

WORKSHOP OBJECTIVES

- Attend this dynamic workshop, Treating Complex Psychological Trauma, and enhance your ability to:
- Discuss the ways in which complex trauma differs from "simple" trauma.
 - Identify the traumatic base for "borderline personality disorder".
 - Describe the use and function of the "therapeutic window".
 - Explore the central components of any effective trauma treatment.
 - List the ways in which treatment for complex trauma is different from treating PTSD.
 - Explain why a good therapeutic relationship is technically necessary for the resolution of complex post-traumatic disturbance.

What colleagues have to say about Dr. Briere's workshop:

"John's masterful ability to combine solid, practical, non-pathologizing, effective clinical interventions with the latest research and academic information makes him one of the world's premier speakers and educators."

— Naomi Halpern, Delphi Center

"John is an incredibly knowledgeable, talented speaker who is at the absolute top of his field. His workshops never let you down."

— A. Steven Frankel, PhD, JD

TREATING COMPLEX PSYCHOLOGICAL TRAUMA

PTSD, Borderline Personality and Beyond
with John Briere, PhD

Learn the very latest research and theory for treating problems associated with Complex Psychological Trauma

Institute for the Advancement of Human Behavior

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Portola Valley, CA 94028

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INNOVATIVE CLINICAL TRAINING FOR
BEHAVIORAL HEALTHCARE PROFESSIONALS

Updated for 2005!

TREATING COMPLEX PSYCHOLOGICAL TRAUMA

PTSD
Borderline Personality
and Beyond

John Briere, PhD
Workshop Leader

Fall 2005

Sept. 23-24: Seattle, WA

Sept. 30-Oct. 1: Columbus, OH

Oct. 7-8: Baltimore, MD

Oct. 21-22: Portland, OR

Oct. 28-29: Sacramento, CA

Earn up to 12 CE/CME Credit Hours
Space is Limited. Register Early!

IAHB

WORKSHOP AGENDA

Day One

7:45 am Registration and CE/CME Check-in

8:30 am **Recent Paradigm Shifts in the Trauma Field**

- Classic "Criterion A" versus cumulative trauma
- Intervention
 - Short-term versus longer term
 - Cognitive-behavioral versus relational/psychodynamic
 - How to incorporate the best of both worlds

Complex Trauma: What Is It?

- Onset
- Duration and Frequency
- Relationality
- Complexity
- Social transformation: from trauma to "personality disorder"

12:00 noon Lunch (on own)

1:00 pm **Clinical Presentation**

- Affect dysregulation: a central problem
- Overdeveloped avoidance strategies
- Chronic intrusion and hyperarousal
- Nonverbal/implicit memories of trauma and neglect
- Insecure attachment-related schemata and "relational gestalts"

Treatment: The Self-Trauma Model

- An integrated approach to complex post-traumatic outcomes
- Longer term, relational, cognitive-behavioral therapy: Reconsidering traditional treatment labels

4:00 pm Adjourn

ELIGIBILITY: This program is open to professionals and advanced students in health related fields, and is not suitable for the general public.

Day Two

7:45 am Registration and CE/CME Check-in

8:30 am **The Central Steps of Trauma-Focused Treatment**

- Exposure, activation, disparity, extinction/counterconditioning, and resolution
- Need for avoidance in context of affect dysregulation and flooding
- Foci of processing
 - Post-traumatic stress
 - Relational "gestalts"
- Altering the triggers — cognitive effects on post-traumatic activations
- How new narratives and increased insight may reduce activations

Working within the Therapeutic Window

- The balance between therapeutic challenge and overwhelming internal experience
- Optimal processing and window dynamics

12:00 noon Lunch (on own)

1:00 pm **Cognitive Interventions**

- Activating and processing relational schema and other "deep structures"
- Normalization and reframing "symptoms"
- Cognitive reconsideration
- Developing a coherent narrative

Intervening in Impaired Self-Capacities

- Exploration of self
- Development of affect regulation skills

4:00 pm Adjourn

*Taping of this workshop is not permitted.
Room temperature varies; dress in layers.*

WORKSHOP LEADER

John Briere, PhD, is an Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the Psychological Trauma Program at Los Angeles County-USC Medical Center. He is past president of the International Society for Traumatic Stress Studies, and a Fellow of the American Psychological Association.

