

MANAGING DISSOCIATION THROUGH THE USE OF SOOTHING & GROUNDING TOOLS

DATE

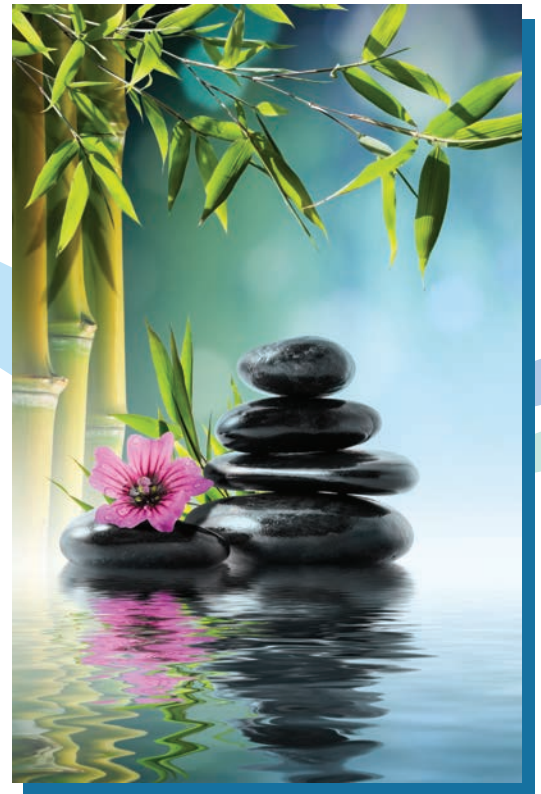
Wednesday, July 26, 2023

9am - 5pm

LOCATION : Live Online and In-person

University at Buffalo South Campus,
3435 Main St., 104 Parker Hall, Buffalo, NY 14214

COST : \$150



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.

Learning Objectives

Participants will be able to:

- Identify why traumatized clients may appear stuck and how this manifests itself at school, home, and legal systems
- Recognize dissociation theory and practice a screening script to educate parents about problematic behaviors through the lens of dissociation.
- Apply interviewing questions for parents, teens, and children for assessment of dissociation symptoms
- Summarize brain science and window of tolerance to help educate clients to understand their own reactive behaviors and utilize 20 interventions to return clients to the optimal arousal zone
- Distinguish Polyvagal theory to guide clients from improve states of mind and enhance their capacity for self-regulation
- Manage the symptoms of dissociation in the brain and body by utilizing creative and somatic grounding techniques

Registration

Please register online at:

www.ubswce.ce21.com

CE information provided in link.

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.

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Nicole E. Wolasz, LCSW-R



Nicole E. Wolasz is a Licensed Clinical Social Work, and EMDR Consultant 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.

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Annie Monaco, LCSW-R, RPT



Annie Monaco is a EMDR trainer and provides specialty trainings on attachment, dissociation, and EMDR with teenagers and children throughout the world. Annie has extensive experience with children using dissociative strategies, foster care, out of country

adoptions, and at-risk teenagers. Annie is the co-editor and contributor of chapters for EMDR with Children in the Play Therapy Room, an integrated approach (2020).

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