

Trauma Therapy for Challenging Teens and their Caregivers

Healing Attachment Wounds and Managing Dissociative Symptoms

This training is for EMDR, Progressive Counting, TF-CBT and Accelerated Resolution Therapists.

LIVE Online and Interactive Training via Zoom
Annie Monaco, LCSW, RPT-S and Nicole Wolasz, LCSW-R

Dates: April 28th & 29th, 2025. 9:45am-3:00pm EST
April 30th, 2025. 9:45am-3:30pm EST

Cost: \$300

13 CE's

This training will be recorded for credit! - 45 day recording
Recording will be available 5 days after the training has ended.
Please note that you will need to take a 78 question quiz in order to get certificate and CE's.

Who Should Attend: This is for Beginner/Intermediate/Advanced clinicians. Psychologists, Social Workers, Licensed Mental Health Therapists, and Child Therapists. It is required that therapists have completed the EMDR basic training or Progressive Counting training.

[Register online here](#): Email any questions to nicolewolasz@gmail.com. Please include "EMDR and Teens" in the subject line of the email.



Do your teen clients experience the following behaviors?

- Failing school and/or refusing to attend
- Exhibit severe behaviors: including stealing, lying, arguing, destruction of property and defiance
- Aggressive behaviors, violent outbursts, sexualized behaviors
- Legal issues and involved with systems of probation, courts and in home services
- Present as different people: nice and sweet, and then enraged
- May have multiple diagnoses: this is including (but not limited to) Oppositional Defiant Disorder, Disruptive Behavior Disorder, ADHD, and/or Conduct Disorder

Teen clients who exhibit concerning problem behaviors are often challenging to therapists to not only engage in treatment but provide effective EMDR therapy. This workshop will address how to treat teens and their caregivers who have family relationship issues, attachment wounds and are using dissociation strategies. Participants will be learning and practicing innovative ways to use all the phases of EMDR to engage the client, manage the dissociation symptoms and heal the client's early attachment wounds.

Trauma Therapy for Challenging Teens and their Caregivers

This workshop will be held live online via Zoom with opportunity for live Q&A and active, small group participation. Post-test required for CE credit.

Key Features of this Workshop:

- Review how to effectively reframe the negative behaviors of all family members.
- Practice gathering an in-depth attachment history.
- Review motivational intervention called Future Self.
- Explain and practice over 20 soothing and grounding strategies.
- Review and understand dissociation strategies and how to learn and work with parts of self.
- Detailed transcripts of using all phases of EMDR with instructor's teenage clients.

Learning Objectives:

- Identify why traumatized teens may appear stuck or unable to move forward, and how this manifests itself in clients in school, home, and legal systems.
- Distinguish "Meaning of Behaviors" of participant's own client by utilizing a EMDR Teen consultation form.
- Explain to caregivers about family dynamics, attachment wounds, and dissociative strategies to improve relational dynamics with teenagers.
- Describe evidence-based family therapy strategies which include recognizing "distancing"/ "contacting" parents and compose reframes negative behaviors of all family members.
- Identify early attachment trauma symptoms and behaviors and understand how this leads to dissociative symptoms in teenagers.
- Recognize an in-depth attachment history of caregivers and teens to assess attachment wounds and disruptions.
- 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.
- Recognize dissociation theory and a screening script to educate parents about problematic behaviors through the lens of dissociation.
- Describe "Come Together Script" to identify self-states and treat parts of self in dissociative teenagers.
- Recognize the EMDR protocol with titration techniques to effectively treat traumatic experiences.
- Examine step by step procedures in all the phases of EMDR through case transcripts.

Program Instructors



Annie Monaco, LCSW-R, RPT-S is a New York State Licensed Clinical Social Worker, Registered Play Therapist Supervisor and a faculty member of the Child Trauma Institute. Annie travels throughout the US and internationally, providing a multitude of trauma-informed trainings and agency and therapist consultation. Annie is an EMDRIA approved trainer of EMDR and Progressive Counting. She also provides specialty trainings on attachment, dissociation, and EMDR with children and teens. Annie was a Director of Restorative Justice programs at a non-profit agency where she oversaw juvenile and adult offender programs for over 10 years. Ms. Monaco has extensive experience and training in teens, family therapy and working with the juvenile justice population. Presently her private practice includes a multitude of behaviors and issues including foster care, out of country adoptions, juvenile justice and dissociation. Annie is the co-editor and contributor of chapters for *EMDR with Children in the Play Therapy Room, An Integrated Approach (2020)* and contributing chapter (Future Self) for *EMDR and Creative Arts Therapies (2022)*.

Email : anniemonaco@icloud.com

Website : www.anniemonaco.com, www.playfulemdr.com



Nicole E. Wolasz, LCSW-R is a Licensed Clinical Social Work 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. Nicole was a Director of Restorative Justice programs for teen offenders and their families at a non-profit agency. Nicole provides training and consultation to therapists and agencies throughout WNY on Trauma-Informed Care and how to implement it into daily practice. Additionally, Nicole is an Approved EMDR Consultant Trainer.

Email: nicolewolasz@gmail.com

Website: www.nicolewolasztherapy.com

Cancellation

No refunds after the starts of the program. There will be a \$75 fee for those canceling 7 days or fewer day prior to the start of the workshop.

Format

This workshop will be held live online via Zoom with opportunity for live Q&A and active, small group participation. It will be limited to 65 participants and it will not be available as a recording. Handouts and Webinar link will be sent prior to training. Post-test required for CE credit.

Daily Schedule - All times Eastern Standard Time

Lecture: 9:45am to 11:30am

Break: 11:30am - 11:45am

Lecture: 11:45am - 1:30pm

Lunch: 1:30pm - 2:00pm

Lecture: 2:00pm - 3:00pm (April 30 is until 3:30pm)

ADA Accommodations

If you require any support for your ADA needs, please contact nicolewolasz@gmail.com at least 3 weeks prior to the event. Please write "EMDR for Teens" in the subject line of the email.

Grievances

We are happy to respond to any concerns or questions you may have. All grievances written to nicolewolasz@gmail.com will be replied to within 5 - 10 business days. Please write "EMDR for Teens" in the subject line of the email.

There is no known commercial support for this program

There are no known conflicts of interests for this workshop

Continuing Education Hours - CE-Classes.com is approved for 13 CEs by:

- CE-Classes.com is the provider of (CEs)
 - The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
 - The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
 - California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025
 - The California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
 - The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP- Expires 3/31/2027.
 - The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
 - Florida Certification Board
 - Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2025
 - Massachusetts Authorization Number: (TBD)
 - New York Mental Health Practitioners Board CE-Classes.com, Inc. 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. #MHC-0260.
 - New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
 - New York Social Work Board - CE-Classes.com 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 #SW-0120.
 - Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
 - Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)
 - South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
 - The Texas Board of Social Work Examiners - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
 - The Texas Board of Professional Counselors - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
 - The Texas Board of Marriage & Family Therapists - CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
 - This course is NOT available for NBCC credit
 - This training does not offer ASWB ACE credit to social workers. Annie Monaco is an EC Provider (#18007) and this program (#18007-92) is approved for 13 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.
 - EMDRIA Credit Approval Number: #18007-109
- Certificates are awarded online after completion of the workshop. Participants will print their own certificate after registering at CE-Classes.com, entering a code, and completing an evaluation form. ATTENDEES who do not attend the full training online and watch the recording you will have to complete a post test. The link will be sent after the completion of the training. Licensed Professionals should contact their regulatory board to determine course approval.