

# THE THREE STAGES OF HEALING: TRAUMA CONVERSION AND RESILIENCE

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\*Registrations received 10 days prior to seminar date.  
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A Multi-Modal Approach for Thriving Using the Heroic Journey"

# The Three Stages of Healing

## Trauma Conversion and Resilience

- ◆ 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 "trauma conversion"
- ◆ Learn how to turn a non-convertor into a converter, and convert trauma to a growth potentiating experience
- ◆ How to identify the imprints from sexual trauma and its role in acting out, acting in and increased revictimization risks
- ◆ Helping clients heal emotionally, somatically, sexually, interpersonally and spiritually
- ◆ Understanding the qualities of resilience and post-traumatic growth
- ◆ How to integrate the trauma in their life stories
- ◆ Develop effective treatment plans to help move people through the stages for individuals, couples and groups

**El Paso, TX - January 10**

**Phoenix, AZ - January 11**

**Tucson, AZ - January 12**

**Albuquerque, NM - January 13**

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

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# The Three Stages of Healing

## *Trauma Conversion and Resilience*

### Treatment of Trauma

Millions of individuals in North America experience the impact of trauma every year. Whether the trauma occurs in childhood, such as sexual assault, neglect, physical or emotional abuse, or later in life, 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 those who have experienced trauma. 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-25-year career working with many aspects of all types of trauma, Ms. Bradley will tap into her extensive background as a child sexual abuse investigator, a clinical educator and a psychotherapist specializing in trauma and resilience. 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, handouts and access to online resources.

### 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 25 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," "The Psychology of Resilience: A Multi-Modal Framework for Thriving Using the Heroic Journey," and "Counseling Those Who Serve: Working with Veterans, First Responders and Their Families," for which 60,000+ professionals have been trained, an EMDR-trained psychotherapist and a 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 is also an advocate for veterans across the country. She is a frequent keynote speaker and is on the clinical board of Not Alone ([www.notalone.com](http://www.notalone.com))—a national veteran's resource. She has also spoken nationally about her personal experience with sexual trauma, her marriage to a combat veteran and will discuss important and subtle steps in the healing process. Ms. Bradley's additional professional affiliations include: American Counseling Association (ACA), National Board of Certified Counselors (NBCC), and Eye Movement Desensitization and Reprocessing International Association (EMDRIA). For more information, visit her website at [www.theomnibuscenter.com](http://www.theomnibuscenter.com).

### Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. 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, NY*



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

# What You Will Learn

- ➔ Identify the three healing templates and effective approaches 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 survival responses and how to work with those responses and the counseling process
- ➔ Discuss a framework for conversion of trauma integration
- ➔ Identify how to effectively assist stuck clients with trauma and training imprints and the perception of betrayal

## COURSE CONTENT

### THE FUNDAMENTALS OF TRAUMA

- ◆ Fundamentals of trauma
  - overview of the three stages of trauma conversion
  - the traits of "resilience"
  - the neurobiology of trauma and its impact
  - identifying and safely processing the unintegrated fragments of trauma
  - the ancient framework for resilience
  - reenactment and revictimization after trauma—the common duo
  - perception of themis and systemic betrayal and its impact on healing
  - understanding how the fight, flee and freeze survival responses manifest in counseling, couples and individuals
  - "Training" and its impact on trauma
    - ◆ the sexual trauma "imprint," identifying the progression to sexual assault and how it affects relationships and addictions
    - ◆ working with veterans, first responders and more

### THE THREE STAGES

- ◆ VICTIM mode of functioning
  - building the therapeutic pillars for the rest of recovery
  - returning the traumatized to their body
  - hands-on therapeutic interventions to use with victim mode individuals
  - triggers—how to identify them and how to defuse them
  - supporting and educating the family system around the victim mode individual
  - 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
- ◆ THE SURVIVOR mode of functioning
  - identification of maladaptive belief systems and restructuring of those beliefs
  - uses of alternative therapeutic approaches
  - mourning and integrating the trauma into the rest of the client's life and identity
  - therapeutic techniques for individuals, couples and groups during survivor mode
- ◆ THE THRIVER mode of functioning
  - therapeutic essentials for full conversion
  - the thriver philosophy—integration of the trauma into all dimensions of a person's life
  - "I thought this was over"—the deepening of conversion

# Dates & Locations

### EL PASO - January 10, 2012

Hilton Garden Inn El Paso  
111 W University Ave, El Paso, TX 79902 915-351-2121

### PHOENIX - January 11, 2012

Hilton Garden Inn Phoenix Airport  
3422 E Elwood, Phoenix, AZ 85040 602-470-0500

### TUCSON - January 12, 2012

Four Points by Sheraton University Plaza  
1900 E Speedway Blvd, Tucson, AZ 85719 520-327-7341

### ALBUQUERQUE - January 13, 2012

Embassy Suites Albuquerque Hotel and Spa  
1000 Woodward Place, Albuquerque, NM 87102 505-353-5363

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## Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event 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 event 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. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

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Registrants will not receive a certificate until payment has been received and course has been successfully completed. 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 marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

## 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

**\$10 OFF**

Receive a \$10 discount for this seminar if you are a student or non-profit organization. A valid student ID or 501(c)(3) is required. To use this discount, you must register by phone at (800) 397-0180 or (615) 331-4422.

## Self Study Products

### ***The Three Stages of Healing: Trauma Conversion and Resilience*** #3674

Audio/manual package for this seminar: \$169, plus S&H \$8US/\$30CAN. If you are registered to attend, you can order a set of audiotapes/CDs for this program at \$59 plus S&H \$8US/\$30CAN each!

You may also be interested in the following:

### ***Counseling Victims of Sexual Trauma*** #1990

- ◆ 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

Available for CE credit for Counselors, Social Workers, Marriage and Family Therapists, Alcohol and Drug Abuse Counselors, Nurse Practitioners, Psychologists and Nurses. You will receive a self study test and complete instructions. Self Study audio package: \$169 plus S&H \$8US/\$30CAN

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## Continuing Education Credit

**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.

**Social Workers:** Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (approved through 1-27-12). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information.

**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.

**Marriage and Family Therapists:** Cross Country Education is an approved sponsor of continuing education for licensed marriage and family therapists through the Texas State Board of Examiners of Marriage and Family Therapists (Provider number 195). This course is offered for 6 clock 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.

**Nurses:** Cross Country Education, LLC. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This course is offered for 6 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 6.0 contact hours.

**Nurse Practitioners:** Cross Country Education is accredited by the American Academy of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. This course is offered for 6.0 contact hours.

**Other professions:** This educational offering 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 or prior to purchasing any online or distance learning products so that arrangements can be made.

