

MANAGING DISSOCIATIVE SYMPTOMS USING SOOTHING & GROUNDING TOOLS

DATE

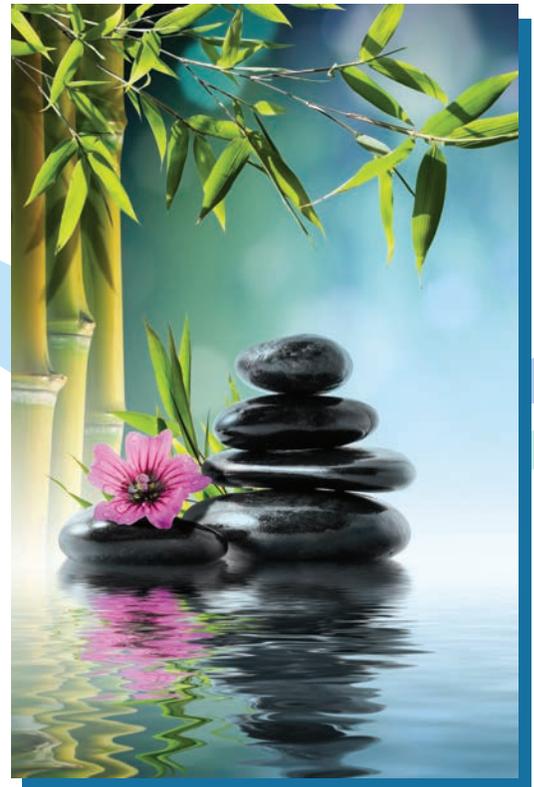
March 19, 2019
9am - 5pm

LOCATION

Monaco Training Center, 4955 North Bailey Avenue, Suite 108, Amherst, NY 14226

COST

\$115 before February 25, 2019
\$130 after February 25, 2019



Why This Workshop?

This training provides an opportunity for staff and clinicians working with children, adolescents and young adults to increase their confidence in talking to clients about trauma, identifying dissociative symptoms, and how to effectively manage these symptoms through creative and play-based soothing and grounding tools.

This workshop will provide scripts, demonstration videos, and photo images of varied ways of using the techniques. Participants will also practice a variety of the 30 soothing and grounding tools.

These easy to learn, practical, hands-on techniques are for use with children, adolescents and young adults.

Prerequisite

Participants should have knowledge of the link between trauma and current behaviors and symptoms through previous trauma-related workshops.

Who Should Attend

Residential Treatment Providers, Art Therapists, Foster Care Workers, Recreational Therapists, School Counselors, Mental Health Counselors, Graduate Students, Social Workers, Psychologists, and Family Therapists.

Registration

Please register online at:

AnnieMonaco.com/Upcoming-Trainings

Any questions please send an email to monaco.training.center@gmail.com. Please include "Soothing and Grounding Workshop" in the subject line of the email.

Cost

\$115 before February 25, 2019

\$130 after February 25, 2019

Cancellation

An automatic \$20 processing fee is applied to all refunds. Up to 14 days before the training, a full refund is available minus the processing fee. A 50% refund is available thereafter. Please note that no refunds will be issued after the start of the training.

ADA Accommodations

If you require any support for your ADA needs, please contact Annie Monaco at least 3 weeks prior to the event at monaco.training.center@gmail.com. Please write "Soothing and Grounding Workshop" in the subject line of the email.

Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Annie Monaco at monaco.training.center@gmail.com. Please write "Soothing and Grounding Workshop" in the subject line of the email.

Learning Objectives

Participants will be able to:

- Apply "What is" Trauma and Dissociation scripts to adults, teens and children
- Explain dissociation to parents and ways to help support their children through grounding and soothing strategies
- Apply interviewing questions for parents, teens and children to inquire more about dissociation symptoms
- Use movement interventions to manage trauma and dissociation in the body by learning physical relaxation strategies
- Manage the symptoms of dissociation, intrusive thoughts and hyperarousal using grounding techniques including scents, TV Tool, Dial, Shrinking, yoga flow and Lisa Najavitis Seeking Safety grounding techniques
- Demonstrate in a practice session at least 6 soothing tools to reduce distress and increase a sense of calm. Techniques include Eraser, Shield, Finger Holds, and Worry Worms



Continuing Education Hours

Note: Full attendance is required; no partial credit will be awarded for partial attendance.

NY Social Workers: UB School of Social Work Office of Continuing Education 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 #SW-0001. 6.5 live in-person contact hours are approved.

NY Mental Health Counselors: UB School of Social Work Office of Continuing Education 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-0008. 6.5 live in-person contact hours are approved.

NY Marriage and Family Therapists: UB School of Social Work Office of Continuing Education 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-0007. 6.5 live in-person contact hours are approved.

NY Creative Arts Therapists: UB School of Social Work Office of Continuing Education 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-0003. 6.5 live in-person contact hours are approved.

NYS OASAS Hours from UB School of Social Work Office of Continuing Education training provider #0045: CPP initial 6.5 hrs.; 6.5 hrs. for CASAC, CPP & CPS renewal.

Trauma-Informed Certificate Programs offered through the UB School of Social Work Office of Continuing Education: May be applied as 6.5 Elective or Grounding and Experiential Hours for an additional fee. Contact us at sw-ce@buffalo.edu for details.

Bios

Nicole E. Wolasz, LCSW-R



Nicole is a Licensed Clinical Social Worker and a faculty member of the Trauma Institute and Child Trauma Institute. Nicole has been serving youth and families in Western New York since 1997. She specializes in family therapy, grief/loss issues, trauma therapy and juvenile offender

work. Nicole provides training and consultation to therapists and agencies throughout WNY on Trauma- Informed Care and how to implement it into daily practice.

Email: nicolewolasz@gmail.com

Annie Monaco, LCSWR



Annie is a Licensed Clinical Social Worker and a faculty member of the Child Trauma Institute & Trauma Institute and University at Buffalo School of Social Work liaison. Annie has over 25 years of experience serving children, teens, families and adults. She is a trauma therapist and has extensive training in

complex trauma, family therapy, and play therapy. Annie currently serves as a Board member on the NY Association for Play Therapy. Her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation. Annie travels extensively throughout the US and internationally providing a multitude of trauma- informed trainings and agency and therapist consultation. Annie is a trainer of EMDR, Progressive Counting, and STAR (Strategies for Trauma Awareness and Resiliency).

Email: monaco.training.center@gmail.com

Website: www.annimonaco.com