

REMAP Institute

Relieving Emotional Suffering



Training for Mental Health Professionals

Steve B. Reed, LPC, LMSW, LMFT
375 Municipal Drive, Suite 230, Richardson, TX 75080, USA
www.remapinstitute.org

REMAP workshops have been presented at the Ohio State University Medical School and throughout North America, Central America and Europe

People are Amazed:

"The more I see, the more I am amazed, really amazed!"
Simon Lov, Therapist from the UK

"I'm actually a bit amazed at how well this system works! I have had lots of great results. Wow!" *Tracy Roe, LPC Texas*

"I'm awed at the process!" *Sue Campbell, MA, LCSW Arkansas*

"I'm really amazed about the results."
Jutta Bockhold, Psychologist Germany

Quickly Ease Anxiety & Emotional Distress

Successfully Treat Phobias

Overcome Traumatic Events / PTSD

Stop Panic Attacks

Turn Off the "Fight or Flight" Reflex

Use Mind-Body, Evidence-Based Tools to:

- Calm the Emotional Midbrain
- Desensitize Disturbing Memories
- Intervene in Dysfunctional Thinking

Anxiety, Phobias, PTSD & Panic Attacks

A Powerful Treatment Approach Utilizing

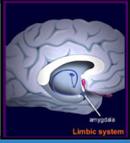
Mind-Body Emotional Regulation

Quick REMAP Level 1 Workshop

Certification
Track

Quick REMAP incorporates interventions studied at Harvard Medical School and the Yale School of Medicine proven to calm the parts of the brain implicated in trauma and anxiety responses.

Dallas—September 28/29, 2013



Quick REMAP with Anxiety, Phobias, PTSD & Panic Attacks



Mind-Body Emotional Regulation

Dr. Bessel van der Kolk has collaborated on neuroimaging studies that show that the brain's executive functions become impaired when traumatized people attempt to focus on their trauma. "The imprint of the trauma doesn't sit in the verbal, understanding, part of the brain, but in much deeper regions—amygdala, hippocampus, hypothalamus, brain stem—which are only marginally affected by thinking and cognition. These studies showed that people process their trauma from the bottom up—body to mind—not top down."

"To do effective therapy, we need to do things that change the way people regulate these core functions, which probably can't be done by words and language alone."

Bessel van der Kolk, MD author of "Psychological Trauma"

Quick REMAP incorporates evidence-based, mind-body interventions that help the emotional midbrain to calm down and allow the regulation of intense emotion.

What Can Reach and Calm the Midbrain

- Research at UC Irvine, Brigham and Women's Hospital and Harvard Medical School is showing that specific acupuncture points have specific effects in specific areas of the brain.
- Bruce Rosen, MD of Harvard has shown through fMRI studies that activating two key acupuncture points calms the amygdala, the hippocampus and the anterior cingulate cortex—the specific areas of the brain involved in mood, pain and cravings.
- Research has shown that mindfulness produces changes in the electrical activity in regions of the brain associated with reductions in anxiety.
- Research at the Yale School of Medicine shows that an ear acupressure point decreases acute anxiety, depression and stress on psychological indicators and lowers heart rate.
- Early experiments with the REMAP process utilizing Heart Rate Variability (HRV) analysis are showing significant positive changes in the activity of the heart and a calming of the sympathetic nervous system (fight or flight response) in PTSD clients.

Level 1 Workshop

Day 1

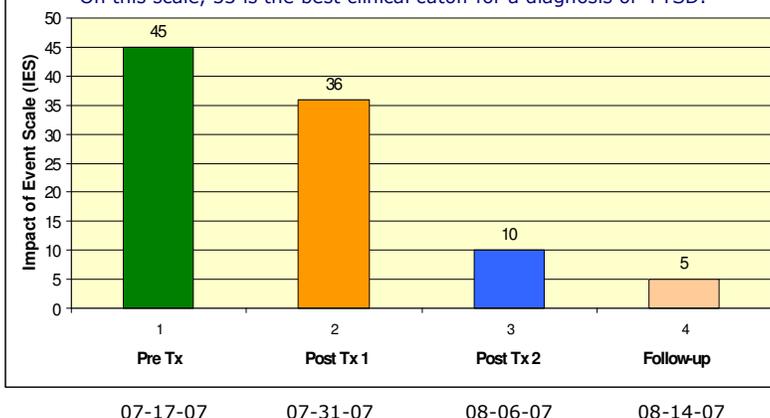
- 9:30-11:00 Explain midbrain vs. thinking brain—roles in anxiety disorders
Discuss exposure therapy, systematic desensitization & counter-conditioning for the emotional midbrain
List mind-body, behavioral interventions
Practice evidence-based breath regulation: 6-breath per minute technique
- 11:00-11:15 Break
- 11:15-12:45 Review evidence-based acupressure research studies: Harvard, Yale, etc.
Explain the 4-point protocol—behavioral intervention
Identify a specific treatment event
Compare two imaginal exposure options: mental movie vs. story technique
Demonstration
Practice in dyads
- 12:45-2:00 Lunch
- 2:00-3:30 Practice a mindfulness technique: KAVE
Compare emotional detachment vs. emotional flooding
Explain the possible use of visual field techniques (eye location / movement)
Demonstration
Practice in dyads
- 3:30-3:45 Break
- 3:45-5:15 Explain the 8-point protocol—behavioral intervention with a mindfulness component
Practice in dyads
Q & A

