

How to Register

EMDR Intensive Clinical Training Retreat

1 Please complete entire form

(to notify you of retreat changes); please print; staple duplicate forms.

Name _____

Profession _____

Address _____

Dept/Floor/Suite _____

City _____

County _____

State _____ Zip _____

Home/Cell Ph () _____

Dept. Ph () _____

E-mail address _____

*Email required to receive certificate of completion and registration confirmation.

Choose the easiest registration method for you:

ONLINE | pesi.com/express/85494

PHONE | 800-844-8260
Please have credit card available

FAX | 800-554-9775

MAIL | PESI
PO BOX 1000
Eau Claire, WI
54702-1000

2 Tuition and 6-night Accommodation (85494SED)

September 19 - September 25, 2021
Registration closes _____

Single Occupancy: \$2,799

- Pay in full today and save \$200! ~~\$2,799~~ \$2,599
- PAYMENT PLAN OPTION (CREDIT CARD ONLY)
Reserve a spot for \$1399 downpayment
Balance automatically charged 30 day later!
(payment plan available until 8/19/2021)

** If you are bringing a guest to room share, please contact PESI customer service to discuss pricing options

Tuition Includes:

- Healthful (and tasty!) pesco-vegetarian cuisine
- Stylish accommodations
- Yoga mat for your use during your stay
- Group morning hatha yoga practice available
- Healing garden and lake
- Vortexes
- Covered patios and meditation areas
- Lounge (with WiFi access)
- Incredible landscapes

3 Please indicate method of payment.

All registrations must be prepaid.

- Check enclosed payable to PESI, Inc.
- Purchase order enclosed (Fed ID # 26-3896894)
- MC VISA AE Discover Novus
- 16 digits 13-16 digits 15 digits 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

If signing up within 14 days of the event start date, please contact customer service to pay by phone 800-844-8260

_____ Total

Retreat Center and Location



If you're looking for a place to unwind and re-connect with what's important, what better environment than one of the most beautiful deserts on the planet?

The Sedona Mago Retreat Center is located in Sedona, Arizona, an area long known for natural healing and spiritual awakening. Surrounded by red monoliths, Native American ruins and majestic mountains. Experience the beauty, feel the energy, and awaken your spirit.

Retreat Highlights

- Secluded retreat, offering 173 acres
- Private casitas with private bathrooms, supplied with towels and soap, shampoo & conditioner
- Nourishing three meals a day
- Glistening outdoor pool & jacuzzi
- Beautiful lake surrounded by trees, flowers, aromatic herbs, and many wild birds
- Covered patios, meditation areas & labyrinth
- Healing vortexes, experience healing and deep awakening
- Peaceful trails to enjoy nature
- Awe inspiring sunrises, sunset and stargazing
- Direct shuttles service available from Phoenix Sky Harbor (additional fees)

Current COVID-19 related guidelines are located at <https://sedonamagoretreat.org/covid-19/>



The Sedona Mago Retreat Center
3500 E. Bill Gray Rd • Sedona AZ, 86336
sedonamagoretreat.org

* Please note, mobility is needed from sleeping room, training room and dining hall.

Connect • Heal • Learn

7-Day Retreat!

EMDR
INTENSIVE
CLINICAL TRAINING

September 19 - 25, 2021
Sedona Mago Retreat Center
Sedona, Arizona

Earn Up To
33 CE
HOURS

Reserve today! pesi.com/express/85494



Reserve today! Limited availability
pesi.com/express/85494



Featuring
Linda Curran, BCPC, LPC, CACD, CCDPD
Trauma Specialist, Author and National Trainer

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33 CE
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In a retreat setting!

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Eau Claire, WI 54702-1000
A Division of PESI, Inc.

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PLEASE RETURN ENTIRE REGISTRATION FORM

Connect • Heal • Learn

7-Day Retreat! EMDR INTENSIVE CLINICAL TRAINING

In the beautiful **Sedona Mago Retreat Center** near Sedona, Arizona, you will spend 7 days filled with skills-building and personal transformation. Leave revitalized with the confidence to fully implement EMDR as an effective treatment to heal trauma.

