



# Colorado Association of Psychotherapists CAP Conference 2018

## *Diverse Therapies for Colorado*

Saturday and Sunday September 15-16, 2018

8:00 am – 4:00 pm

The Summit Event Center. 411 Sable Blvd, Aurora, CO 80011

**Saturday Morning Workshop:** 8:00 – 10:15

Dr. Reo Leslie, LMFT, LPC, CAC III and Jim Carr, JD

**Sunset Review- Impacts on Your Right to Practice**

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**Sunday Morning Workshop:** 8:00 – 10:15

Vicki Ellis, MS, MLC, RP

**Use the CAP Website to Build Your Practice**

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**Saturday Keynote:** 10:30 – 11:45 am

Deborah Bowman, PhD



**Psychotherapy – Balancing Love, Boundaries, Risk and Fear**

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**Sunday Keynote:** 10:30 – 11:45 am

Pat Ogden, PhD



**Wisdom of the Body, Lost and Found – The Role of Posture and Action in Psychotherapy**

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### **Saturday Afternoon Workshops**

1:15 – 2:45 Select One

**Applied Existential Psychotherapy:**

In the Spirit of Play

Betty Cannon, PhD and Robyn Chauvin, MA

**Hypnotherapy:**

Empowering Clients as their Own Healers

Carol Ann Watson, EdD and Jason Roe, CChT, CLC

**PAIRS:**

Helping Couples Bond and Thrive

Robin Temple, MSW and Michael Moore

**Psychotherapy East & West**

Carol O'Dowd, MDiv, MPA, RP

**Journal Therapy:**

Finding a Voice through Expressive Writing

Kate Thompson, MA, CJT, BACP, RP

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### **CAP Community Dialogue**

3:00 – 4:00

**The Future of Psychotherapy in Colorado**

Carol O'Dowd, MDiv, MPA, RP

Bob Dressler, RP

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### **Pat Ogden's Workshop**

12:45 – 2:15 for Everyone

**The Challenging Client:**

A Sensorimotor Psychotherapy Approach

Pat Ogden, PhD

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### **Sunday Afternoon Workshops**

2:30 – 4:00 Select One

**Using EMDR:**

Resilience Informed Therapy for Complex PTSD

Arielle Schwartz, PhD

**Systemic Constellation Work:**

Resolving Transgenerational Trauma

Karin Dremel, MTS, HP, RP

**Art Therapy:**

Applied Expressive Arts for Working with Trauma

Evelyn Leslie, PhD

**Chronic Pain Control:**

Uncoupling Traumatic Stress and Chronic Pain

Vicki Ellis, MS, MLC, RP

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**Wise Owl Discounts Run Through September 5, 2018**

Please visit [www.ColoradoPsychotherapists.com](http://www.ColoradoPsychotherapists.com) for more information and to register.

# About the Keynotes

**Saturday Morning 10:30-11:45**

**Keynote: Psychotherapy - Balancing Love, Boundaries, Risk and Fear**

**Deborah Bowman, PhD**



Dr. Bowman is a leader in the field of transpersonal psychology, is a full professor at Naropa University, past Dean of the Graduate School of Counseling and Psychology at NU, and founder of the Master's program in Transpersonal Counseling Psychology, where she also pioneered the Wilderness Therapy Program. She is the former president of the Boulder Graduate School and sits on the advisory board of the Naropa Community Counseling Center. She trains mental health professionals in Gestalt, Dreamwork, and Creative Arts Therapy and offers embodied and experiential supervision. Dr. Bowman is the author of *The Luminous Buddha* and co-author with Carol Grever of *When Your Spouse Comes Out*.

**Keynote Description:**

For client and counselor — psychotherapy demands all the risks inherent to love — from being swallowed up to being spit out. It seems the field talks endlessly about creating safety and to what end? So our clients may have the illusion of safety in a world of no guarantees? No. We risk loving our clients so they may risk loving themselves and the world. We struggle with our fears of setting or breaking boundaries so clients can learn to hold a line or discover a world that is boundless. Learning to value our inherent strength and wisdom in the face of fear is the ongoing journey of both client and psychotherapist. This talk is aimed toward the development of confidence in the human spirit — and in the endless unknowns and risks of our profession. Learning to balance love, risk, boundaries and fear is at the heart of our work and at the heart of healing.

