

Treating PTSD, Everyday Traumas & High Stress Events

Select a date & location: Waco 03-27-09 Dallas 04-03-09 Austin 04-17-09 Houston 05-01-09

REGISTER Today!

Total Registration Fee:

PHONE (972) 997-9955 or

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	Early*	Regular
Single Registrant	\$159	\$179
2 to 4**	\$149 ea.	\$169 ea.
5 or more**	\$139 ea.	\$159 ea.

Steve B. Reed, LPC, LMSW, LMFT
375 Municipal Drive, Suite 230
Richardson, Texas 75080 USA

*Registrations received 10 days prior to seminar date.
**Price per person when registering at the same time.

Quick REMAP Self-Study Programs

- 12 Hour CE Package \$215**
9 hours of DVDs and Handbook
- 15 Hour CE Package \$250**
12 CE package plus 3 hrs on CD

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Treating PTSD Everyday Traumas High Stress Events

- Learn how to know if your client has PTSD
- Discover who is at high risk for developing PTSD
- Know how to tell when PTSD is healed
- Learn what helps people recover from PTSD
- Learn a powerful yet simple tool to treat PTSD
- Increase your earnings with effective new skills

6 CE credits
LPC, LMSW, LMFT

**Waco —
March 27**

**Dallas —
April 03**

**Austin —
April 17**

**Houston —
May 01**

Presented by
Steve B. Reed,
LPC, LMSW, LMFT
Professional
Training Seminars



www.remap.net

Treating PTSD

Everyday Traumas, High Stress Events, Panic Attacks, Phobias

When most people think of Post Traumatic Stress Disorder (PTSD), what comes to mind are the most catastrophic examples. Events that include war/combat trauma, natural disasters and torture fall into this category. However, many therapists are surprised to learn that research suggests that the most common cause of PTSD are injury automobile accidents. Other common PTSD causes can include child abuse (physical, emotional & sexual), childhood neglect, rape, assaults, other injury accidents, domestic violence, and painful medical procedures among others.

Furthermore, research is now showing that even when people do not meet the full DSM-IV clinical criteria for PTSD, that they can still have significant PTSD symptoms. Traumatic and high stress incidents, sufficient enough to leave a profound impact on the emotional mid-brain, occur in nearly everyone's life. Such impact events increase our overall stress load, adversely affect physical health, cause emotional over reactivity and degrade the quality of life. This is what I call Everyday Traumas.

The truth is that it is rare that I see a client who is not affected by either PTSD, Everyday Traumas or High Stress Events. These occurrences are often the underlying cause of other disorders including phobias, panic attacks, generalized anxiety, secondary depression and traumatic grief.

My observation is that these forms of distress are occurring in epidemic proportions and (with the exception of the

What You Will Learn

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

This seminar will enable you to:

- Identify and diagnose PTSD and Everyday Traumas more accurately
- Provide you with a powerful tool to treat these high impact events
- Teach you proven ways to assess and measure treatment progress
- Discover how to know when your client is healed

The practical tools that you will learn can be put into practice with your very next client and will be the first step toward allowing you to:

- Become an expert in treating this specific therapeutic population
- Expand the marketability of your skills
- Increase your earning potential
- Accomplish the first step toward certification in working with an effective treatment approach for PTSD

Who Should Attend

- Professional Counselors
- Social Workers
- Marriage & Family Therapists
- Psychologists
- Physicians
- Nurses
- Clergy / Pastoral Counselors
- Drug and Alcohol Counselors

Seminar Leader

Steve B. Reed, LPC, LMSW, LMFT is the developer of *the REMAP process* and is an innovator and leading expert in using acupressure to enhance cognitive-behavioral therapy. He has presented on the REMAP process at several International Conferences, at the Academy of Bio-Energetic and Integrative Medicine's International Cancer Symposium Practicum, and at state and local conferences. He has twice presented his work at the Ohio State University Medical School. His workshops have been given in the United States, Canada, Central America and Europe. Steve is in private practice in the Dallas, Texas area. He holds