This is training opportunity is a MUST if you work with traumatized clients—an opportunity in a serene setting to safely do personal work.

As a clinician, there is little doubt that you are working with trauma. In the field of traumatic stress, there have been considerable updates and advancements designed to improve treatment outcomes. One of those advancements is the trauma processing modality, Eye Movement Desensitization and Reprocessing (EMDR). **Evidence suggests that EMDR is one of the most effective modalities for treating trauma and PTSD.** So, if you've yet to learn this skill, now is the time.

Join trauma specialist, author and national trainer, Linda Curran, BCPC, LPC, CAC-D, CCDP, for this intensive 7-day EMDR training that will **provide you the knowledge and skills needed to use EMDR safely and effectively.**

Through lecture, live and videotaped EMDR demonstrations, and **supervised experiential practice sessions**, this training will provide you with not only the theory and principles, but the specific steps to effectively introduce and incorporate EMDR into your practice.

The tri-phasic stage model remains today's state-of-the-art treatment approach for all but single incident trauma. During this training, you will learn the goals of each stage, along with the therapeutic tools to reach those goals.

This is a training you don't want to miss! Join a cohort group of professionals in this ideal setting to learn and practice new skills. Stay connected with your group for peer support and consultation once you return home.

- Learn how to use the evidence-based treatment modality, EMDR. Learn first-hand why it is such an effective treatment for both single incident PTSD and complex trauma.
- Participate in hands-on practice of EMDR in a safe and supervised environment.
- Learn this dynamic, comprehensive skill that will equip you to improve outcomes with traumatized clients right away.

*Join with colleagues in the healing environment of the desert to learn and practice skills. After the training, return home with a ready-made cohort for online group consultation.

Sign up today to become a better therapist for your clients suffering from trauma's multitude of symptoms.

Retreat Content

Sunday 9/19/2021
Check in at the Center

Monday, 9/20/2021: Neuroscience of Trauma, Effective Assessment and DSM-5® Diagnostic Criteria

Neuroscience's Current Trauma Paradigm

Biological nature of trauma

- Triune Brain, The Autonomic Nervous System and the Stress Response
 - The Polyvagal Theory
 - Traumatic Stress: normal, prolonged, complex and developmental
- Specific trauma symptoms
Primary treatment issues in trauma therapy

Trauma's Somatic and Sensorimotor Sequelae

Hyperarousal

Hypoarousal

Dissociation, body memories and "flashbacks"
Affect dysregulation

Trauma and Attachment

The Adverse Childhood Experiences Study (ACE Study)

Attachment Essentials

- Baby/momma trauma
- Insecure Attachment Styles Assessment and Primary Treatment Issues of:
 - Avoidant
 - Preoccupied
 - Disorganized type

Tuesday, 9/21/2021: Assessment and Diagnosis of Trauma Disorders

Current Trauma Diagnoses:

- Acute Trauma Disorder
 - PTSD and subtypes
 - Dissociative
 - Preschool
 - Borderline Personality Disorder (BPD)
- Proposed Trauma Diagnoses
- Developmental Trauma Disorder (DTD)
 - Complex PTSD

Trauma Treatment: Effective Tools, Treatment Modalities, and an Introduction EMDR

The Stage Model of Treatment

Stage One: Stabilization and Safety

- Assessment, Rapport, Psychoeducation
- Developing the "Skills to Stay Stable"
- Trauma Tools for Affect Regulation
- Recognizing and regulating affect
- Dissociative episodes and "flashbacks"
- Grounding clients in their bodies and back in the present in the here and now
- Mindfulness/bodyfulness (including somatic exercises)
- EFT (meridian tapping)
- Reduction of physiological arousal
- Recognizing and up & down regulating arousal levels
- Containment and self-soothing
- Multisensory Guided Imagery

Wednesday 9/22/21 - Friday 9/24/2021

Practice EMDR for both Resourcing and Trauma Processing

Live EMDR demonstration followed by experiential sessions

Under Supervision, Learn and Safely Practice the Skills of EMDR for Both Stage One and Two

Phase One Work: Imaginal Resourcing

- Containment Imagery
- Comfortable Place Imagery
- Protection Imagery
- Nurture Imagery

Phase Two Work: Reprocessing Traumatic Memories

Working with Special populations: children, addictions, and more

Limitations of Research and Potential Risk

Contraindications and precautions for reprocessing trauma
Differences in theory and in the associated neurophysiological model

Saturday 9/25/21:

Check out and depart the Center.

