



# GETTING TO THE CORE OF THE PROBLEM:

## Treating the Cause, Not the Symptom

SUNDAY, JULY 28, 2019

<b>LOCATION</b>	<b>MAHEC Mary C. Nesbitt Biltmore Campus</b> 121 Hendersonville Rd, Asheville, NC 28803
<b>DATE</b>	<b>Sunday, July 28, 2019</b>
<b>REGISTRATION PROGRAM</b>	8:30 am–9:00 am ( <i>light breakfast provided</i> ) 9:00 am–4:30 pm ( <i>lunch provided</i> )

### EARLY REGISTRATION FEES THROUGH JULY 21, 2019

<b>\$169.00</b>	<b>Program Fee</b>
<b>\$149.00</b>	<b>Groups of Five or More from the Same Agency</b> ( <i>per person; must register and pay at the same time</i> )
<b>\$85.00</b>	<b>Students</b> ( <i>must provide valid student ID at check-in</i> )
<b>\$25.00</b>	<b>MAHEC Employees</b>

## DESCRIPTION

**No prerequisites are required to attend! This workshop is open to all mental health clinicians.**

Recently, psychotherapy has placed a greater emphasis on trauma informed approaches to case conceptualization and treatment. Recent advances in neurobiology have supported the hypothesis that past disturbing or traumatic events are stored differently in the brain than normal events. These neural networks carry a higher emotional charge. Because of this emotional encoding, the linkage, binding, and reconsolidation of these neural networks with adaptive neural networks becomes more difficult.

The focus of psychotherapy is to accomplish network consolidation. Events create emotions, which in turn are verbalized as core beliefs. Mapping out both negative and positive networks helps clarify case conceptualization and treatment intervention strategies. Addressing the core beliefs and their emotional encoding provides an effective and efficient foundation for treatment. This workshop will discuss the neurobiology of memory, the process of identifying core beliefs, and their use in case conceptualization and treatment. **EMDR and alternative clinical approaches are explored and compared to optimize the treatment of trauma.**

## AUDIENCE

Master's level mental health professionals, including mental health and substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors and other professionals interested in this subject and trained in EMDR.



[CLICK HERE TO REGISTER](#)

## OBJECTIVES

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

- Explain the neurobiology of trauma
- Describe a belief focused approach to case conceptualization and treatment
- Practice developing a belief focused treatment plan for triggers
- Demonstrate using a clinical approach from a core belief perspective
- Compare evidence-based approaches to the treatment of trauma

## FACULTY

**Roy Kiessling, LISW, ACSW**, completed his EMDR Basic training in 1995, became a training facilitator for Francine Shapiro's EMDR Institute in 1997, the senior trainer for Shapiro's humanitarian projects in 2001, and a senior trainer for Shapiro's EMDR Institute in 2006. Roy has participated in humanitarian projects in Bangladesh, Poland, the Middle East, and Russia, as well as in domestic disaster areas affected by Hurricane Katrina. In 2006, he received the Liz Sinker Outstanding Volunteer of the Year Award for his numerous volunteer projects in support of the EMDR Community. In June of 2013, Roy founded EMDR Consulting, a consulting and training organization specializing in integrating EMDR into clinician's clinical practice. Since then, EMDR Consulting has grown, offering EMDR Consulting and the EMDRIA approved EMDR Basic course, "Integrating EMDR into your Clinical Practice," throughout the United States.

## CREDITS



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit. Approved for **6.0 Hours**.



**NBCC:** 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 their programs. Full attendance is required to receive credit. Approved for **6.0 Hours**.

**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 to receive credit.

**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 to receive credit.

# REGISTRATION

Early registration deadline: July 21, 2019

The registration fee is \$169.00, \$149.00 for groups of five or more from the same agency (must register and pay at the same time), \$85.00 for Students (must provide student ID at check-in), and \$25.00 for MAHEC Employees. Fees include administrative costs, educational materials, a light 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.

[CLICK HERE TO REGISTER](#)

[Click here to browse all of our Mental Health CE programs](#)

# 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.

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

**HAVE A QUESTION?**  
**Contact the Program Planner**

Barbara Warren, MSW, LCSW, LCAS-A, CFT  
[barbara.warren@mahec.net](mailto: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](http://www.mahec.net)  
**EMAIL:** [registration@mahec.net](mailto:registration@mahec.net)  
**MAIL:** MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803



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By registering for this program, you are also authorizing MAHEC to share your contact information with EMDR Consulting, LLC so that you may receive manuals, training information and ongoing resources relating to the practice of EMDR.

Updated contact information. #20MH001/56836

**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

**PROGRAM FEE**  \$169.00  \$184.00 (after 7/21/19)

**GROUPS OF FIVE OR MORE** (same agency)  \$149.00  \$164.00 (after 7/21/19) (must register and pay at the same time)

**STUDENTS**  \$85.00  \$100.00 (after 7/21/19) (must show student ID at check-in)

**MAHEC EMPLOYEES**  \$25.00 (late fee waived)

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** \_\_\_\_\_