Course Content

- **What is PTSD**
 - DSM IV Criteria
 - Research suggests DSM IV criteria is too narrow
 - A broader view of trauma and traumatic events
 - How people historically cope with PTSD
- **How to know if someone has PTSD - measurement tools**
 - Impact of Event Scale (IES-r)
 - PTSD - What happens in the brain/body
 - State-Trait Anxiety Inventory (STAI-s)
- **How to know if someone is at high risk for PTSD**
 - German research with firefighters
 - High trait anxiety
 - Measuring Trait Anxiety (STAI-t)
 - Generalized Anxiety Disorder-7 questions
- **Effects of traumatic events on the brain**
 - Thinking brain verses emotional mid-brain
 - Why language-based therapy can fail
- **How to know which interventions offer the best hope**
 - Five interventions (strengths & weakness)
 - * Exposure Therapy (Traumatic Incident Reduction)
 - * Systematic Desensitization
 - * NLP trauma/phobia treatment
 - * EMDR
 - * REMAP
 - Calming the nervous system
 - * Six breaths per minute technique
 - * KAVE question technique - mindfulness
- **How to minimize the chance of abreactions with**
 - Systematic Desensitization
 - NLP
 - EMDR
 - REMAP
- **How to work with a simple yet powerful intervention**
 - Introduction to the Quick REMAP 4-point Protocol
 - Research from Harvard and Yale Medical Schools
 - Case example
 - Live demonstration
- **Experience working with the 4-point protocol**
 - Creating an Impact Event List (trauma list)
 - Group Exercise
 - Adding a key cognitive component
 - Paired exercise
- **How to minimize burn out and secondary PTSD**
 - Secondary PTSD - are you at risk
 - Your STAI-t score
 - Coping container level
 - Self-treatment
- **Steps to becoming an expert with traumatized clients**
 - Path to certification
 - Additional training
 - Importance of consultation
- **Question and Answer**

Continuing Ed Credit

Steve B. Reed is an Approved Continuing Education Provider in the state of Texas for

- Professional Counselors
- Social Workers
- Marriage and Family Counselors

This workshop provides 6 continuing education credits for those mental health licenses.

"I used the Quick REMAP 4-point Protocol with my most skeptical and deeply suffering client. (Afterwards) she said, 'I can't explain it, but I didn't know I've been carrying this weight almost all of 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

Confirmations & Cancellations

Confirmations of registration are sent via email within 4 days of receipt in our office. If an email cannot be sent, a phone call will be made to confirm. **If you have not received a confirmation within a 5 business days of the seminar, please contact the office at 972-997-9955 to verify your registration.**

Cancellations received at least seven business days (M-F) before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. The expense of continuing education may be tax deductible. Consult your accountant for details.

Registrants will not receive a certificate until payment has been received. If payment is not received 10 days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned NSF, a returned check fee will be charged.

Dates & Locations

Waco — March 27

Clarion Hotel
801 S. 4th Street
Waco, TX 76706 254-757-2000

Dallas — April 03

Doubletree Hotel
8250 North Central Expressway,
Dallas, TX 75206 214-691-8700

Austin — April 17

Wyndham Hotel
3401 South I-35
Austin, TX 78741 512-448-2444

Houston — May 01

Baymont Inn & Suites
502 North Sam Houston Parkway
Houston, TX 77060 281-820-2101

Course Hours

Registration begins at 9:00 a.m.

The **seminar begins at 9:30 a.m.** and
concludes at 5:00 p.m.

Lunch is on your own from 12:45 p.m. until
1:45 p.m.

"You provide a terrific model for your practitioners to follow, and you do it so eloquently. 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 wish I had come to your training first, when I was just starting out learning therapy."
Sue Campbell, MA, LCSW Arkansas

"I have used Quick REMAP and the Full REMAP process several times recently and I'm really amazed about the results."
Jutta Bockhold, Psychologist--Germany

Self-Study Products

Although this 1-day course is not yet available for home study, a more comprehensive home study program that expands on this topic is available.

Package 1 (12 CE program) \$215

This includes the 2-day **Quick REMAP Seminar** that has been edited down to nine hours of high quality video on DVD. It also includes the **Quick REMAP Professional Handbook** for three additional hours of CE credit.

These materials will cover not only the Quick REMAP 4-point Protocol but also the 8-point, 12-point and 16-point protocols along with five individual demonstrations and two group demos of this powerful work for treating PTSD, panic attacks, phobias, unending grief, anger and a wide range of emotional stress.

Package 2 (15 CE program) \$250

This includes everything in package 1 plus two more presentations on audio CD for an additional three hours of CE credit. The CDs provide specific information regarding applying the Quick REMAP 4-point protocol to treat groups, further information on treating traumas plus a live demonstration involving the treatment of a burn victim who was traumatized by medical procedures in a hospital burn unit.

These programs are the perfect next step to add to this 1-day training seminar or as a stand-alone training experience. For further information see the Quick REMAP Seminar online brochures at

http://www.remap.net/Quick_REMAP_Professional_Seminar.html
and http://www.remap.net/Quick_REMAP_brochure_2008_b.pdf
or information on the Quick REMAP page at
http://www.remap.net/Quick_REMAP_Page.html

You can order online at

http://www.remap.net/Quick_REMAP_Learn_Quick_REMAP.html
or by mailing the registration form on this brochure or by calling
(972) 997-9955.

Please note that participant use of recording devices at the 1-day seminar is prohibited.

"The more I see, the more I am amazed, really amazed! It is such a wonderful tool. There is no exaggeration in saying that it's the next level up in psychology interventions. I really think it is. Well done!"
Simon Lov, Therapist from the UK