

When Techniques Fall Short: Troubleshooting Trauma Therapy

FRIDAY
JUNE 22, 2018



LOCATION MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

DATE Friday, June 22, 2018
REGISTRATION PROGRAM 8:30 am–9:00 am (*breakfast provided*)
9:00 am–4:30 pm (*lunch provided*)

Early registration fees through June 15, 2018.

PROGRAM FEE \$159.00

GROUPS OF FIVE OR MORE FROM SAME AGENCY \$135.00 (*must register/pay at the same time*)

STUDENTS \$80.00 (*must provide student ID at check-in*)

MAHEC EMPLOYEES \$15.00

DESCRIPTION

The treatment of traumatized clients can be challenging, particularly with those who have experienced chronic and early trauma. Many approaches and techniques have been developed to aid the therapist in providing the most effective treatment for trauma, including several evidence-based approaches. However, from time to time, techniques fail to help our clients—even those that are evidence-based.

In this highly practical workshop, we will explore what to do when our techniques and approaches fall short of helping our clients. Participants will learn how to determine whether a particular technique or approach is best for a given client, and how to troubleshoot stuck places in therapy. Therapists will learn how to identify inner conflicts, chronic shame, and “resistances” of the client so that they may compassionately help the client resolve them and move forward. “Resistance” will be described as a protective strategy of the client that is to be expected and even welcomed in therapy. Expert instructors Stephanie Citron and Kathy Steele will describe how to compassionately identify and resolve resistance.

Participants will have an opportunity to explore several possibilities of how we ourselves may unwittingly contribute to stuck places in therapy, and how to “get out of the way” of the client’s healing. We will discuss several practical ways in which therapists can structure the therapeutic relationship to better support the work, using a collaborative approach that helps the client manage both dependency and avoidance of connection with the therapist. This highly practical workshop will combine didactic material, ample case examples, and experiential opportunities.

AUDIENCE

Psychologists, Licensed Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage & Family Therapists, Licensed Clinical Addictions Specialists, Rehabilitation Counselors, and others interested in this topic.

OBJECTIVES

Upon completion of this workshop, participants will be able to:

- List evidence-based treatments, as well as other approaches, shown to be effective in treating trauma
- Identify reasons why techniques or approaches may not be working for particular clients
- Describe a compassionate approach to understanding and treating “resistance”
- Employ at least three interventions to support the resolution of inner conflicts and shame in their clients
- Discuss ways in which the therapist may contribute to “stuck” places in therapy and identify how to resolve them
- Describe and utilize a collaborative approach in the therapeutic relationship to help the client manage overwhelming dependency and avoidance that may interfere with therapy

FACULTY

Kathy Steele, MN, CS, APRN has been in private practice in Atlanta, GA for more than three decades, specializing in the treatment of complex trauma, dissociation, and attachment difficulties. She excels in working with challenging cases and employing complicated therapies to achieve lasting results. Kathy is the recipient of a number of awards for her clinical and published works, including the 2010 Lifetime Achievement Award from the International Society for the Study of Trauma and Dissociation. She frequently consults and lectures on an international level. She has co-authored three books in the acclaimed Norton Series on Interpersonal Neurobiology, including *The Haunted Self: Structural Dissociation of the Personality and Treatment of Chronic Traumatization* (2006), *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists* (2011), and most recently, *Treating Trauma-related Dissociation: A Practical, Integrative Approach* (2017).

Stephanie Citron, PhD, LP specializes in the treatment of trauma as a licensed clinical psychologist, trainer, and consultant. She is a certified Somatic Experiencing (SE) Practitioner, and a Master Trainer in the Trauma Resiliency Model (TRM) as well as the Community Resiliency Model (CRM). In the United States and on an international level, Stephanie has trained both mental health professionals and lay community health workers in the use of effective emotional regulation skills. With a long established private clinical practice in Asheville, NC, Stephanie serves adults and adolescents who have experienced acute and complex trauma, mood disorders, women’s health issues, and couples conflict. Since 2010, she has conducted trauma training after disasters in Haiti and the Philippines. Dr. Citron currently directs Resources for Resilience, which brings resiliency training to schools, hospitals, systems of care, prisons and jails, shelters, churches, first responders, and others who serve on the front lines dealing with trauma in the Southeastern United States.



[CLICK HERE TO REGISTER](#)

CREDITS



NAADAC: This course has been approved by NAADAC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **6.0 hours**.



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. Full attendance is required to receive credit. **6.0 hours**.

MH NC Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **6.0 hours Category A**. Full attendance is required.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required.

REGISTRATION

Early registration deadline: June 15, 2018

Registration fee is \$159.00, \$135.00 for Groups of Five or More from the Same Agency (must register and pay at the same time), \$80.00 for Students (must provide student ID at check-in), and \$15.00 for MAHEC Employees. These fees include administrative costs, educational materials, breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

MAHEC assumes permission to use recorded audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.

From I-40 W: Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

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Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX-____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

HOME COUNTY _____

HOME # _____ **WORK #** _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

WORK COUNTY _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE: Vegetarian Gluten-free Vegan

REGISTRATION FEE: \$159.00 \$174.00 (after June 15th)

GROUPS OF FIVE OR MORE (same agency) \$135.00 \$150.00 (after June 15th)
(must register and pay at the same time)

STUDENTS: \$80.00 \$95.00 (after June 15th)
(must present student ID at check-in)

MAHEC EMPLOYEES: \$15.00 \$30.00 (after June 15th)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #18MH016/53997

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803 **Fax to:** 828-257-4768

HAVE A QUESTION?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



Special Services
828-257-4778

REGISTRATION INFORMATION: 828-257-4475

FAX REGISTRATION: 828-257-4768

ONLINE REGISTRATION: www.mahec.net

EMAIL: registration@mahec.net

MAIL: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803