**Sunday Morning 10:30-11:45**

**Keynote: Wisdom of the Body, Lost and Found - The Role of Posture and Action in Psychotherapy**

**Pat Ogden, PhD**



Dr. Ogden is a pioneer in somatic psychology and the Founder of the Sensorimotor Psychotherapy Institute (SPI), an internationally recognized school specializing in somatic-cognitive approaches for the treatment of posttraumatic stress disorder and attachment disturbances. SPI trainings for mental health professionals are offered throughout the US, Canada, Europe, and Australia. Dr. Ogden is co-founder of the Hakomi Institute, past faculty of Naropa University (1985-2005), a clinician, consultant, and sought after international lecturer. She is the first author of two groundbreaking books: *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (2006) and *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* (2015) both published in the Interpersonal Neurobiology Series of W. W. Norton.

**Keynote Description:**

Unconscious processes and communication that take place beneath the words during the therapy hour are arguably more significant than content. These implicit processes, visibly reflected in non-verbal behaviors of gesture, posture, prosody, facial expressions, eye gaze, movement habits and affect, are the heartbeat of all relationships. This workshop will highlight the centrality of body experience as a primary source of therapeutic action in resolving trauma and attachment failure. Primary focus is given to the “implicit self” that is beyond the grasp of the conscious mind but continuously anticipates the future and powerfully determines behavior. Body-oriented mindfulness approaches that directly address the visible physical indicators of the implicit self within the interpersonal context of the therapeutic dyad are illustrated as a way to alter the somatic narrative, change the interpersonal template, and resolve the past. By bringing attention to the patient's somatic experience into the therapy hour, attending to non-verbal cues and executing new actions that challenge outdated procedural learning, the implicit self can be addressed, sometimes with explicit remembering and analyzing and sometimes without.

# About the Workshops

**SATURDAY 8:00-10:15 AM**  
**MORNING WORKSHOP / PANEL DISCUSSION**

## **Sunset Review – Impacts on Your Right to Practice**

**Dr. Reo Leslie and Jim Carr, JD**

### **About the Panel Discussion:**

The Colorado State Legislature Sunset Review process, to shape a new Colorado Mental Health Practice Act, will begin in October 2018. This presentation will discuss that process and how CAP members and others can influence the Sunset Review to protect the Registered Psychotherapist designation and our right to practice as mental health professionals. Find out about the CAP "Adopt a Legislator" and "Citizen Lobbying" plans, and discover how you can join the effort to protect your right to practice. Bring questions if you have them.

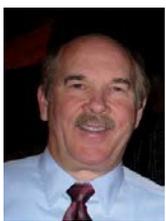
### **About the Workshop Leaders:**



**Dr. Reo Leslie, DMin, LMFT, LPC, CAC III, MAC, RPT-S**, is an AAMFT Approved Supervisor with 40 years of experience in counseling, teaching, consultation, and supervision. He is the Founder/CEO of The Colorado School for Family Therapy, a professional occupation school that trains mental health professionals for licensure and certification. Dr. Leslie is the former Vice Chair of the LPC Board, the former Mental Health Representative of the State of Colorado Commission on Criminal and Juvenile Justice

(CCJJ), and a current member of the City and County of Denver District Attorney's Office Mental Health Advisory Board. Dr. Leslie is the Chair of the CAP Legislative Committee, the Founder/President of the Colorado Mental Health Professionals Association, which advocates for psychotherapists, and the author of HB14-1271 and HB17-1011. Dr. Leslie is a long-time member of the CAP Advisory Board.

Learn more at <http://www.familyplaytherapy.net/about.html>.



**Jim Carr, JD**, represented the Colorado Mental Health Boards for eighteen years while practicing in the Colorado Attorney General's office. He currently has a legal practice providing consultation and representation for primarily mental health professionals. He also is a professional mediator. His work in the AG's office also involved representing professional licensing boards, the Division of Insurance, the Independent Ethics Commission, superfund and other litigation for the State of Colorado. Jim is immediate past co-Chair of the Colorado Bar ADR Section and Program Chair for the Denver Bar Association Court Mediation Service

program. He is Vice-President of the Estes Valley Restorative Justice Partnership Board.

Jim is a volunteer mediator in the Denver Bar Court Mediation Services program and Jefferson County Mediation Services. He is a volunteer facilitator and mediator with the Estes Valley Restorative Justice Partnership. He has been active in the American, Colorado and Denver Bar Associations for more than thirty years and served on the ABA Board of Governors, the CBA Board of Governors, and the DBA Board of Trustees. Jim chaired the ABA Commission on Disability Rights, served on the Colorado Board of Law Examiners and held numerous other positions. He received his J.D. degree from George Washington University Law School and a B.S. degree from the United States Air Force Academy. Jim also referees high school lacrosse and does a lot of cycling. He is a member of the CAP Advisory Board.

Learn more at <http://www.carrlawcolorado.com/index.html>.

