Trauma Recovery Consultants

in conjunction with

The Minnesota Society of Clinical Hypnosis

and

The Midwest Society for the Study of
Trauma and Dissociation

Presents

Trauma, Dissociation, and Clinical Practice: Effective Treatment for Trauma-Related Disorders

A Professional Seminar

Featuring

Wendy Lemke, MS, LP

Friday, September 12, 2008
St. Cloud, MN

Saturday, September 13, 2008
Bloomington, MN
Wendy Lemke, MS, LP is a psychologist with over seventeen years of experience working with trauma-related disorders. She has taught nationally on a treatment approach to trauma, based on ego state theory and therapy. Wendy is the Founder and President of the Midwest Society for the Study of Trauma and Dissociation (MSSTD). She is also an active member of the International Society for the Study of Trauma and Dissociation (ISSTD), the American Society of Clinical Hypnosis (ASCH), and the Minnesota Society of Clinical Hypnosis (MSCH). She has served on numerous committees, including leadership positions for these various organizations, and teaches regularly at their annual conferences.

Wendy has published articles in the Journal of Trauma and Dissociation and the American Journal of Clinical Hypnosis, including an award winning article on the use of ego state therapy for the treatment of sexual disorders. She also produced an internationally distributed DVD that serves as an excellent resource for those that struggle with Dissociative Identity Disorder titled: You're Not Crazy & You're Not Alone: Inside the Inner World of Dissociative Identity Disorder.

Wendy has served on the board of directors for the Central Minnesota Sexual Assault Center for over fifteen years and has taught as adjunct faculty for St. Cloud State University. She currently has a clinical and consulting practice in Clearwater, Minnesota.
ABOUT THE SEMINAR SPONSORS

TRAUMA RECOVERY CONSULTANTS has over 14 years experience in the planning, organization, and management of professional development seminars/conferences. Ranging from consultation to partial/complete responsibility, Trauma Recovery Consultants has provided services to organizations throughout the United States, Canada, and the Caribbean.

THE MINNESOTA SOCIETY OF CLINICAL HYPNOSIS (MSCH) is the largest organization in Minnesota for healthcare professionals using clinical hypnosis. Founded in 1971 as a small group of 5-10 individuals, the organization has evolved and grown to over 300 healthcare providers in the past 30 years. Their membership is diverse, spanning all areas of healthcare, including psychologists, clinical social workers, marriage and family therapists, mental health counselors, medical doctors, nurses, nurse practitioners, physical and occupational therapists, dentists, chiropractors, and acupuncturists. They share the common goals of providing high quality training in hypnosis, public education about appropriate applications of hypnosis, and providing a supportive environment for growth and development of their members. Ultimately, their goal translates into improving the best possible care of people in their community. http://www.msch.us/

THE MIDWEST SOCIETY FOR THE STUDY OF TRAUMA AND DISSOCIATION (MSSTD) is a professional association and component society of the International Society for the Study of Trauma and Dissociation - serving the Midwest including (but not limited to): Minnesota, Iowa, North Dakota, South Dakota, Wisconsin, and Nebraska. MSSTD organized and developed to promote awareness, opportunities, and resources for professionals treating trauma and dissociative disorders. For further information about MSSTD, please visit www.MSSTD.info or contact Wendy Lemke, MS at (320) 558-6037 or WKLemke@aol.com.

SEMINAR DESCRIPTION:
Pathological dissociation is one of several symptomatic factors in many trauma-related disorders, often creating a fragmented mind as well as a disconnect from the body. This seminar will educate participants on the defense of dissociation, its relevance in trauma-related disorders, and effective treatment applications. Ego State Therapy strategies and hypnotic techniques that foster integrative solutions to the dissociative pathology, as well as other symptomatic manifestations, inherent in post-traumatic stress, borderline personality disorder, conversion disorder, depersonalization, dissociative disorder NOS, and dissociative identity disorder will be discussed and demonstrated.
ST. CLOUD: The Best Western Americanna Inn and Conference Center is conveniently located in the heart of St. Cloud with easy access to area attractions and business locations including Munsinger and Clemens Gardens, the Sands Prairie Wildlife Refuge and the St. Cloud airport. Hotel guests receive a complimentary continental breakfast and also have access to complimentary transportation to the St. Cloud airport, train or bus depot. The hotel features the on-site convenience of Michael's Steak & Seafood Restaurant and Lounge.