Dr. Briere is author of a number of books, articles, and chapters in the areas of child abuse, psychological trauma, and interpersonal violence, including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment* (in press). Recent books include *Therapy for Adults Molested as Children: Beyond Survival, 2nd Edition*; *Child Abuse Trauma: Theory and Treatment of the Lasting Effects*; and *Psychological Assessment of Adult Posttraumatic States: Phenomenology, Diagnosis, and Measurement, 2nd edition*. Dr. Briere has also developed various psychological tests, including the *Trauma Symptom Inventory*, *Trauma Symptom Checklist for Children*, *Inventory of Altered Self Capacities*, *Detailed Assessment of Posttraumatic Stress*, and the *Multiscale Dissociation Inventory*.

Dr. Briere is a recipient of the Robert S. Laufer Memorial Award for Outstanding Scientific Achievement from the International Society for Traumatic Stress Studies, and has been designated as Highly Cited Researcher (Behavioral Sciences) by the Institute for Scientific Information.

ABOUT THE WORKSHOP

Until recently, post-traumatic stress was considered a relatively straightforward response to a single traumatic event. However, recent research indicates that trauma-related disturbance can be quite complex symptomatically, involving a variety of symptoms and difficulties beyond PTSD. When trauma exposure involves early, repetitive, interpersonal maltreatment (e.g. sustained child abuse and neglect), or when there have been multiple and prolonged traumas in adulthood (e.g., torture, war, or ongoing domestic violence), the outcome may involve not only classic post-traumatic stress, but also dysfunctional attachment styles, affect dysregulation, overdeveloped avoidance responses (including dissociation and substance abuse), easily activated nonverbal schema and sensory memories, conditioned cognitive-emotional responses, and a variety of other affective and behavioral outcomes.

These responses are often viewed as symptoms of borderline personality disorder and related "Axis II pathology". In fact, they are relatively common among complex trauma survivors, and are often best treated as trauma responses rather than personality defects or dysfunctions.

Drawing on the latest trauma research and theory, Dr. Briere will present a nonpathologizing, developmentally-informed therapy for these complex post-traumatic presentations that integrates cognitive-behavioral and psychodynamic perspectives.

WHO SHOULD ATTEND

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|------------------------------------|-----------------------------|------------------------------|---|
| • Psychologists | • Psychotherapists | • Rehabilitation Counselors | • School Psychologists & Counselors |
| • Social Workers | • Drug & Alcohol Counselors | • Mental Health Agency Staff | • Graduate Students |
| • Licensed Professional Counselors | • Psychiatric Nurses | • Mental Health Counselors | • Other Helping Professionals interested in this exciting topic |
| • Marriage & Family Therapists | • Pastoral Counselors | • Case Managers | |
| | • Psychiatrists | | |

Workshop Sites

September 23-24 DoubleTree Seattle Airport, 18740 International Blvd, Seattle, WA 98188 (206) 246-8600

September 30-October 1 Hyatt Columbus, 350 N High St, Columbus, OH 43215 (614) 463-1234

October 7-8 Radisson Cross Keys, 5100 Falls Rd, Baltimore, MD 21210 (410) 532-6900

October 21-22 DoubleTree Lloyd Center, 1000 NE Multnomah, Portland, OR 97232 (503) 281-6111

October 28-29 DoubleTree Sacramento, 2001 Point West Way, Sacramento, CA 95815 (916) 929-8855

Discounts *Must be noted on original registration. One discount per person on two-day registration only.*

■ **GROUPS:** Organize a group of three or more and save! Mail your registrations together and deduct \$20 from each.

■ **FULL-TIME STUDENTS:** Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units; and interns) must accompany your registration.

■ **ALUMNI:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

Cancellations **Requests must be in writing.** Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

Workshop aides Save \$100 on your tuition by working as an aide at the beginning and end of each day and at breaks. Check box labeled "Workshop aide" on the registration form and include payment for \$149. Selection is on a first-come, first-served basis. Act now; positions fill quickly.