**SATURDAY 1:15 - 2:45 PM**

## **AFTERNOON WORKSHOPS: DIVERSE THERAPIES IN ACTION**

(Select One of the Following)

### **In the Spirit of Play: Applied Existential Psychotherapy (AEP)**

**Betty Cannon, PhD, Licensed Psychologist, Founder of AEP & the Boulder Psychotherapy Institute**

**Assisted by Robyn Chauvin, MA, LPC, Senior AEP Trainer**

#### **About the Workshop:**

A famed British psychoanalyst described psychotherapy as “two people playing together.” Existential philosopher Jean-Paul Sartre contended that the therapist must let go of the 'spirit of seriousness' and enter into a playful, open, and experimental attitude that makes space for the development of something new. We call this attitude the 'spirit of play'. Applied Existential Psychotherapy (AEP) is a here-and-now therapy that also explores how the past impacts the present. We invite clients not only to talk about deep-level issues but to explore how they manifest in the body—in voice, gesture, movement, facial expression, posture, action, and body stance. Talk, although an essential part of therapy, is not enough to help us find a new way of experiencing ourselves and a different, perhaps more playful, way of being in the world.

This workshop introduces AEP through talk (theory), demonstration, and experiential exercises. We begin with an overview followed by a demonstration video that illustrates some of the interventions we use and how they can lead to deep-level change. An audience of therapists might find this video especially interesting, as it shows a new therapist working on an impasse to developing her private practice. She describes how she feels utterly stuck, frustrated, and unable to move forward. By the end of the video, she has explored unresolved family of origin issues that are helping to keep her stuck, tried out some experiments that help her move forward, and emerged with a different sense of openness to life's possibilities. This includes the possibility of developing a thriving practice—which she proceeded to do. We will discuss the video, point out the experiential interventions (verbal as well as nonverbal) that help facilitate change, and then have you try them out by introducing some experiential exercises. We think they can help to make therapy, for you as well as your clients, more play than work.

#### **About The Workshop Leaders:**



**Dr. Betty Cannon** is the founder of Applied Existential Psychotherapy (AEP) and president of the Boulder Psychotherapy Institute (BPI), which trains mental health professionals in this approach. AEP interlaces insights distilled from existential philosophy and psychoanalysis with action interventions inspired by Gestalt therapy and other experiential approaches. Betty is an internationally known author, speaker, and workshop presenter. Her book, *Sartre and Psychoanalysis*, is considered a classic in existential psychology. A long-time member of CAP's Advisory Board, she is an emerita professor of humanities and social sciences at the Colorado School of Mines, a senior adjunct professor at Naropa

University, and a member of the editorial boards of three international journals: *Sartre Studies International*, *Existential Analysis*, and *Review of Existential Psychology and Psychiatry*. She is the literary executor for Sartre scholar and translator, Hazel E. Barnes, who was instrumental in bringing existentialism to the English-speaking world.



**Robyn Chauvin, LPC**, is a faculty member in the Transpersonal Counseling Psychology Master's Program at Naropa University. She is a certified Gestalt therapist, AEP therapist, and music therapist. She is a senior trainer at the Boulder Psychotherapy Institute, where she also conducts practice, process, and supervision groups. In October 2018, she will be offering the second module of our AEP Level I Training, AEP Group Training. She is an excellent teacher and consistently receives

rave reviews from students. There are still some spots open in her upcoming training.

Learn more at [www.boulderpsych.com](http://www.boulderpsych.com) or <http://www.robynchauvin.com>.

## **Hypnotherapy: Empowering Clients to Become Their Own Healers**

**Carol Ann Watson, EdD, Licensed Psychologist, Founder of America's Academy of Coaching, Counseling, and Hypnotherapy**

**Assisted by Jason Roe, CCHt., CLC, Instructor, Registered Psychotherapist**

### **About the Workshop:**

Empowering the client to become their own healers is accomplished through the timeless approach of Hypnotherapy. Unlike traditional therapy the clinician teaches the client how to use their own innate and powerful abilities to empower the client to affect their own change. Behavior and habits that are negative dissipate and positive attributes are expanded. As the client enriches their own lives psychically their mind and body is transformed and becomes a vessel of empowered energy and positive change. Dr. Watson uses scientific based methodology and theories encapsulated into her own unique Cognitive Behavioral Hypnotherapeutic approach to produce exceptional results in very few sessions as compared to years of traditional therapy.