Each newly renovated guest room at the Americanna Inn features soundproof windows, free wireless high-speed Internet access and cable television with HBO ®. Business and leisure travelers will also enjoy the heated indoor pool, whirlpool spa, sauna and exercise facility. This St. Cloud hotel features conference and banquet services with a friendly and expert staff for any corporate function or group event.


The Best Western Americanna Inn and Conference Center
520 Highway 10 S, Saint Cloud, Minnesota, 56304-1249, US
Phone: 320-252-8700       Fax: 320-252-8700
Toll Free Reservations: 800-950-8701

BLOOMINGTON: With $2.5 million in renovations completed the Park Plaza Bloomington is refreshed and ready to serve you. With a prime Bloomington location near Bloomington’s thriving corporate sector, the Hotel Bloomington offers the kind of warm hospitality, inviting atmosphere and topnotch services sure to please business and leisure travelers alike.

The ideal Bloomington location for a variety of meetings and social events, the Hotel Bloomington provides 6,000 square feet of flexible, well-appointed meeting and banquet space. With the expertise of the professional Hotel Bloomington staff, meetings at the Hotel Bloomington are sure to come off without a hitch.

The Hotel Bloomington is close to Bloomington’s many corporate offices and the Mall of America. Other Bloomington area attractions convenient to the Hotel Bloomington include Walker Art Center, Minnesota Children’s Museum, Minnesota Zoo and Lake Minnetonka.

For Driving Directions and Map:  http://www.parkplaza.com/bloomingtonmn

Park Plaza Hotel Bloomington
4460 West 78Th Street Circle
Bloomington, MN 55435
Reception Desk: 952-831-3131

FOR MORE INFORMATION on the seminar or lodging, please contact

Trauma Recovery Consultants
Dennis S. Pilon, LMSW: 248-546-3550 x.2
DSPilonTRC@aol.com
www.traumarecoverycenter.com

ADA Section 504: For special accommodations call, 248-546-3550, Ext. 2
LEARNING OBJECTIVES FOR CONTINUING EDUCATION
At the conclusion of this seminar the participant will be able to:

1. Explore and understand the trauma response, relevant symptomatology and pathology, the defense of dissociation, and treatment implications for trauma-related disorders.
2. Describe and understand the value of hypnotic techniques as tools for the treatment of trauma.
3. Describe and understand Ego State Therapy as an effective approach for the treatment of trauma.
4. Cite and explain several therapeutic strategies in healing the traumatized self.
5. List and explain several techniques that foster "connections" between mind and body for the detached self.

WHO SHOULD ATTEND:
Psychiatrists, psychologists, social workers, counselors, marriage/family therapists, psychiatric nurses, and trauma specialists.

SKILLS LEVEL: Intermediate/advanced

CONTINUING EDUCATION CREDIT
Continuing education credit for this event is sponsored by The Institute for Continuing Education. 6.00 contact hours are offered, with full attendance required. Application forms will be available on site. If you have questions regarding continuing education, the program, or learning objectives, please contact The Institute at: 251-990-5030; FAX: 251-990-2665.

Psychology: This activity is co-sponsored by Trauma Recovery Consultants and The Institute for Continuing Education. The Institute for Continuing Education is an organization approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: The Institute for Continuing Education is an NBCC approved continuing education provider and a co-sponsor of this event. The Institute for Continuing Education may award NBCC approved clock hours for programs that meet NBCC requirements. The Institute for Continuing Education maintains responsibility for the content of this program. NBCC Provider No. 5643.

Social Work: The Institute for Continuing Education is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), though the Approved Continuing Education (ACE) program. The Institute for Continuing Education maintains responsibility for the program. ASWB Provider No. 1007. Licensed social workers should contact their individual state jurisdiction to review current continuing education requirements for license renewal.

Marriage-Family Therapy: This program will be submitted to the Minnesota Board of Marriage/Family Therapy for review for approval of continuing education credit for marriage/family therapists.

Drug-Alcohol: The Institute for Continuing Education is approved by the National Association of Alcohol and Drug Abuse Counselors (NAADAC) to provide continuing education for alcohol and drug abuse counselors. NAADAC Provider No. 00243.

