**Course Description:**

[Progressive Counting (PC)](https://www.childtrauma.com/treatment/pc) is a fairly new research-supported trauma treatment that is effective, efficient, well-tolerated by clients, and relatively easy to master. This is a ***hands-on clinical skills training*** for using Progressive Counting with clients of all ages who have been exposed to significant trauma or loss. This in-depth training will cover trauma theory, impact of trauma and loss, identification and assessment of traumatized clients, and directly helping clients to manage their symptoms, resolve their trauma/loss memories, and prepare to cope effectively with future challenges.

**Presenter Bio:**

For information on your instructor, please visit: <https://www.childtrauma.com/about/faculty>

**Target Audience:** This training is open to mental health professionals (psychologists, social workers, counselors, couple & family therapists, expressive arts therapists, psychiatrists, psychiatric nurses, etc.).

**Course Content Level:** Intermediate

**Agenda for 9-5 trainings:**

**Day 1**

Morning (9-12:30)

* Introduction to trauma and post-traumatic stress.
* Trauma’s contribution to reactivity and symptoms/problem behaviors.
* Analyzing presenting symptoms/problem behaviors from a trauma perspective.
* Overview of trauma treatment and phases of treatment.
* Core principles/practices of trauma-informed treatment.

Implementing the “common factors” that support successful treatment outcome.

Research on the Fairy Tale Model

Afternoon (1:30-5)

* Setting up treatment; initial interview
* Conducting a trauma/loss history interview.

**Day 2**

Morning

* Trauma-informed case formulation.
* Enhancing the client’s motivation and commitment.
* Treatment planning and contracting.

Afternoon

* Stabilization strategies for safety and security.
* Developing a more secure attachment status.
* Self-management skills for stability, competence, and confidence.

**Day 3**

Morning

* Overview of trauma resolution treatment methods/approaches.
* Guidelines for selecting which memory to work on.
* Group experience with Progressive Counting (PC)

Afternoon

* Supervised practice with PC.
* PC problem solving

**Day 4**

Morning

* Following up from a trauma resolution session.
* What happens after trauma resolution?
* PC review
* PC practice

Afternoon

* PC practice
* Consolidation of gains; anticipating future challenges
* Using the framework to problem-solve cases
* Practice with a trauma-informed supervision/consultation model.
* Guidelines for practicing and utilizing the interventions.

**Day 5**

* Review, Group consultation

*Note: Day 5 may be completed either in one full day (in person) or two half-day sessions (via web-based video conference).*

**Objectives:**

Participants will be able to:

* Identify the three primary symptoms of posttraumatic stress.
* Name and sequence the phases of treatment in the trauma-informed phase model.
* Name and sequence the experiences the brain requires for memory reconsolidation.
* Name the three principles that guide trauma-informed treatment.
* Conduct a structured trauma-sensitive initial interview.
* Conduct a structured interview for trauma and loss history.
* Demonstrate how to guide a client to identify and commit to their treatment-related goals.
* Explain to a client how past trauma or loss can lead to ongoing problem behaviors or symptoms.
* Demonstrate how to develop a systematic and comprehensive trauma-informed treatment plan.
* Demonstrate how to guide a client to avoid high-risk situations.
* Demonstrate how to guide a client to visualize an imagery sequence for enhancing attachment status.
* Demonstrate how to guide a client to develop and practice a desired behavior in a challenging situation.
* Identify at least four elements of a trauma resolution procedure that can contribute to positive outcome.
* Describe the basis of the research support for PC.
* Describe the advantages and pitfalls of the three major target selection strategies (determining which memory to treat first, next, etc.).
* Demonstrate how to guide a client to identify the beginning and ending for their trauma story “movie” in preparation for PC.
* Demonstrate how to guide a client through a PC session.
* Utilize the proper notation to memorialize a PC session in the treatment note.
* Demonstrate how to implement a structured check-in with clients in the session after they did PC.
* Specify how long the next count should be, in a variety of situations, during PC.
* Define what constitutes “stuck” in a PC session.
* Specify the indicators that a client is “stuck” in a PC session.
* Demonstrate how to debrief a client following a PC session and assist them in regaining composure.
* Utilize the Case Consultation rubric to determine what needs to be done with a given client to prepare them for PC.

Day 5 will be focused on strengthening, reinforcing, and extending the objectives already listed.

**CE Information:**

Please visit: <https://www.childtrauma.com/training/online-ceu>

**Cancelations:**

Please visit: Cancellation Policy at <https://www.anniemonaco.com/trainings/progressive-counting> OR <https://www.childtrauma.com/policies/cancellations>

**Grievances:**

Please contact: [Monaco.training.center@gmail.com](mailto:Monaco.training.center@gmail.com) OR Trauma Institute at [cti@childtrauma.com](mailto:cti@childtrauma.com)

Certificates will be available after training completion and be sent via provided email in PDF form. If you have questions or concerns, please contact [mxp@childtrauma.com](mailto:mxp@childtrauma.com) or [trainings@childtrauma.com](mailto:trainings@childtrauma.com).

There is no conflict of interest or commercial support for this program