### **About The Workshop Leaders:**



**Dr. Carol Ann Watson** is the founder and president of America's Academy of Coaching, Counseling, and Hypnotherapy in Greenwood Village, CO. Dr. Watson founded the Academy to fulfill her dream of being able to take her over thirty years of experience, as a clinical hypnotherapist, an educator, and licensed psychologist, and pass it on to a new generation of healers. She founded and is Executive Director of the Watson Learning and Wellness Center which is dedicated to giving education, healing, and support to mental health professionals and the lay community. She is Vice-Chair for the Domestic Violence Task Force in Arapahoe

County and active on the CAP advisory council. A specialist on suicide, she is a national keynote speaker having presented to law enforcement, first responders, educators, medical and mental health professionals. America's Academy is approved by the State of Colorado Higher Education Division.

**Jason Roe, CCHt., CLC**, is a Board Member and Instructor at the America's Academy of Coaching, Counseling, and Hypnotherapy. He is a registered psychotherapist practicing as a Certified Clinical Hypnotherapist.

Learn more at <http://www.americasacademy.net>.

## **Practical Application of Intimate Relationship Skills (PAIRS): Helping Couples Bond & Thrive**

**Robin Temple, MSW, Registered Psychotherapist, PAIRS Master Teacher**

**Michael Moore, PAIRS Master Teacher**

### **About the Workshop:**

In this experiential workshop, Robin and her husband Michael Moore will teach you a selection of practical, effective PAIRS tools to use in your practice with couples. Robin and Michael teach by providing an overview, and modeling the tools using current personal issues that are alive for them. You will then have a chance to practice in dyads, followed by a debrief and group discussion about what you have learned. Whether you already specialize in helping couples, or would like to confidently expand your practice to include couples, you will leave with new tool set to use both at work and at home. If you can bring a partner or close friend with you to the workshop to practice with, please do.

Since 1983, the mission of PAIRS Foundation, a 501(c)(3) nonprofit charity, has been to teach those attitudes, emotional understandings, and behaviors that nurture and sustain healthy relationships and to make this knowledge broadly available on behalf of a safer, saner, more loving world. PAIRS develops and delivers evidence-based, best practices in marriage, family and couples education, conducting research, and training instructors worldwide. As the first comprehensive psycho-educational program in emotional literacy for couples, PAIRS has been a pioneer in giving couples practical, useful answers to the emotional pain and conflict that divide them. PAIRS integrates a wide range of theories and methods from psychology, education

and psychotherapy and presents them in an engaging and experiential educational format. [Research on PAIRS](#) has consistently demonstrated that PAIRS is effective for a wide range of groups under all the circumstances and time frames evaluated.

### **About The Workshop Leaders:**



**Robin Temple, MA, MSW**, and her husband Michael Moore are PAIRS Master Teachers. Robin is additionally a PAIRS Trainer/Mentor and Registered Psychotherapist. They initially brought the PAIRS program to Colorado in 1995. Over the past 28 years they have taught more than 500 couples the tools and skills to enrich, repair and build their love. They have also trained hundreds of mental health professionals—including military chaplains and orthodox rabbis—to deliver these skills to their clients and congregants. This process has immeasurably stretched and grown their own marriage and those of their three adult children.

Robin earned her Master's Degree in Humanistic and Transpersonal Psychology from the University of Redlands, and her Masters in Social Work from DU. She is additionally certified by The Gestalt Institute of Denver, The Family Therapy Training Center of Colorado (now Denver Family Institute), The Relationship Enhancement Program (Bernard Guerney PhD) and Couple Communication Levels I and II (Sherod Miller PhD). She is also trained in Emotionally Focused Couple's Therapy. She is a contributing author to: [Building Intimate Relationships](#) and [Handbook of Couples Therapy](#). She brings all these approaches together in her private counseling with couples. Robin is a founding Board Member of Shining Mountain Waldorf School.

**Michael Moore** is an engineer-turned-consultant and a professional land surveyor. He is a PAIRS Master Teacher and enjoys bringing relationship skills to organizations, including business and non-profit settings. He has trained extensively as an Enneagram Instructor, Matrix Leadership Institute, the Right Use of Power Institute and Landmark Education.

Robin and Michael take great delight in their seven grandchildren and hold a summer camp for them each summer.

Learn more at <https://www.truelove.center/private-counseling-previous>.

### **Psychotherapy East & West**

**Carol O'Dowd, MDiv, MPA, Registered Psychotherapist, Certified AEP Therapist, CAP President and Executive Director**

#### **About the Workshop:**

This workshop is an exploration of psychotherapy as developed in the East and the West. The session will review and compare approaches and views Eastern and Western used in the application of different modalities. The session will include an interactive experience with Japanese modalities of Naikan and/or Morita. Therapists joining this session can take home tools to use in their practice as well as practice techniques for experiencing a fresh start with their practice.