Nursing: The Institute for Continuing Education is an approved provider of continuing education in nursing by the California Board of Nursing, Provider CEP 12646; and by the Alabama Board of Nursing, Provider No. 1124. Nurses should check with their state board to determine if credit issued through an approved provider of these boards is acceptable for credit by their board.
PROGRAM SESSIONS

8:00-9:00  Continental Breakfast and Registration

9:00-9:15  Introduction: Dennis S. Pilon, LMSW

9:15-10:45  Understanding Trauma
  Traumatic Experiences;
  Complex Trauma and the trauma response

Understanding Dissociation
  (one of the most common responses to a traumatic event)
  The defense of disconnecting;
  The BASK model;
  Psychological and somatoform dissociation

Pathological Dissociation and Its Role in Psychological Disorders
  Assessing for dissociation;
  PTSD;
  Dissociative disorders;
  Borderline personality disorder: the 'other' dissociative disorder;
  Differential diagnosis and co-morbidity concerns

10:45-11:00  Break

11:00-12:30  Introduction to Hypnosis and Applications for Trauma Treatment
  (This is not training in hypnosis but an introduction to the benefits of this powerful tool and implications for trauma treatment)

Introduction to an Effective Approach for Trauma-Related Disorders: Ego State Therapy
  History and Theory of EST;
  Normal Multiplicity: Watkin's Differentiation Dissociation Continuum;
  Ego State Development/Formation: trauma, introjection, and differentiation (including military case examples)

12:30-1:30  Lunch (on your own)

1:30-3:00  Healing the Traumatized Self
  Principles of ego state therapy
  Therapeutic Strategies (hypnotic and non-hypnotic applications)
    The Therapeutic self (resonance);
    Progressive imagery: 'the future self';
    Identifying & accessing ego states and internal exploration;
    Internal resources and ego strengthening;
    Strategies for safety and stability (suicidality and SIB's);
    Affect regulation;
    Processing traumatic memories/dealing with abreactions/flashbacks

3:00-3:15  Break

3:15-4:45  Clinical Considerations for Dissociative Disorders
  Treatment Goals: The four C's vs Integration;
  Therapeutic structuring;
  Use of therapeutic metaphors;
  Affect regulation;
  Applications for traumatized ego states;
  Effective strategies for working with introject/malevolent ego states;
  Promoting internal empathy and fostering coconsciousness;
  Integrating memories/experiences

4:45-5:00  Questions and Answers

5:00  Adjournment
REGISTRATION INFORMATION (PLEASE PRINT CLEARLY)
(detach & return)

PLEASE CHECK LOCATION:
- ST. CLOUD, MN - September 12, 2008
- BLOOMINGTON, MN - September 13, 2008

Name_________________________________Degree_____________________
Title _____________________________________________________________
Organization/Profession ____________________________________________
Address_________________________________________________________
City________________________ State_______ Zip/Postal Code__________
Country________________________
Daytime phone (______)________________ Fax (______)__________________
Email___________________________________________________________

FEE (includes continental breakfast and Continuing Education Credits)
- MSSTD member / MSCH Member ................................... $140.00
  (Postmarked by August 29, 2008)
- Non-member Pre-registration ........................................ $150.00
  (Postmarked by August 29, 2008)
- Full time student (include copy of valid ID)....................... $115.00
  (Postmarked by August 29, 2008)
- All (Limited) Late and on-site registration ..................... $175.00
  (AFTER August 29, 2008)

Complete and return this form with payment to:
Trauma Recovery Consultants
415 S. West St, Suite 150
Royal Oak, MI 48067
Fax: 248/546-8070

My check is enclosed for: $__________ Make checks payable to “Trauma Recovery Consultants.” All fees are U.S. dollar. International registrants must remit payment in U.S. funds drawn on a U.S. bank.

Please charge my:
- Visa  - MasterCard  - American Express  - Discover

Card Number________________________ Expiration date

Signature

Cardholder name if different from registrant

Credit Card Billing address if different from above

REGISTER ONLINE AT:
http://www.traumarecoverycenter.com/seminars.php
(pre-registration deadline August 29, 2008).

Cancellation Policy Notification of cancellation must be in writing. Cancellations received by August 29, 2008 will be subject to a $75.00 cancellation charge. No refunds will be made for cancellations received after August 29.