Continuing Education The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 12 hours of continuing education and continuing medical education by the following:

Alcoholism & Drug Abuse Counselors: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Provider #187) for 12 CEHs; Provider approved by CAADAC, Provider #4S-86-074-1006, an ICRC member which has reciprocity with most ICRC member states for 12 CEHs.

CEAPs: IAHB has applied for 12 Professional Development Hours to the Employee Assistance Certification Commission. Approval pending.

Counselors & MFTs: IAHB is recognized by the National Board of Certified Counselors to offer continuing education for National Certified Counselors. We adhere to NBCC Continuing Education Guidelines (NBCC Provider #5216). This program is approved by the Illinois Dept. of Professional Regulation (MFT Lic.#168-000119); and the State of Ohio Counselor Board (Provider #RCX029501). This course meets the qualifications for 12 hours of CE credit for MFTs as required by the CA Board of Behavioral Sciences (Provider#: PCE 36).

Nurses: IAHB is accredited as a provider of CE in nursing by Utah Nurses Association, which is accredited as an approver for the American Nurses Credentialing Ctr.'s Commission on Accreditation (UNA=14.4 contact hrs; Provider Code P03-07); Provider approved by California Board of Registered Nursing (BRN Provider #CEP 2672) for 12 contact hours.

Physicians: IAHB is accredited by the Accreditation Council for CME to provide continuing medical education for physicians. IAHB designates this educational activity for a maximum of 12 hours in Category I credit towards the AMA Physician's Recognition Award.

Each physician should claim only those hours of credit actually spent on the educational activity.

Psychologists: IAHB is approved by the American Psychological Assn. (APA) to offer CE for psychologists. IAHB maintains responsibility for the program. This activity is offered for 12 credit hrs. Psychologists must attend entire workshop to receive credit.

Social Workers: Approved by the Alabama State Board of Social Work Examiners; the Illinois Dept. of Professional Regulation (Lic. #159-000223); the Iowa Board of Social Work Examiners (Provider #106); the State of Ohio Social Worker Board (Provider #RSX039403), the State of MD Board of Social Work Examiners to sponsor Category 1 CE programs. This activity is eligible for 12 hrs. This course meets the qualifications for 12 hours of CE credit for LCSWs as required by the CA Board of Behavioral Sciences (Provider#: PCE 36).

IAHB has approval to provide CE for professional boards in a number of other states. In all cases, IAHB, as the approved sponsor, maintains responsibility for the course offered and for following the standards and regulations of the organizations listed above.

Note: Some state-level boards have reciprocity with national accrediting organizations or other state boards. Please contact your particular licensing board regarding the boards with whom they have reciprocity.

Workshop	Speaker	Location	Date
New Skills for Frazzled Professionals: Lessons from Neuroscience for Working with Hard-To-Treat Patients	Daniel Amen, MD	Bethesda, MD Baltimore, MD Newport Beach, CA San Diego, CA St. Paul, MN Chicago, IL Seattle, WA Portland, OR	Sept. 15 Sept. 16 Oct. 6 Oct. 7 Nov. 3 Nov. 4 Nov. 10 Nov. 11
Cognitive Therapy for Patients with Personality Disorders	Judith Beck, PhD	Atlanta, GA	Nov. 4
"...And It's All Your Fault!" Mastering the New Cognitive Interpersonal Therapy	David Burns, MD	Atlanta, GA Durham, NC	Oct. 5-6 Oct. 7-8
"Scared Stiff!" Fast, Effective Treatment for Anxiety Disorders	David Burns, MD	Boston, MA Houston, TX Detroit, MI Baltimore, MD	Sept. 23-24 Oct. 21-22 Nov. 4-5 Dec. 2-3
Comprehensive Treatment of Children and Adolescents with Bipolar Disorder	Kiki Chang, MD	San Francisco, CA Baltimore, MD Bethesda, MD Concord, CA	Oct. 7 Nov. 3 Nov. 4 Dec. 2
Stop Walking on Eggshells: How to Do Counseling with Reactive and Reluctant Adolescents	Janet Edgette, PsyD	Chicago, IL St. Louis, MO St. Paul, MN Cleveland, OH Cincinnati, OH Columbus, OH	Oct. 5 Oct. 6 Oct. 7 Oct. 14 Nov. 30 Dec. 1
The Titans' Fire: Integrated Care and Empowerment for People in the Bipolar Spectrum	Micheal A. Freeman, MD	Bellingham, WA	Oct. 22
ENRAGED! Addressing Violent Behavior Toward Self and Others In Adult Psychiatric Patients	Donald Meichenbaum, PhD	Bellingham, WA	Oct. 21
Treating Bipolar Disorder and Aggressive Behavior: Two Days with the Experts at a Special Discount	Micheal A. Freeman, MD & Donald Meichenbaum, PhD	Bellingham, WA	Oct. 21-22