#### **About The Workshop Leader:**



**Carol O'Dowd, MPA, MDiv**, has a record of accomplishment of tapping into community spirit to improve lives, whether as a government administrator, Buddhist priest, CAP Executive Director, or Registered Psychotherapist. In all her work, she has been consistently involved in enhancing cross-cultural awareness. As an ordained Buddhist priest, she organized international conferences and led workshops in the United States, Thailand, and Indonesia. Her certifications in mindfulness and Japanese psychology allow her to share Eastern and Western approaches in her psychotherapy practice. Her current project is writing a memoir

about her journey as a mother and priest who got her son out of an Indonesian prison in 2015. Her experiences have inspired her to start a center to provide support to those with loved ones who are incarcerated or coming out of incarceration.

Learn more at [http://boulderpsych.com/directory/member/Carol\\_O\\_Dowd.1028](http://boulderpsych.com/directory/member/Carol_O_Dowd.1028).

## **When the Pen Can Write What the Lips Can't Say: Finding a Voice through Expressive Writing**

**Kate Thompson, MA, CJT, BACP, Registered Psychotherapist**

### **About the Workshop:**

Sometimes people can write about things before they can speak them (increasingly research shows that writing is a powerful therapeutic tool). Often people do not know what they want to say or even what they know until they write it. Writing allows the self to become visible on the page in new or unexpected ways and begin to give voice to the unsayable. People can begin to face their fears, shame, regret, loss and other painful feelings when they begin to put them into words and create their own written narrative.

*All sorrows can be borne if you put them into a story or tell a story about them. - Karen Blixen*

*Writing in community can deepen this process, when individual writing is followed by reading, sharing, and acceptance by others. Hearing one's own words read aloud and receiving them back is a way of integrating the self. - Progoff 1977.*

In this workshop participants will experience the power of expressive writing and learn different techniques for use with clients and for their own self-supervision.

Participants will:

Experience several writing techniques

Explore how the Feedback Loop offers a profound reflective process

Understand the importance of Structure, Pacing, & Containment when using writing techniques

### **About The Workshop Leader:**



**Kate Thompson, MA, MA, CJT**, is a BACP (British Association of Counselling and Psychotherapy) senior accredited Supervisor & Counsellor who trained in London and at The Center for Journal Therapy, Denver, Colorado. Her first degree was in English Literature at the University of Cambridge, UK after which she taught and lectured for several years before re-training. She is a Registered Psychotherapist in the state of Colorado as well as a journal therapist and writer. She uses an Existential Approach to her work. Kate is a faculty member at The Therapeutic Writing Institute (Denver, US) and The New School of Psychotherapy & Counselling (London, UK). She works face-to-face and online. She grew up in Yorkshire and

now lives in the Rocky Mountains of Boulder, Colorado. Landscape has always been an inspiration for her work, her life, and her writing. Her publications include: *Therapeutic Journal Writing: an introduction for professionals* (Jessica Kingsley Publishers 2010).

Learn more at [katethompsontherapy.com](http://katethompsontherapy.com).

**SATURDAY 3:00 - 4:00 PM**  
**CAP COMMUNITY DIALOGUE**

## **The Future of Psychotherapy in Colorado**

**Bob Dressler, Organizational Consultant, Registered Psychotherapist**

**Carol O'Dowd, MDiv, MPA, RP, CAP President/Executive Director**

### **About the Event:**

Join a dialogue led by Bob Dressler, Organizational Consultant, and Carol O'Dowd, CAP President/Executive Director. This interactive session will include round table discussions of what has been psychotherapy in Colorado followed by a dialogue on the future of psychotherapy in Colorado based on past practices. Explore how the public is and is not aware of the diversity of practices in Colorado. Share suggestions on how to improve access to diverse mental health services. Discuss what you can do to help Registered Psychotherapy in Colorado pass the Sunset Review in 2019-2020.

## About The Discussion Facilitators:



**Carol O'Dowd** is the President and Executive Director of CAP. Prior to becoming a Registered Psychotherapist, she completed a Master's Degree in Public Administration and in government administration. See the bio for her workshop above for more information.



**Bob Dressler** is a Registered Psychotherapist specializing in relationship, couples, and marriage counseling in Louisville, Colorado. Prior to beginning his career as a psychotherapist, he worked for over twenty years in the information technology and business world, including a number of years as an organizational consultant focused on supporting leadership, teamwork and change processes in a variety of large and small companies including Burroughs, NCR, AT&T, and Computer Science Corporation (now DXC Technology).

