issue
 - themis and systemic betrayal
 - understanding how the fight, flee and freeze survival responses impact the counseling process
 - the sexual trauma "imprint" and how it affects relationships
 - the traits of "thriveability"
 - identifying the progression to sexual assault

THE THREE STAGES

- ◆ THE VICTIM and the safety net
 - building the therapeutic pillars for the rest of recovery
 - hands-on therapeutic interventions to use with victims
 - triggers—how to identify them and how to defuse them
 - educating and building a therapeutic alliance with the family
 - common reasons why clients get "stuck" and how to move beyond them
 - organizing and processing the trauma without having to relive it
 - safe processing vs. unsafe processing in victim mode groups
 - safety plans for children, individuals, couples and families

THE THREE STAGES (continued)

- too soon, too much, too fast—the difference between victim and survivor needs
- therapeutic techniques to use with children, adults and couples
- ◆ THE SURVIVOR and the abyss
 - identification of maladaptive belief systems and restructuring of those beliefs
 - uses of complementary therapeutic approaches (journaling, music, movement, exercise, guided imagery, mindmapping and art)
 - integrating the trauma into the rest of the client's life and identity
 - cognitive and behavioral therapy during the abyss
 - therapeutic techniques for user during survivor mode
 - exploring the gifts
 - relapse prevention
- ◆ THE THRIVER and the basecamp
 - therapeutic pillars for the thriver
 - the thriver philosophy
 - "I thought this was over"—preparation for predictable flare-ups
 - integration of the trauma into all dimensions of a person's life
- ◆ THE PROFESSIONAL CAREGIVER and the sacred responsibility
 - vicarious traumatization
 - the (wounded) healer

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.

Audio Products

If you would like to order the audio/manual package for this seminar, it is available for \$189US, plus S&H \$30CA/\$8US. If you are registered to attend this seminar, you may order a set of tapes/CDs for this program at \$99US, plus S&H \$30CA/\$8US each. You can order online at our website, by faxing or mailing the registration form on this brochure or by calling (800) 397-0180 or (615) 331-4422. There is a "no return" policy on recorded material; however, if you notice a defect in the product, please let us know in writing within seven days of receiving the product and an exchange or credit voucher will be issued. 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.

Confirmations & Cancellations

Confirmations of registration are sent via email or fax within three days of receipt in our office. If an email or fax 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 or (615) 331-4422 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, 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 any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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.

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Counselors: 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.

Marriage and Family Therapists: 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.

Alcoholism and Drug Abuse Counselors: 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.

Nurses: 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.

Nurse Practitioners: 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.

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.