

Treating Complex Trauma Certification Training

Integrating Brain Synchronization Therapy, Biofeedback and Meridian-Based Therapy Through a Polyvagal Lens

January 20 and 21, and February 10, 2023, in Pueblo, CO

113 West 12th Street, Pueblo, CO 81003

Trauma has become all too common in the U.S. and many other countries and treating it can feel overwhelming, given the complexity of symptoms, especially if it has escalated to complex trauma. Fortunately, polyvagal theory offers a way to understand how the brain and nervous system interact, which can guide this treatment. Within the polyvagal framework, we will introduce Brain Synchronization Therapy (BST), a protocol for trauma therapy that can be delivered by a licensed professional or by an unlicensed paraprofessional. The only prerequisites for training and certification are an openness to the acupuncture treatment modalities that will be introduced, and a desire to help people heal from trauma, including complex trauma. You may find that this treatment modality is similar to components of Neurolinguistic Programming (NLP), Eye Movement Integration Therapy (EMI), Eye Movement Desensitization and Reprocessing (EMDR), and Brainspotting. Participants will also be trained on the use of HeartMath biofeedback and its application as a supportive treatment modality. The initial two-day training includes hands-on learning and practical application to prepare you to effectively treat trauma and complex trauma. It is followed by a half-day training and consultation meeting on February 10, 2023, in which participants receive additional guidance and support specific to their experiences using the techniques taught in this workshop with their own clients. The BST manual will be provided but the book Innovative Practices from the East and West for Bodymind Health – Third Edition, is a requirement for the training (\$40.00). It can be bought at the time of training.



Course Objectives:

1. Participants will be introduced to polyvagal theory and become familiar with concepts such as neuroception, co-regulation, and hierarchy, and their role in understanding and treating complex trauma.
2. Participants will gain an understanding of the flight, fight and freeze reactions of survivors, their difficulties developing trust and attaching to those who want to help them, and other trauma-related responses through a polyvagal lens.
3. Participants will be introduced to Brain Synchronization Therapy (BST) and its use to safely target traumatic memories and to develop templates of hope and a better future life.
4. Participants will gain an understanding of the benefit of using heart rate coherence biofeedback in the treatment of complex trauma and learn how to use biofeedback techniques with their clients and patients.
5. Participants will be introduced to two Meridian Therapies and learn how to alleviate anxiety, depression and other clinical syndromes associated with trauma and complex trauma through acupuncture.

RSVP by December 29, 2022 by emailing your application to birgit@fisher-therapy.com and mailing your check made out to Fisher & Associates, LLC for \$300.00 to 113 West 12th Street Pueblo, CO 81003.

Email birgit@fisher-therapy.com or call 719-568-1232 with any questions.

Register by December 29, 2022 for a cost of \$300.00

Register by January 10, 2023 for a cost of \$325.00

Register by January 15, 2023 for a cost of \$350

Group registrations of 5 or more receive a 10% training discount.