Learn more at <http://bobdressler.com/> or [http://boulderpsych.com/directory/member/Carol O Dowd.1028](http://boulderpsych.com/directory/member/Carol_O_Dowd.1028).

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**SUNDAY 8:45 - 10:15 AM**  
**MORNING WORKSHOP**

## How to Use the Cap Website to Build Your Practice

**Vicki Ellis, MS, CAP Webmaster, Registered Psychotherapist**

### About the Workshop:

Participate in this fun workshop to learn how to use the CAP website as a powerful marketing tool for your business. All of these are free membership benefits. Vicki enjoys teaching CAP members how to use the **Colorado Therapists Directory** for promoting your business to the public; **Events Across Colorado** (Google) **Calendar** for members to advertise their events, classes or group sessions to the public to see; the members-only **CAP Chat Forum** for members to privately network, post announcements, ask advice, find/post office space, etc.; the public **CAP Networking Meetups** for networking, continuing competency/education, and for opportunities to share your skills and promote your business as a presenter. If you are not already a member, **Join CAP** today to enjoy these membership benefits designed to help you promote your business! If you'd like, bring your device to practice using these website tools during the workshop. Feel free to contact Vicki for help with these membership benefits.

### About The Workshop Leader:



**Vicki Ellis** serves as a board member of Colorado Association of Psychotherapists and is our volunteer Webmaster. She has worked assiduously to transform the website into a tool members can use to promote their practice. Her prior experience as a research biochemist and college educator is an asset for her current work teaching students how to reduce the negative impacts stress can have on all aspects of their life. Read more about Vicki in her [Chronic Pain Control: Uncoupling Traumatic Stress and Chronic Pain Workshop](#) bio below.

## **SUNDAY 12:45 - 2:15 PM**

### **PAT OGDEN'S AFTERNOON WORKSHOP**

(This Follows Lunch and Everyone Attends)

### **The Challenging Client: A Sensorimotor Psychotherapy Approach**

**Pat Ogden, PhD, Founder of Sensorimotor Psychotherapy (SP), Co-Founder of Hakomi Institute**

#### **About the Workshop:**

Traumatic events can become the central defining experiences that form the identities, shape the relationships and largely determine the lives of survivors. Established early on for those with complex trauma, patterns of thinking, feeling, and acting designed to navigate an unsafe, threatening world are solidified with repetitive use, and become harder and harder to modify as time goes on. Often described as “intractable,” “resistant,” “hard-to-treat,” “stuck,” and even “impossible,” these survivors feel powerless, often become victims again and again, tend to blame themselves or what happened to them for their misery, and sink further into hopeless despair when therapy fails to help. Trauma-related patterns are held in place by automatic, non-conscious physical and physiological habits. Working directly with the body can loosen their grip. A major advantage of a body-oriented approach, in addition to bypassing explanations and rationalizations, lies in the fact that physiological movement and postural patterns are tangible and can be distinctly revised in clinical practice.

This workshop will focus on practical, easy to implement somatic interventions designed to catalyze change in “resistant” and otherwise “difficult” clients with chronic entrenched patterns, including those with dissociative disorders, addictions, repeated hospitalizations, and prolonged grief and shame. Participants will learn how to interrupt the client’s narrative to target the body in a way that initiates new competencies and ways of being in the world. They will also learn techniques that operationalize the foundational spiritual and philosophical principles that underlie Sensorimotor Psychotherapy, such as non-violence, organicity, unity, mind-body-spirit holism, presence and mindfulness. Both interventions and the practical application of the principles will be illustrated through both video excerpts of consultation sessions with chronically traumatized clients and experiential exercises. Participants will walk away with a new perspective on how simple techniques that target the body, implemented in an empowering and mindful atmosphere, can throw open the door to change even for the most entrenched clients.

#### **About The Workshop Leader:**



**Dr. Pat Ogden** is a pioneer in somatic psychology and the Founder of Sensorimotor Psychotherapy (SP). She is the Director of Sensorimotor Psychotherapy Institute (SPI), an internationally recognized school specializing in somatic–cognitive approaches for the treatment of post-traumatic stress disorder and attachment disturbances. SPI trainers conduct Sensorimotor Psychotherapy trainings of over 400 hours for mental health professionals throughout the US, Canada, Europe, and Australia. Dr. Ogden is co-founder of the Hakomi Institute, past faculty of Naropa University (1985-2005), a clinician, consultant, and sought after international lecturer. She is the first author of two

groundbreaking books: *Trauma and the Body: A Sensorimotor Approach to Psychotherapy* (2006) and *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment* (2015) both published in the Interpersonal Neurobiology Series of W. W. Norton. Her current interests include writing and developing trainings in Sensorimotor Psychotherapy for children, adolescents and families; Embedded Relational Mindfulness; culture and diversity; couple therapy; challenging clients; and the relational nature of shame.

