



Anchor Psychotherapy, Inc.

EARLY BIRD
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AVAILABLE

ANCHOR PSYCHOTHERAPY, Inc. Presents:

When There Are No Words: An introduction to the neurobiology of trauma

Date: May 1, 2021

Location: Live Virtual Online Workshop
9:00 am – 3:00 pm – CE Speaker Presentation
* 12:00 pm – 1:00 pm lunch

This course meets the qualifications for **5 hours** of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. CE credits are only offered for instructional time. CE completion certifications will be awarded following the speaker's presentation and after completing the course evaluation.



Presented by:

Bren Michelle Chasse, LMFT

CAMFT Provider Number: 92692

COURSE DESCRIPTION: This workshop will explore the neurobiology of trauma, with specific attention to polyvagal theory. Together, we will explore the role of language and memory storage as they impact an individual's response to trauma. Further, participants will be provided with concrete strategies for reducing dissociation, client resourcing, and increasing client resiliency. This is an intermediate course that seeks to improve trauma-informed care by increasing the understanding of how trauma functions on a neurobiological level.

Learning Objectives

- Participants will be able to define polyvagal theory within the context of a sympathetic nervous systems response to trauma.
- Participants will be able to identify 3 characteristics of a fight, flight, or freeze response in the context of polyvagal theory.
- Participants will be able to identify the role of language & memory in response to trauma.
- Participants will be able to identify 3 grounding exercises to reduce client dissociation.
- Participants will be able to identify 3 resourcing strategies.
- Participants will be able to identify 2 strategies for integrating fragmented & traumatized parts of the self.

FOR MORE INFORMATION OR TO REGISTER, PLEASE VISIT:

<https://anchorpsychotherapy.com/when-there-are-no-words-an-introduction-to-the-neurobiology-of-trauma/>

Ms. Chasse is the founder of Anchor Psychotherapy, Inc. and is a leading trauma expert in Pasadena, California. Ms. Chasse is EMDR-Certified, an EMDRIA Approved Consultant, and has trained at a master level in Attachment-Focused EMDR and Ego States ("parts work"). In addition to her work as a trauma expert, Ms. Chasse works extensively with children and families with special

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Early Bird \$185 if purchased by 04/01/2021

Regular pricing is \$215

emphasis on those experiencing high-conflict divorce, physical, sexual, or psychological abuse and neglect. Ms. Chasse has more than 15 years of experience working with children and families with a history of intimate partner violence.

Pre-Licensed rate is \$150

Limited space available!

Questions or concerns should be directed to Bren Chasse, LMFT at (626) 765-9944 or e-mail at bchasse@anchorpsychotherapy.com.

ADDITIONAL INFORMATION **APPLICABLE TO ALL WORKSHOPS**

Accommodations: Facilities and programs are accessible to persons with disabilities. If you have a special need, and plan to attend a workshop provided by Anchor Psychotherapy, Inc., please contact Bren M. Chasse, LMFT at (626) 765-9944 or by e-mail at bchasse@anchorpsychotherapy.com. Please allow as much advance notice as possible so as to ensure ample opportunity to meet your needs. Anchor Psychotherapy, Inc. and provider Bren M. Chasse, LMFT, will follow all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).

Refunds/Cancellation Policy: Requests for refunds must be made in writing and received no later than 5 business days prior to the event. Refunds will be processed within 3-5 days upon receipt of written request. A \$25 administrative fee will be deducted for cancellation of a paid event throughout the cancellation deadline. Requests for refunds received after the cancellation deadline will be denied. Anchor Psychotherapy, Inc. has the discretion to issue a refund that does not comply with the policy. Should the speaker be unable to present in the case of an emergency, Anchor Psychotherapy, Inc. will issue a full refund to all participants and inform them of the cancellation through email and phone (if necessary).

Commitment to Diversity: At its core, respect for diversity centers around acceptance, respect, and the understanding that each person is a unique individual. Individual differences can include, but are not limited to, dimensions of race, ethnicity, gender, sexual orientation, socioeconomic status, age, ability/disability status, religious and spiritual beliefs, and political ideology. Anchor Psychotherapy, Inc. is committed to creating a safe learning environment, including an atmosphere of inclusion and respect, and is committed to establishing an environment that encourages and respects diverse and divergent viewpoints. I encourage all participants to share their experiences, even if not fully consistent with those presented, at any time. All workshops are intended to be interactive and provide an experiential learning experience. Any questions or concerns regarding diversity issues may be directed to Bren M. Chasse, LMFT at (626) 765-9944 or by e-mail at bchasse@anchorpsychotherapy.com.

Standard for Awarding CE hours: Anchor Psychotherapy, Inc. will provide continuing education credit hours based on the instructional time such that one (1) hour of educational time will be equal to one (1) CEU hour. A continuing education hour is defined as a 60-minute hour. Continuing education credit shall be awarded only for instructional time. Thus, lunch and short breaks shall not be included in total time awarded for CEU credit. Only those participants who attend/complete the entire course/program will receive credit for attendance. No partial attendance/credit will be awarded.

Certificate of Completion: All Certificates of Completion will be issued only after your payment has been made in full, and you have completed all required components of the certification course. Please be sure you sign in and out so that I may e-mail you your certification.

Instructional level:

Introductory – Content is designed for participants who may have little to no background in a specialized skill or content area. An introductory level program also may serve as the foundation for subsequent intermediate and advanced learning. Introductory level programming may also be related to an emerging area of knowledge or practice.

Intermediate – Intermediate level programming builds upon foundational knowledge in a content area. Programming can help the participant understand applications and limitations of theories and applied skill sets. Intermediate level programming may also focus on an integration of skills. This programming could also serve as a refresher course for individuals who have background in a content area and are interested in learning more contemporary applications.

Advanced – CE program content at an advanced level builds upon established experience, knowledge and skills in the content area. Advanced level programming tends to be more specialized in nature and allows the participant to integrate and enhance knowledge and skills into their practice or other professional domains.

COMMERCIAL SUPPORT: There is no known commercial support or conflict of interest for this CE program, presenter, sponsor, instructor, or content

Questions or concerns should be directed to Bren Chasse, LMFT at (626) 765-9944 or e-mail at bchasse@anchorpsychotherapy.com.