DESCRIPTION OF THE WORKSHOP:

Childhood trauma, neglect, and disorganized attachment leave individuals with a legacy of overwhelming memories, a fragmented sense of self, and a compromised nervous system that impairs their capacity to tolerate affect and experience. Unaware that their intense feelings and reactions represent non-verbal implicit Memories held by fragmented parts of the personality, they resort to desperate measures: addictive and self-harming behavior to numb the body or increase hypervigilance, suicidal ideation to restore a sense of control over their lives, and easily activated fight/flight responses to hurt, separation, or rejection.

The therapist is left with a quandary: how do we treat the underlying trauma when the client is unstable or unsafe, living from crisis to crisis, or caught in a revolving door of hospitals and treatment approaches? How do we acknowledge what has happened without opening up too much? The Trauma-informed Stabilization Treatment (TIST) model was developed to provide some hopeful answers to these challenges. Based on theoretical principles drawn from the neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that combines mindfulness-based appreciated, Sensorimotor Psychotherapy, and Internal Family Systems techniques to address the challenges of treating clients with a wide range of diagnoses, including complex PTSD, borderline personality, bipolar disorder, addictive and eating disorders, and dissociative disorders.
Educational Objectives:

1. Describe the relationship between neurobiological-driven trauma responses and unsafe behavior.
2. Differentiate two ways to separate trauma-related implicit memory from affective responses to experience.
3. Discuss the role of structural dissociation in trauma-related symptoms from self-destructive behavior.
4. Identify two signs and symptoms of fragmentation and internal conflict.
5. Describe two ways the therapist may facilitate the patient’s ability to observe indications of fragmented parts of the self.
6. Integrate two somatic interventions for regulating autonomic arousal and affect dysregulation.
7. Integrate two interpersonal neurobiology and social engagement techniques into the treatment.

Meet your instructor:

Janina Fisher is an internationally known expert on the treatment of trauma, author of the forthcoming book, Healing the Fragmented Selves of Trauma Survivors, and co-author with Pat Ogden of Sensorimotor Psychotherapy: Inventions for Attachment and Trauma.

See her website: [www.janinafisher.com](http://www.janinafisher.com) for further information.
CANCELLATION

**Confirmations:** Confirmation Notices are not required for admittance and will not be sent. If you wish to confirm receipt of your registration, please contact Judy Judge @ (707) 443-3384 or precisionbilling@sbcglobal.net

**Attendance:** Attendance at all CE activities must occur in full (100%) from start to end, in order to receive CE credit. Variable or partial credit based on a percentage of attendance will not be provided. In special circumstances, a 10-minute allowance may be provided at the discretion of the NCAMHP Board representative at that training. Also, you must complete and turn in a Workshop Evaluation for each session you attend in order to receive your certificate. If you do not pick up your certificate at the workshop, you will be charged $20 for a copy.

**Cancellation/Refunds:** Cancellation prior to and on the day of the workshop entitles an individual to a refund of the workshop fee minus a $50 administrative fee. **After the day of the workshop, no refund will be given.** Cancellation notification can be made by contacting Educational Coordinator Judy Judge at 443-3384 or precisionbilling@sbcglobal.net

ABOUT CONTINUING EDUCATION CREDITS

**MFT, LCSW & LPCC:** This course meets the CPA requirements for 6 CE hours.

**NCAMHP** is approved by the California Psychological Association (CPA #NOR-048) to provide continuing professional education for psychologists, MFT, LCSW, and LPCC. NCAMHP maintains responsibility for this program and its content.

**Psychologists:** This course is approved for 6 CE hours by the CPA.

If you are interested in

*JOINING NCAMHP*

Please call NCAMHP

At (707) 441-3832

If you join NCAMHP when registering for a course, you will receive membership rates for the course.

For more information about NCAMHP, please visit:

www.NCAMHP.org
Trauma-informed Stabilization Treatment: A New Approach to Addictions, Eating Disorders, Suicidality, and Self-Destructive Behavior

March 10, 2018 by Janina Fisher, PhD at Humboldt Aquatic Center

Name: ____________________________________  License type and #: ________________
Address: __________________________________ email: _______________________
Phone #: ____________________  Agency Affiliation: _______________________

Volunteer for setup before workshop ________ or clean up after workshop________

NCAMHP MEMBERS:  MFT/LCSW $125 check $130 credit card**  Ph.D/ Psy.D $125 check $130 credit card
Pre-Licensed $90 check $95 credit card  Students $25 check $30 credit card**

Non-Member:  Add an additional $35 to the above fees.

Please make checks payable to NCAMHP and send check and registration to
Educational Coordinator  PO Box 6860, Eureka, Ca. 95502
Questions: 707-443-3384

**To Pay by credit card; Go to http://ncamhp.org/payments.asp