Learn more at [www.sensorimotorpsychotherapy.org/home/index.html](http://www.sensorimotorpsychotherapy.org/home/index.html).

## **2:30-4:00: SUNDAY AFTERNOON WORKSHOPS – Diverse Therapies for Trauma Resolution**

(Select One of the Following)

### **Treating Complex PTSD with EMDR: A Resilience Informed Therapy Approach**

**Arielle Schwartz, PhD, LPC, Licensed Psychologist, and EMDR Trainer**

#### **About the Workshop:**

Complex PTSD occurs as a result of long-term exposure to traumatic stress rather than in response to a single incident and typically arises as a result of repeated traumatic events that occur during childhood. Growing up afraid has ramifications on cognitive, emotional, and physical development that persist into adulthood until one has sufficient support to heal. This is not a character weakness; it is a learned stress disorder. You can help your clients reclaim their lives from the costs of childhood trauma by deepening self-acceptance and reducing the shame that often accompanies developmental wounds. In this presentation you will develop a greater understanding of Complex PTSD and discover ways to mitigate its effects through Resilience Informed Therapy, which applies research on trauma recovery to form a strength-based, trauma treatment model that includes EMDR Therapy, Somatic Psychology, and time-tested relational psychotherapy. We will explore the existential issues that can arise for clinicians when working with dissociative clients.

#### **About The Workshop Leader:**



**Dr. Arielle Schwartz** is a licensed clinical psychologist, author, and EMDR Therapy consultant with a private practice in Boulder, Colorado. She earned her Masters Degree in Somatic Psychology through Naropa University and her doctorate in Clinical Psychology at Fielding Graduate University. She is a core teacher with The Maiberger Institute offering therapist trainings in EMDR Therapy and Somatic psychology. She offers informational mental health and wellness updates through her heartfelt presentations, social media presence, and blog. She is the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole*. Her upcoming book, *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment*, co-authored with Barbara Maiberger, will soon be published by Norton.

Learn more at <http://drarielleschwartz.com/>.

### **Resolving Transgenerational Trauma with Systemic Constellation Work (SCW)**

**Karin Dremel, MTS, HP, Registered Psychotherapist, Trauma Educator, International Systemic Constellation Facilitator**

#### **About the Workshop:**

Systemic Constellation Work is a group-based educational (albeit always healing) method. All manners of roadblocks, painful experiences and 'stuck' places can be offered as a base of inquiry of entanglement with ancestral and historical trauma in the family system and/or community several generations back. The workshop will begin with an introduction to the work as practiced at *Ancestor-Matters*, Boulder (20 Minutes). It will be followed by interactive experiences (15 minutes), a Family Constellation (50 Minutes), and a closing circle (5 minutes).

This workshop will provide an introduction to Ancestral Trauma Cause Theory, explain the potential of SCW as a tool for trauma resolution, offer embodied experience of presentational perception, invite one participant to be a client and receive the group's support in working with ancestral entanglement regarding their issue share, and offer time for questions and brief group process at closing.

## **About The Workshop Leader:**



**Karin Dremel**, MTS, HP, holds a Bachelor in Social Sciences and Human Services from MS Denver, and a Masters in Theological Studies from Iliff School of Theology, Denver. As a bilingual Registered Psychotherapist in CO, a German Naturopath, a perambulating Trauma Educator, and an international Systems and Family Constellation Facilitator, she has gathered more than 25 years of experience in trauma resolution and trauma education. She founded the *Center for Intercultural and Transgenerational Healing (CITH)* in 2014. Karin specializes in the resolution of intractable personal and relational conflict, applies multimodal tools, and observes an emphasis on collaborative engagement with clients and students. Mending biographical attachment rupture and establishing life giving ancestral belonging are at the core of her approach to human trauma. Her group work focuses on *Systemic Constellation Work* as an educational tool to foster relational fluency and human systems literacy for all participants through addressing and processing biographical, ancestral and historical trauma. She works in person with clients in Boulder and the greater Denver area, while traveling nationally and internationally, and is also available for sessions online.

Learn more at [www.ancestor-matters.com](http://www.ancestor-matters.com).

