

**REGISTRATION FORM - October 23, 2017**

**RATES:** includes coffee, tea, and afternoon fruit & pretzels  
\$109....Early Registration (postmarked by 10/13/2017)  
\$119...Regular Registration (after 10/13/2017)

**Group Rate** (3 or more in same envelope who are not already receiving a student discount) deduct \$5 per person  
**Student Rate \$95 - *must* include copy of a current college ID** (student rates cannot receive the additional group discount)

**REFUND POLICY:**

Full refunds will be given up until October 14, 2017. A \$20 administrative fee will be taken from refunds requested October 15 - 22, 2017. Refunds will NOT be issued for registrants who fail to show on the day of the workshop without any prior notification to the Family Service Society Professional Training Institute.

Name: \_\_\_\_\_

Please select your NY license type (if applicable):

\_\_\_LCAT(NY) \_\_\_LMFT(NY) \_\_\_LMHC(NY)

\_\_\_LMSW(NY) \_\_\_LCSW(NY)

NY License # (if applicable): \_\_\_\_\_

Employer: \_\_\_\_\_  
(Your name & employer will appear on your name tag)

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

City, State, Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_  
(in case we need to contact you at the last minute)

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

**Payment Options:** Check (made payable to Family Service Society, Inc.), Money Order, Purchase Order, Voucher, or Visa/MasterCard.

**FOR CREDIT CARD REGISTRATIONS**

Credit Card Type: \_\_\_ Visa \_\_\_ Master Card

TOTAL CHARGE AMOUNT: \$ \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Card Holder's Name: \_\_\_\_\_

Card #: \_\_\_\_\_

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

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Syracuse, NY

Professional Training Institute  
Family Service Society, Inc.  
280 Princeton Ave. Ext.  
Corning NY 14830

RETURN SERVICE REQUESTED



The FSS Professional Training Institute presents:

# Creative Strategies for Healing Trauma: Experiential Techniques to Rewire the Brain



Presenter:  
**Courtney Armstrong, MEd., LPC**

**Monday, October 23, 2017**

9:00 am - 4:00 pm

Radisson Hotel

125 Denison Pkwy. E., Corning, NY

Send Registration Form & Payment to:  
**FSS Professional Training Institute**  
**280 Princeton Ave. Ext.**  
**Corning, New York 14830**  
or  
**Register online at [www.familyservicesociety.org](http://www.familyservicesociety.org)**

## **OUR WORKSHOP**

In this one-day workshop you'll learn the art and science of healing trauma with creative strategies that uplift and empower your clients as you trigger memory reconsolidation, the brain's own process for rewiring memory networks. Get dozens of new ideas and innovative techniques that use imagery, music, movement, art, and journaling. Discover why combining cognitive therapy with experiential strategies facilitates neuroplasticity faster than using cognitive or insight therapies alone and how to do it effectively. You'll also learn what all effective trauma therapies have in common and how to adapt interventions to your client's personality preferences, attachment style, and cultural needs. You may even create your own healing experience with hands-on activities that energize, inspire and renew your passion for this most-important work.

## **LEARNING OBJECTIVES**

Participants will:

- ◆ Identify at least two creative strategies that can be used to quickly calm anxiety, reduce anger, or manage dissociation
- ◆ Describe the emerging research on memory reconsolidation and its implications for healing trauma
- ◆ List a five-step reconsolidation process that is universal to all effective trauma-therapy methods
- ◆ Demonstrate how guided imagery and journaling can be used to help clients develop self-compassion, rewrite traumatic narratives, and empower themselves
- ◆ Summarize how music can be used to regulate emotions & heal traumatic grief
- ◆ Practice movement interventions that can be used to both calm and uplift clients

## **WORKSHOP SCHEDULE**

The registration table opens at 7:45 am. The workshop runs from 9:00am-4:00pm with a lunch break from 12:00pm-1:00pm. Lunch is not included in the registration fee.

## **OUR PRESENTER**

COURTNEY ARMSTRONG, MEd. LPC, is author of *Transforming Traumatic Grief* (2011) and her latest book, *The Therapeutic "Aha!": 10 Strategies for Getting Your Clients Unstuck* (2015). She is a licensed professional counselor specializing in grief and trauma recovery. With a career spanning more than two decades, she has helped thousands of clients overcome trauma, grief and anxiety, and experience deep personal transformation. Her professional expertise and warm, engaging personality has made her a much sought-after media guest, and she has appeared on CBS Radio News, NPR affiliates and on networks in Europe, Asia and Australia. Courtney has contributed articles to the *Psychotherapy Networker*, *The Neuropsychotherapist*, *Counseling Today*, and other professional publications.



## **QUESTIONS OR CONCERNS**

If you have questions, please contact Janalee Orfanides, Training Institute Coordinator, by email at [janalee@stny.rr.com](mailto:janalee@stny.rr.com) or by phone at 607-962-3148.

## **OTHER UPCOMING WORKSHOPS**

Friday, September 22, 2017 (9:00am-4:00pm)

### **Engaging Adolescents: Inspired Play Therapy Techniques for Teens and Tweens**

Presenter: Brijin Gardner, LCSW, RPT-S

Friday, September 29, 2017 (9:00am-11:00am)

**\*\*New\*\* Coffee & Continuing Ed. Series (Coming, NY)**

### **Improving the Mental Health Care for the Client who is Suicidal**

Presenter: Renae Carapella-Johnson, LMHC, NCC

Friday, November 3, 2017 (9:00am-11:00am)

**\*\*New\*\* Coffee & Continuing Ed. Series (Coming, NY)**

### **Compassion for the Clinician**

Presenter: Renae Carapella-Johnson, LMHC, NCC

Friday, November 17, 2017 (9:00am-4:00pm)

### **Enhancing Resilience in Play Therapy and Family Therapy**

Presenter: David Crenshaw, Ph.D.

VISIT [WWW.FAMILYSERVICESOCIETY.ORG](http://WWW.FAMILYSERVICESOCIETY.ORG) FOR MORE INFORMATION ABOUT THESE WORKSHOPS

## **CONTINUING EDUCATION INFORMATION**

This workshop is approved to provide 6.0 hours of continuing education for:



### **NY State Licensed Creative Arts Therapists**

Family Service Society, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0022.



### **NY State Licensed Marriage & Family Therapists**

Family Service Society, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0033



### **NY State Licensed Mental Health Counselors**

Family Service Society, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0058.

### **NY State Board for Social Work**

Family Service Society, Inc., SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0071.

**NBCC** - Family Service Society, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP #5930. Programs that do not qualify for NBCC credit are clearly identified. Family Service Society, Inc. is solely responsible for all aspects of the programs.

**OASAS** - Family Service Society, Inc. is a New York State OASAS-approved education and training provider (Provider #0290).

### **Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors**

The State Board of Social Workers, Marriage and Family Therapists and Professional Counselors recognizes Family Service Society (as a sponsor approved by the National Board of Certified Counselors NBCC - #5930), to be a pre-approved provider of continuing education programs for Social Workers (Sec. 47.36), Marriage and Family Therapist (Sec. 48.36), and Professional Counselors (Section 49.36).