****All locations and dates are accurate at time of printing. Call for more information.****

For complete information, call IAHB (800) 258-8411
or visit our website at www.iahb.org

To Order: Complete form below, indicating your selections, and **mail it with payment** to ACEI, P.O. Box 17980, St. Paul, MN 55117. Please make checks out to ACEI. Orders can only be shipped to your mailing address (no P.O. box). Please allow 4 to 5 weeks for delivery.

HOME STUDY AUDIO COURSES

(Includes tapes or CDs, handouts, and post-test):

	Quantity	Amount
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) <i>David Burns, M.D.</i>		\$149.00
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) <i>David Burns, M.D.</i>		\$149.00
Compassion's Boundaries: Paradoxes of Law, Ethics & Professional Regulation in Psychotherapy* (6 CE/CME hrs) <i>A. Steven Frankel, Ph.D., J.D.</i> <i>*Meets the Law and Ethics requirement for CA Psychologists, MFTs and Social Workers Supplements available for WA/OR. Call for more information.</i>		\$79.00
Relationships in Conflict (12 CE/CME hrs) <i>David Wexler, Ph.D.</i>		\$129.00
When Push Comes to Shove: Advances in the Treatment of Domestic Violence* (7 CE/CME hrs) <i>David Wexler, Ph.D.</i> <i>*Meets the Domestic Violence requirement for CA Psychologists, MFTs and Social Workers</i>		\$89.00
Stop Walking On Eggshells: Dealing with Difficult Adolescents (6 CE/CME hrs) <i>Janet Edgette, Psy.D.</i>		\$79.00
Treating Complex Psychological Trauma (12 CE/CME hrs) <i>John Briere, Ph.D.</i>		\$129.00

Please Note: Home study audio courses have been recorded from live workshops, and include the course handouts distributed at the workshop. You may find detailed descriptions of these and other IAHB home study courses on www.iahb.org.

Shipping and handling: 1 item \$6.00, each add'l item \$2.00

Subtotal

CT residents add local sales tax

Total (US dollars)

Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.

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- Sept. 23-24: Seattle, WA** BRI5BSE **Oct. 21-22: Portland, OR** BRI5BPO
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 Oct. 7-8: Baltimore, MD BRI5BBM

Name _____ Degree _____
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Profession(s): Please provide your profession and license Number(s).

Profession _____ License(s) # _____

If you are physically challenged and have special needs, please contact us as soon as possible. All meeting rooms are wheelchair accessible.

Registration Fees

- \$249 Early Registration (Must be postmarked at least 14 days prior to workshop)
 \$269 Regular Registration (Must be received by noon the day prior to workshop)
 \$289 On-Site registration (If space is still available)
 \$149 Workshop aide (Please call for approval. No other discounts apply.)

Discounts

- Groups: Deduct \$20.00 (Three or more registrations received together)
 Full-time Students: Deduct \$50.00 (Proof of student status must accompany registration)
 Alumni: Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)

TOTAL PAYMENT ENCLOSED

Payment must accompany registration.

YOUR PRIORITY CODE
 Help us expedite your registration. Enter the characters printed above your name on the mailing label.

Method of Payment

- Check enclosed made payable to ACEI (U.S. bank)
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Guarantee

If, at the first morning break, you are not satisfied, inform the coordinator, turn in all course materials and write to us requesting a refund. Your money will be refunded upon receipt of your written request.

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