## **Expressive Arts Therapies for Working with Trauma**

**Dr. Evelyn Leslie, RPT-S, CAC III**

### **About the Workshop:**

Play therapy and other Expressive Arts Therapies, like Art Therapy and Sandplay Therapy, are clinician approaches that are shortcuts to the unconscious that help clients integrate the right brain and left brain. Dr. Evelyn Leslie's presentation will include exercises and explanations about using this creative psychotherapy to assess and treat issues like PTSD. Play Therapy is appropriate for clients throughout the lifespan and can be used as the primary approach to counseling and an adjunct to narrative psychotherapy.

### **About The Workshop Leader:**



**Dr. Evelyn Leslie** is a Master Addiction Counselor with NAADAC, Registered Play Therapist Supervisor (RPT-S) with the APT, and an AAMFT Approved Supervisor. She is a faculty member and supervisor at the Colorado School for Family Therapy.

Learn more at <http://www.familyplaytherapy.net/about.html>.

## **Chronic Pain Control – Uncoupling Traumatic Stress and Chronic Pain**

**Vicki Ellis, MS, MLC, RP, Chronic Pain Specialist**

### **About the Workshop:**

Current research confirms that symptoms for chronic pain (CP) and for posttraumatic stress disorder (PTSD) are worsened when these conditions occur together. PTSD alters pain perception by increasing hypersensitivity. Comorbidity significantly raises the intensity of pain and emotional distress, along with exacerbating disability. Both conditions result from changes within many of the same regions of the brain, share common neural pathways, and lack the same set of neurobiological mediators and modulators that would have normally lowered perceptions of stress and pain. These neurological findings help explain and validate the intensifying synergy between PTSD and CP when they are experienced together.

The bright side is lessening either pain or stress alone will disrupt the synergy between the two. Lessening the intensity of one automatically lessens the intensity of the other, due to the lack of synergy. Understanding these multifaceted, interconnected neural processes leads to innovation for more biopsychosocial treatments to help manage CP and PTSD. Research confirms how and why top-down mindfulness techniques and specific bottom-up techniques work to significantly reduce pain and even stop it. Relatively simple techniques help to quickly relieve CP symptoms, reduce the CP/PTSD synergistic effects, and because so much of the neurocircuitry is shared, also reduce PTSD symptoms. Workshop attendees will gain a better understanding about why PTSD and CP comorbidity amplifies symptoms for both, and learn CP management techniques to teach clients how to simultaneously reduce their chronic pain and anxiety.

## About The Workshop Leader:



**Vicki Ellis, MS, MLC, RP** founded Creating Balance Institute where education is therapeutic. Students learn how to intrinsically reduce long-term stress to create balance and positively impact nearly every aspect of their lives. Creating Balance is Intrinsic for all once we understand and learn these CB Intrinsic® (CBi) principles and techniques for reducing both emotional and physical suffering.

Vicki's courses include science-based Emotion Management/Conflict Resolution (EMCR) for managing stress and unruly emotions, responding rather than reacting, developing healthy relationships, welcoming conflict, and enjoying the peace of mind that success and growth from challenge brings; Overcoming Anxiety for healing emotionally, physically, spiritually from past trauma, including PTSD; and CB Intrinsic® Chronic Pain Control for controlling chronic physical pain to the point of stopping it, including the possibility of regaining muscle function, depending on the condition. Vicki earned her Biomedical Science Master's Degree from Colorado State University studying Neurobiology (2001), is a teacher, speaker, author, certified master life coach, Colorado registered psychotherapist, volunteers as a mediator for Larimer County courts, provides EMCR and Anger Management classes for court-mandated cases, serves on the Board of the Colorado Association of Psychotherapists and is the CAP Webmaster. Her book *Chronic Pain Control: Altering Reality* is based on current Neuroscience research and is due to come out in 2018. A series of books based on her CBi 20-hour EMCR Course will follow. Learn more at <https://cbintrinsic.com/> and <http://chronicpaincontrol.org>



## Conference Registration

(Includes Meals)

**General Public \$320**      **Wise Owl \$290** (through 9/05/18)

### JOIN CAP FIRST AND SAVE

**CAP Members \$200**      **Wise Owl \$180** (through 9/05/18)

**Students & New Therapists (2 years or less) - \$150**

**Register in advance at [www.ColoradoPsychotherapists.com](http://www.ColoradoPsychotherapists.com)  
Pay Online with Credit Card or Send Check to:**

**Colorado Association of Psychotherapists  
PO Box 1914  
Arvada, CO 80001**

***\$25 Late Registration Fee Added At The Door  
Saturday 7:45am - 8:00am***

**Colorado Continuing Competency Credit Available - Certificates Provided**

**The Summit Event Center  
411 Sable Blvd.  
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(303) 343-3833**

