

Please Join Us for a **4-Day Retreat**
in Erie, Pennsylvania!!!!

**Thursday MAY 19 - Sunday MAY 22
2022**

Open to
EMDRIA Approved
EMDR Therapists

The Whole Therapist: Integrating Knowledge & Healing for Transformation in an Intensive Retreat Setting

Presented By:

Anna J. Monaco, LCSW-R, RPT / Ann Beckley-Forest, LCSW-R, RPT-S / Elizabeth Davis, M.S., MFA, ATR-BC, LCAT / Nicole Wolasz, LCSW-R / Melissa LaVigne, LCSW, RPT, RYT / Erin K. Bastow, M.S. LPC, NCC

Why We Think You Should Come:

Being a trauma therapist can be tough and connection with one another is so important. This retreat is about learning in a way that allows us to go deeper & gain new information, make new connections, receive some care, and discover that we are not alone in our journey. The goal of this therapy retreat is to feel rejuvenated and armed with tools and knowledge to be helpful in your work with clients.

Workshop Description:

This advanced retreat-style workshop will teach specialized topics such as EMDR & Therapeutic Writing, Polyvagal Theory (Regulation from the inside out), "The Future Self" that will include Motivational Interviewing & a Mindful Movie, Sandtray, and Innovative Expressive Dream Exploration. This workshop will teach Preparation Phase strategies to prepare for the complexities of treating trauma, as well as strategies for the Desensitization Phase and Future Template for EMDR.

This retreat is a two-fold experience. Participants will learn new methods of working with clients, as well as to engage in a Practicum around their own traumatic history.

You will leave this retreat with a creative toolbox of tips, and a clear understanding of how important it is to tailor your work with clients with the use of specialized techniques and the confidence and competence needed to make a difference in the lives of many.

Each day has been carefully planned to allow time for learning, hands on experiential learning, and self-reflection (your own process of healing).

You will also come home with a Toolbox of Creative Intervention to use in all Phases of EMDR.



Instructors



Anna J. Monaco , LCSW-R, RPT is a Licensed Clinical Social Worker, EMDR Trainer and a faculty member of the Child Trauma Institute and travels extensively throughout the US and Asia teaching EMDR and specialty areas including children, teens attachment and dissociation.



Ann Beckley-Forest, LCSW-R , RPT-S is a private practitioner in Buffalo, NY who has given trainings in the U.S. and Asia, an Approved Provider of Play Therapy and is certified in EMDR, a faculty member of the Child Trauma Institute and writes and trains about the intersection of play therapy and EMDR.



Nicole E. Wolasz, LCSW-R, is a private practitioner in Buffalo NY. Nicole is a faculty member of the Child Trauma Institute, and an Approved EMDR Consultant. Nicole works extensively with Western NY agencies in training staff all creating a trauma-informed culture. Nicole provides trauma training through the US & specializes in her work with adolescents.



Elizabeth Davis MFA, MS, ATR-BC, LCAT is a board certified, licensed art therapist with over 20 years' experience in the field of creative arts therapy and trauma. Her approach integrates the modalities of Art Therapy, EMDR therapy, Sensorimotor Psychotherapy, mindfulness and play therapy. Currently Elizabeth serves as Director of the Trauma Institute & Child Trauma Institute satellite in the Buffalo, NY. Elizabeth's focus is integrating creative and expressive modalities into the treatment of complex trauma Additionally she is involved in training, consultation, and intensive trauma therapy. Elizabeth is EMDR certified, a consultant and trainer for TI&CTI in Northampton, MA.



Melissa LaVigne, LCSW, RPT,RYT200 is a clinical social worker, play therapist and yoga teacher who works to integrate these tools into her work with clients. Melissa is certified in EMDR and PC, she has honed these skills providing intensive trauma therapy to children, families and adults at the Trauma Institute and Child Trauma Institute.



Erin Bastow, MS, LPC, NCC is the Clinical Training Supervisor at Harborcreek Youth Services, a psychiatric residential treatment facility for adolescents in Erie, PA. Erin is a certified practitioner of EMDR and a Consultant in Training. 2019 marked the 10 year anniversary of Writers' Group, the expressive writing therapy group Erin developed and continues to provide weekly at Harborcreek. The Western New York Regional EMDR Network awarded Erin the 2019 Pioneer Award for her work to integrate expressive writing with EMDR therapy.

Schedule

Thursday, May 19, 2022:

Arrival Day

3pm-5pm: We will begin our time together on the beautiful Presque Isle State Park. It is during this time that we will join in creating our vision for not only the weekend, but our future. *The Future Self Intervention* with Annie Monaco, LCSW-R.

For those who choose, we have planned an informal meet and greet at 5:30pm-6:30pm in Room 130 at the Courtyard Marriott.

Friday, May 20, 2022

7:30am-8:00am	Yoga at Courtyard Marriott: outdoor space or meeting at Presque Isle (45 Minutes) (no CE credits offered)
7:30am -8:00am	Morning Meditation at Courtyard Marriott (no CE credits offered)
8:00am	Coffee & Breakfast
8:30am-12:00pm	Lecture, Demonstration and Practice (midmorning break) The Future Self (Resourcing)
12pm-1pm:	Lunch
1pm-5:00pm	Lecture, Demonstration and Practice (afternoon break) Polyvagal Theory

Closing Technique each day!