This training is not affiliated with EMDRIA and does not qualify towards EMDRIA credits or training.

Lead Instructor



Linda Curran, BCPC, LPC, CAC-D, CCDPD, is president of Integrative Trauma Treatment, LLC. She provides clients an integrative approach to trauma, and treats PTSD in adolescent and adult populations, including clients with eating disorders, sexual trauma, and self-injury. An international speaker on the treatment of trauma, Linda has developed, produced, and presents multi-media workshops on all aspects of psychological trauma. Linda is the author of best selling *Trauma Competency: A Clinician's Guide* (PPM, 2010) and *101 Trauma-Informed Interventions* (PPM, 2013) and the soon to be released book set: *Trauma Treatment: Beyond Competency~Clinician Playbook/Client Workbook*. She is the producer of the best-selling Master Clinician Series, in which she collaborated with the world's leaders in trauma: Bessel van der Kolk, M.D., Peter Levine, Ph.D., Babette Rothschild, MSW, LCS, Stephen Porges, Ph.D., Janina Fisher, Ph.D., and many more.

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Speaker Disclosures:

Financial: Linda Curran maintains a private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Linda Curran is an advisory board member for International Association of Trauma Professionals. She is a member of the American Counseling Association; and the Association for Advancement of Gestalt Therapy.

Testimonials

★★★★★

I thoroughly appreciated your style, knowledge, experience and the way you were able to disseminate this critically important information in working with trauma. Thank you! You have given me a tremendous amount of hope for many of my clients.

— Nalini, LCSW —

★★★★★

...you have given me the best tool that I have acquired to help my clients since I attended my doctoral studies.

— Bridget, therapist —

★★★★★

What a life changing EMDR conference...

— Bill, Counselor —



Retreat Schedule

Sunday, September 19, 2021

4:00–6:00 pm	Check-in
6:00–7:00 pm	Dinner
7:00–8:00 pm	Introduction and overview content (CE)

September 20 - 24, 2021

6:30–7:15 am	Morning yoga & meditation (optional)
7:00–8:00 am	Breakfast
8:00–12:00 pm	Training (CE)
12:00–1:00 pm	Lunch
1:00–5:00 pm	Restoration and relaxation
5:00–6:00 pm	Dinner
6:00–8:15 pm	Training (CE)
8:15–8:30 pm	Closing Meditation/Guided Imagery (optional)

Saturday, September 25, 2021

7:00–8:00 am	Breakfast
8:30–9:30 am	Group Q&A, resources (CE)
9:30–12:00 pm	Check out and depart retreat center

*CE is awarded during these specified times

ADA needs:

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least one month prior to the retreat date.

Target Audience:

Psychologists
Counselors
Social Workers
Psychotherapists
Nurses
Addiction Counselors
Marriage & Family Therapists
Mental Health Professionals

This workshop is intended for masters- and doctoral-level clinicians experienced in working with trauma. You will learn and practice alternating bilateral stimulation into two distinct types of psychotherapy sessions; development and installation of internal resources; and reprocessing of traumatic material.

Go to [pesi.com/express/85494](https://www.pesi.com/express/85494) for key learning outcomes

Continuing Education Credit Information

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. The CE certificate for the live, webcast can be downloaded after completing the webcast and passing the online post-test evaluation (80% passing score). NOTE: Boards do not allow credit for breaks or lunch. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event. Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. The planning committee and staff who controlled the content of this activity have no relevant financial relationships to disclose. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, and Psychotherapy Networker.

Addition Counselors: This activity consists of 33.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Counselors: This intermediate activity consists of 33.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Marriage & Family Therapists: This activity consists of 1995 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 33.25 contact hours. Partial contact hours will be awarded for partial attendance.

Psychologists & Physicians:

Physicians
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 33.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists
The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 33.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

ACE Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 33.25 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

Other Professions: This activity qualifies for 1995 minutes of instructional content 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 requirements.