Day 2

- 9:30-11:00 Review Day 1—Q & A
Review a 3-part cognitive intervention
Identify the best cognitions to treat
Demonstration
Practice in dyads
- 11:00-11:15 Break
- 11:15-12:45 Explain the 12-point protocol—behavioral/cognitive intervention
Demonstration
Practice in dyads
- 12:45-2:00 Lunch
- 2:00-3:30 Q & A
Explain the 16-point protocol—behavioral/cognitive intervention
- 3:30-3:45 Break
- 3:45-5:15 Practice in dyads
Q & A

Quick REMAP with Vietnam PTSD

On this scale, 33 is the best clinical cutoff for a diagnosis of PTSD.



"The new medicine of the 21st century will capitalize on the powerful healing connection between the mind and body."
David Servan-Schreiber, MD, PhD

Mind-Body Emotional Regulation

What You Will Learn

The Mind-Body Emotional Regulation Workshops Will Help You:

Learn Powerful New Tools that are Simple to Use & Empower You to Help Your Clients:

- Utilize Mind-Body, Behavioral-Cognitive Interventions to Quickly Ease Anxiety and Emotional Distress
- Successfully Treat Phobias
- Overcome Traumatic Events Including War Trauma, Natural Disasters, Traumatic Accidents, Medical Trauma, Child Abuse, Rape, Domestic Violence
- Desensitize Disturbing Memories
- Stop Panic Attacks
- Heal One Important Cause of Depression
- Calm the Mind and Soothe the Sympathetic Nervous System
- Turn off the "Fight or Flight" Reflex
- Activate a Profound Relaxation Response
- Recover from Devastating Losses and Long Standing Grief (Level 2)
- Release Repressed Anger, Rage and Frustration (Level 2)

Quick REMAP Can Also Help You To:

- Develop or Enhance Your Expertise in Treating Anxiety Disorders
- Identify When Your Client is in their Emotional Midbrain vs. Thinking Brain and How to Treat Each
- Use Evidence-Based Interventions to Calm the Midbrain
- Utilize Easy New Interventions to Treat Dysfunctional Thoughts
- Add a Mindfulness Component to Your Work
- Supercharge Systematic Desensitization & Exposure Therapies
- Dramatically Reduce the Likelihood of Abreactions
- Succeed with Cases that You Were not Able to Help Before
- Become Effective with Clients that Are not Very Verbal or Introspective
- See Your Clients Improve—Often in the First Treatment Session

Locations & Dates



Level 1 Workshop

Dallas—
Sept. 28/29, 2013

Hawthorn Suites
250 Municipal Drive
Richardson, TX 75080
972-669-1000



What is Quick REMAP

Workshop Times:

9:30 am to 5:15 pm - both days

Quick REMAP is the latest advance in the evolving science of rapid emotional relief. It is a SMART (Sensory-Motor Affect Regulation Therapy) Method. Quick REMAP's secret is in the powerful effect that evidence-based acupressure points, mindfulness, exposure therapy and other behavioral interventions have on the alarm center of the brain. The interventions that you will learn actually calm the part of the brain that remembers distress. By combining well researched acupressure relief points that your client will self-activate, along with proven cognitive and behavioral interventions, you will be able to reach and calm the very mechanism responsible for acute stress responses. This enables the mind to learn a relaxation response when exposed to thoughts or reminders of stressful events instead of setting off the "fight or flight" reflex.

