

NPA 2018 Fall Conference:

# Treating Complex PTSD and Co-occurring Disorders: Bolstering Patient and Therapist Resiliency



**Donald Meichenbaum, PhD**

Research Director of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence in Miami, and Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada

## Continuing Education

Participants attending this conference can receive 6 CEs for psychologists. This program also meets the criteria of an approved continuing education program for mental health practice. See last page for details.

NPA Endorses The Trust and its insurance programs. The Trust is a leading provider of professional liability malpractice, financial security, and innovative risk management programs — meeting the insurance needs of psychologists and related individuals nationwide for more than 50 years.



**Friday, October 19, 2018**

**Scott Conference Center**

6450 Pine Street  
Omaha, NE

**Remote internet streaming site in  
Scottsbluff**

~~John N. Harms Advance Technology Center  
2620 College Park~~

**\*\*NEW  
Location**

ESU, 4215 Ave I

**NEW\*\*  
Location**

**Register Online at:**

<https://www.regonline.com/NPA18Fall>

# Treating Complex PTSD and Co-occurring Disorders: Bolstering Patient and Therapist Resiliency

This is your opportunity to learn the latest developments in the treatment of PTSD, Complex PTSD and co-morbid disorders from one of the world's leading psychotherapists. Dr. Meichenbaum is a cofounder of Cognitive Behavior Therapy and was voted "one of the 10 most influential psychotherapists of the 20th century."

Attend this seminar and learn the assessment and treatment implications of research findings on neuroscience and resilience. Learn how to use a Case Conceptualization Model that informs treatment decision-making and ways to implement the Core Tasks of Psychotherapy that "expert" therapists employ. You will learn how to provide integrated evidence-based therapy with clients who experience a variety of comorbid disorders including PTSD and Prolonged and Complicated Grief Disorders, suicidal behavior, Substance Abuse Disorder, and Borderline Personality Disorder. You will also learn how to integrate spiritually-based interventions and psychotherapy.

Dr. Meichenbaum will use his vast clinical and research experience, humorous, engaging, presentation style, along with video case presentations and provide a detailed and practical set of handouts with tools and techniques to be used in your practice.

## Learning Objectives

At the end of this presentation, participants at the workshop will be able to:

1. discuss the concept of PTSD and critically evaluate the "state-of-art" of treatment with traumatized and victimized individuals, families, and communities;
2. utilize a Case Conceptualization Model of risk and protective factors that informs assessment and treatment decision-making;
3. apply evidence-based integrated trauma-focused interventions with patients who present with a variety of co-morbid disorders (Borderline Personality Disorder, suicidal behavior, substance use disorders, complicated grief disorders);
4. address a wide range of post trauma emotional reactions (shame, disgust, anger, and moral injuries);
5. implement the core tasks of psychotherapy and describe what EXPERT therapists do;
6. describe how to bolster the client's resilience in six domains (physical, interpersonal, emotional, cognitive, behavioral and spiritual);
7. utilize a narrative treatment perspective to help clients develop "healing stories" and accompanying coping strategies;
8. describe what resilient individuals DO and do NOT do; and
9. list contents of the Clinical Tool Box to be used in your practice.

## Workshop Schedule

8:00 – 8:30	Registration (coffee, tea, juices, fruit, pastries)	12:00 - 1:30	Lunch and NPA Business Meeting (Lunch included with registration)
8:30 – 10:15	Morning Session	1:30 – 3:00	Afternoon Session
10:15 – 10:30	Break	3:00 – 3:15	Break
10:30 – 12:00	Continue Morning Session	3:15 – 4:30	Continue Afternoon Session

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October 19, 2018

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**Please register me for:**

**Omaha**

**Scottsbluff\***

NPA Members

\$165

\$145

General Registration/NonMembers

\$195

\$175

Interns, Graduate Students

\$30

\$30

NPA Business Meeting/Lunch ONLY

\$20

\*Internet streaming teleconference. Scottsbluff has on-site coordinator to manage handout materials, Q&A, and lunch. (Box lunch will be provided at the Scottsbluff location. Please advise below special dietary needs.) Please note all scheduled times listed are Central Standard Time! Please adjust for Mountain Time.

Name/Degree: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

**I am:**  Psychologist  Intern  Graduate Student  Other: \_\_\_\_\_  
(Please specify)

**Lunch RSVP:**

Yes – lunch at the Conference

No – lunch on my own

Please advise if you have special dietary needs, i.e. gluten free, nonfat, vegan:

\_\_\_\_\_

## Payment

Check # \_\_\_\_\_  VISA  Mastercard

Amount to Charge: \$ \_\_\_\_\_

Acct #: \_\_\_\_\_

Exp: \_\_\_\_\_ CVV # \_\_\_\_\_ Zip Code \_\_\_\_\_  
(Billing Address)

Signature: \_\_\_\_\_

Make checks payable to:  
Nebraska Psychological Association

Send registration form with payment to:  
Nebraska Psychological Association  
P.O. Box 6785, Lincoln, NE 68506  
Fax: 877-355-9234

Written notification is required on or before  
October 15, 2018, for complete refund of  
registration fee.

Questions – Contact NPA at:  
[npa@nebpsych.org](mailto:npa@nebpsych.org) or  
402-475-0709 or 877-355-7934



## Treating Complex PTSD and Co-occurring Disorders: Bolstering Patient and Therapist Resiliency

**Don Meichenbaum, Ph.D.**, is Distinguished Professor Emeritus, University of Waterloo, Ontario, Canada from which he took early retirement 20 years ago to become Research Director of the Melissa Institute for Violence Prevention and Treatment of Victims of Violence in Miami. (Please see [www.melissainstitute.org](http://www.melissainstitute.org) that has had over 2 million hits worldwide.) He is one of the founders of Cognitive Behavior Therapy. In a survey of clinicians reported in the *American Psychologist* he was voted “one of the 10 most influential psychotherapists of the 20th century.” He received a Lifetime Achievement Award from the clinical division of the American Psychological Association and was an Honorary President of the Canadian Psychological Association.

He has presented in all 50 U.S. states and internationally. He has published extensively and most recently published *Roadmap to Resilience: A Guide for Military Trauma Victims and Their Families*. His other books include *Treatment of Individuals with Anger Control Problems and Aggressive Behavior*; *Stress Inoculation Training*; *Facilitating Treatment Adherence*; and *The Unconscious Reconsidered*. Dr. Meichenbaum’s latest book is entitled *The evolution of cognitive behavior therapy: A personal and professional journey with Don Meichenbaum*, (Routledge Publisher).

He has consulted for various populations including veterans’ hospitals, the National Guard, psychiatric treatment centers for children, adolescents and adults, treatment centers for individuals with traumatic brain injuries, torture victims, Native populations, deaf populations and school boards.

### Remote internet streaming site in Scottsbluff

John N. Harms Advance Technology Center  
2620 College Park

**Continuing Education** — The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 6 CEs for psychologists. This program meets the criteria of an approved continuing education program for mental health practice.

Complete refund of the registration fee will be distributed if cancellation occurs on or before October 15, 2018.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or [npa@nebpsych.org](mailto:npa@nebpsych.org).

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The Nebraska  
PSYCHOLOGICAL  
Association