



Sarah Bridge, LCSW

The advanced PIT training teaches participants to facilitate experiential trauma work, including both Inner Child and Feeling Reduction trauma work. The Inner Child work focuses on educating participants to teach their clients how to re-parent the wounded parts of self through nurturing, affirming, and limit setting. The Feeling Reduction work teaches participants to assist clients in detoxing negative childhood emotions and in releasing negative introjects from childhood relational trauma. Both areas of work assist the client in learning to love the self, as well as reducing the overall emotional reactivity in the present, allowing for enhanced relationships with others.

Facilitator: Sarah Bridge, in addition to her private practice in Scottsdale, Arizona, during the past 10 years has lectured and co-facilitated over 100 PIT trainings with Pia Mellody for mental health professionals sponsored by The Meadows. Presently, she continues to work with Pia Mellody teaching and training staff at The Meadows Treatment Center. Sarah holds a Bachelor's Degree in Psychology from UCLA and a Master's Degree in Clinical Social Work from USC. She has over 30 years of experience working in the mental health field with trauma survivors. In the past, she has worked in both outpatient and inpatient hospital settings including UCLA and John's Hopkins Hospital, as well as in outpatient community mental health clinics in Ithaca, NY and Phoenix, AZ. Additionally, Sarah provides case consultation to other clinicians nationwide and internationally and has conducted the PIT trainings in Europe as well.



Deirdre Stewart,
LPC, SEP, BCN

Co-facilitator: Deirdre Stewart is the Director of Trauma Resolution Services for Meadows Behavioral Healthcare. She holds a Bachelor of Communication from Pepperdine University, in Malibu, CA and received a Master's in Counseling from The University of New England in New South Wales. Stewart completed internships at South Pacific Private in Sydney, Australia; Silver Hill Hospital in New Canaan, CT; and Family Behavioral Health IOP in Boca Raton, FL. She is a licensed professional in the state of Arizona and is trained in both EMDR and SE. Deirdre's training also includes Pia Mellody's Post Induction Therapy and Inner Child and Feeling Reduction intensives. Before relocating back to the United States in 2008, Stewart was in private practice at Hong Kong Psychological Services in Hong Kong.

2018 DATES

February 19-23 | April 9-13 | October 15-19

LOCATION

Rio Retreat Center At The Meadows
1245 Jack Burden Rd., Wickenburg, AZ 85390

LEARNING OBJECTIVES

After this training, participants will be able to:

1. Assist clients in comparing one's own "shame" and "carried shame" from the trauma of scapegoating and neglect/abandonment.
2. Describe the importance of not going one-up (better than) on a client in order to clearly do the work.
3. Use "Shame Reduction Work" with their clients in order to assist them in releasing the sense of worthlessness they took on from caregivers who were projecting their own sense of worthlessness onto them.
4. Demonstrate to clients how to embrace a more functional relationship with self by teaching them how to re-parent their own wounding from relational trauma in childhood.
5. Discuss the importance of teaching the client how to esteem the self by moving into a more functional relationship with themselves and embracing self-esteem.
6. Apply learned methods practiced in dyad with a partner in clinical settings post-training.

ACADEMIC REQUIREMENTS

Qualifications include a master's or doctorate in a helping or educational profession, certification/state licenses, ordained clergy status and present employment in counseling services. Post Induction Therapy (PIT) Training is a prerequisite to the advanced Inner Child & Feeling Reduction Training.

TRAINING COST

\$1,500 per person includes the five-day intensive training, training materials, and 33 continuing education credits. Confirmation letter will be emailed.

REGISTRATION

Please contact Deb Stone at 928-684-4088 to register.

DAILY SCHEDULE

Registration 8:00 – 8:30 a.m. Lunch 12:00 – 1:00 p.m.
Training 8:30 a.m. – 12:00 p.m. Training 1:00 – 4:30 p.m.

33 CE CREDITS AVAILABLE PER TRAINING

The Meadows provides 33 continuing education credits from the following agencies:

- This course has been approved by The Meadows, as a NAADAC Approved Education Provider for 33 CE. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.
- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for 33.0 hours of continuing education credit hours for psychologists.
- The Meadows is an NBCCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider#5687.

PLEASE NOTE

- **Cancellation policy:** For a full refund (less cost of homework materials sent), a written cancellation notice must be received 60 days prior to the training. Cancellations received less than 60 days prior will be refunded less cost of training materials and a \$500 cancellation fee. No refunds will be given on or after the workshop date.
- **Special Assistance:** The Meadows is committed to providing all attendees equal access to this event; call two weeks prior to event for ADA needs.
- **Continuing Education Credits:** In order to obtain a certificate of completion, you must attend the training in its entirety. No partial credit will be given. No exceptions. Please note that it is your responsibility to contact your licensing/certification boards to determine eligibility to meet your continuing education requirements.