About the Presenter, Steve B. Reed, LPC, LMSW, LMFT:

Steve is the developer of *the REMAP process* and is an innovator and leading expert in the area of mind-body psychotherapy. He has presented on the REMAP process at several international conferences and at national, state and local conferences. He has twice presented the Full REMAP process training at Ohio State University Medical School. REMAP training has been given in the United States, Canada, Central America and Europe. Steve is in private practice in the Dallas, Texas area. He holds three mental health licenses in Texas: Licensed Professional Counselor, Licensed Master Social Worker and Licensed Marriage & Family Therapist.



Quick REMAP Rave Reviews



"You provide a terrific model for your practitioners to follow, and you do it so eloquently. I'm not a novice at therapy. Your methods seem to be head-over-heels above everything that I have been exposed to. You have an intellectual approach, and a pioneering spirit in your work, which truly raises the bar to new heights." *Ken Breen, Therapist New Jersey*

"I used the 4-point protocol with a 9 year old, an 11 year old, and a 12 year old. It worked with all three!!!" *Deborah Stovall, LPC Texas*

" I attended a live workshop just before ordering your DVDs. WOW, I AM IN AWE." *Henry Coyle, Counselor Ohio*

"I have been using the 4-point protocol since the conference and want to tell you how wonderful it is! I have another client who wanted to heal the residual trauma of 2 abortions. Yesterday she told me that her whole life has felt different since her Quick REMAP session. Thank you for your excellent work." *Gloria Arenson, Psychotherapist California*

"I used Quick REMAP with my most skeptical and deeply suffering client. (Afterward) she said, 'I can't explain it, but I didn't know I've been carrying this weight almost all my life, and now it has lifted. I feel so much better.' I have no words to thank you and to tell you how important it is to spread and share this work." *Alexa Bresnan, LICSW, Massachusetts*

Quick REMAP Certification

For details, go to www.remapinstitute.org



How to Register

Select a Location for Level 1:

___ Dallas, September 28/29, 2013

REGISTER Today!

PHONE (972) 997-9955 or

MAIL this form with payment to:

Steve B. Reed, LPC, LMSW, LMFT
375 Municipal Dr., Suite 230,
Richardson, TX 75080

Total Registration Fee:

	Early*	Regular
Single Registrant	\$375	\$390
2 to 4**	\$360 ea.	\$375 ea.
5 or more**	\$345 ea.	\$360 ea.

*Registrations received 10 days prior to seminar date.

**Price per person when registering at the same time.

Method of Payment: Amount \$ _____

___ Check Enclosed - Payable to:
Steve B. Reed, LPC, LMSW, LMFT

Credit Card: ___ Visa / MC ___ Discover

Card # _____ Exp. _____

Name on Card _____

3-digit code _____ (on back)

Card billing address _____

_____ Zip Code _____

Authorized Signature: _____

Registrant Name 1 (as it will appear on certificate)

Registrant Name 2 (as it will appear on certificate)

Registrant Name 3 (as it will appear on certificate)

Address

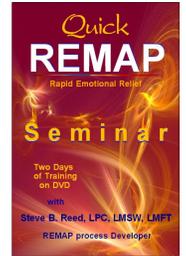
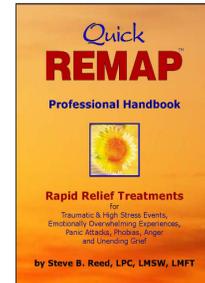
City State Zip

Phone (for confirmation)

E-Mail Address (for confirmation)

Can't Attend?

Order the Quick REMAP Professional Handbook & Seminar on DVD



12 CE credits for Texas LPC, LCSW, LCDC & LMFTs by taking a post-test.
12 CE credits for Oklahoma LPC, LMFT
12 CE credits for Oklahoma LADC

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972-997-9955

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http://www.remap.net/Quick_REMAP_Learn_Quick_REMAP.html

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___ 12 Hour Package

\$215.00	Professional Handbook & Quick REMAP Seminar (on DVD)
\$9.50	Shipping & Handling

\$224.50	Total

Continuing Education

Satisfactory Completion

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Disability Access - If you require ADA accommodations please contact our office 10 days or more before the event. We cannot ensure accommodations without adequate prior notification.

Please Note: Licensing Boards change regulations often and while we attempt to stay abreast of their most recent changes, if you have questions or concerns about this course meeting your specific board's approval, we recommend you contact your board directly to obtain a ruling.

12 CE Hours Provided by Steve B. Reed for—
Texas: LPC provider # 1039, LMFT provider # 394,
LCSW provider # 2314, LCDC (accepts LPC providers)