Dinner on your own

Saturday, May 21, 2022

7:30am-8:00am	Yoga at Courtyard Marriott
7:30am-8:00am	Meditation at Courtyard Marriott (no CE credits offered)
8:00	Coffee & Breakfast
8:30am-12:00pm	Lecture, Demonstration and Practice (midmorning break) EMDR & Therapeutic Writing
12pm-1:00pm	Lunch
12:00pm-3:00pm	3pm: Book sale, Essential Oils, Jewelry
1:00pm-5:00pm	Lecture, Demonstration and Practice (afternoon break) Sand Tray

Closing Technique
Dinner on your own

Sunday, May 22, 2022

7:30am	Yoga
7:30am-8:00am	Meditation at Courtyard Marriott (no CE credits offered)
8:00am	Coffee & Breakfast
8:30am-12:00pm	Lecture, Demonstration and Practice (midmorning break); Developing Insight through Expressive Dream Exploration

Light Lunch
CLOSING

Objectives

- Participants will describe the mechanism of incorporating motivational strategies such as "Future Self" to enhance investment in trauma work.
- Participants will practice how to produce a digital project (including images, music and affirmations) to help clients enhance and install the image of the Future Self as a resource in preparation phase.
- Participants will describe how the use of sandtray can complement EMDR processing by offering a space for cognitive and affective shifts to interweave with processing in phases 4-6.
- Participants will practice a prompt for resolving blocking beliefs in the sandtray and use reflection questions within the metaphor of the tray.
- Explain the ways in which therapeutic expressive writing has been utilized within the 8 Phases of EMDR therapy
- Practice three ways to apply therapeutic writing in the Preparation and Desensitization phase of EMDR.
- Outline how therapeutic or expressive writing can be implemented into their current practice.
- Develop an understanding of how nervous system impacts treatment, emotional regulation, and internal awareness.
- Develop an understanding of the Polyvagal Theory, its impact on emotional regulation and internal awareness and how this affects trauma resolution.
- Develop tools and strategies to integrate Polyvagal Theory into the eight phases of EMDR.
- Participants will practice a technique to help develop self-reflective skills through analysis of dreams and peak experiences.
- Participants will explain how to integrate simple expressive movements when working with client's stories to help engage emotional awareness and build clarity.

Fees and Registration Information

Participants must have completed an EMDRIA approved basic EMDR training course.

Fees include: registration, morning breaks, handouts and lunch.

FEES: \$725.00 (Early Bird by 4/5/22)
\$799.00 (4/5/22 or later)

Please Register Online:

www.annimonaco.com/trainings/training-categories

Any questions, please send an email to:

Monaco.training.center@gmail.com

Please state: "The Whole Therapist" in the subject line of the email.

a \$100 cancellation fee for those canceling 30 or fewer days prior to the start of the workshop. More than 30 days to the start of the program, there will be a \$50 cancellation fee.

Location: Bayfront Convention Center, Erie, Pennsylvania

ADA Needs: If you require support for your ADA needs, please contact Nicole Wolasz, LCSWR (nicolewolasz@gmail.com) 3 weeks prior to the start of the retreat. Please write "Whole Therapist" in the subject line of the email.

Visitor Information: www.visiterie.com

Refunds and Cancellations. There will be no refunds upon start of the program. There will be

Lodging is the responsibility of participants (see next page).

Continuing Education

This program is co-sponsored by Anna J. Monaco, LCSW-R, and The Institute for Continuing Education.

The Conference offers a total of 16.00 contact hours, with full attendance required.

Partial CE credit is not offered. **18.5 EMDRIA CE's approved: #18007-10.**

There is no additional fee to make application for CE credit. Application forms and other required CE materials will be available on site. If you have questions regarding the program, continuing education, learning objectives for presentations, or faculty, contact The Institute at: 800-557-1950 / email: instconted@aol.com

NOTE: To receive continuing education credit, applicants must complete all CE materials, sign in/out at designated locations, and submit an evaluation form for the sessions attended.

NOTE: It is the responsibility of the attendee to determine if CE credit offered by The Institute for Continuing Education meets the regulations of their state licensing/certification board.

Psychology: The Institute for Continuing Education is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Continuing Education maintains responsibility for this program and its content.

Counseling: For counselors seeking credit, The Institute for Continuing Education will submit a co-sponsorship application to NBCC for this program. This website will be updated regarding approval.

New York: The Institute for 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. Provider MHC-0016.

Social Work: Application for social work continuing education credit has been submitted. This website will be updated regarding approval.

New York: The Institute for 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, Provider SW-0025.

Marriage/Family Therapy: The Institute for Continuing Education is recognized by the New York State Education Department's State Board for Marriage-Family Therapy as an approved provider of continuing education for licensed MFTs, Provider MH-0012.

Non-Credit Events:

Breakfast, Dinner, Meet/Greet, Morning Meditation / Yoga.

Skills Level: Participants must have completed an EMDRIA approved Basic EMDR training course.

Instructional Methodology: May include lecture, demonstration, audio/visual, experiential practice of techniques, large and small group discussion, role play.

