

ATTACHMENT AND EMOTIONAL REGULATION

Please select a date and location: FT. WAYNE - May 24 TOLEDO - May 25 DETROIT - May 26
 GRAND RAPIDS - May 31 LANSING - June 1 STERLING HEIGHTS - June 2

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*Registrations received 10 days prior to seminar date.
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Attachment and Emotional Regulation

Brain-Based Interventions across the Lifespan

- ◆ Understand how attachment develops the brain's capacity to regulate affect
- ◆ Discover the crucial role the family and school play in the development of emotional regulation
- ◆ Learn how relationships and social interactions heal affect dysregulation
- ◆ Repair the wounded client through treatment of mental disorders

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Ft. Wayne, IN - May 24
Toledo, OH - May 25
Detroit, MI - May 26
Grand Rapids, MI - May 31
Lansing, MI - June 1
Sterling Heights, MI - June 2

Continuing education available for Social Workers, Counselors, Marriage and Family Therapists, Case Managers, Alcohol and Drug Abuse Counselors, Nurses and Psychologists.

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Affect Regulation and the Developing Brain

Mental health professionals, educators and parents are often confronted with children, adolescents and adults who either show no affect or inappropriate affect in social situations. A good body of research, starting with the work of John Bowlby and Mary Ainsworth, now suggests that the capacity of affect regulation is developed very early in life. An infant's ability to handle stressful changes in the external environment is developed by being exposed to regulation of the infant's shifting arousal levels. When this does not happen, attachment is insecure and an unstable self-system develops with poor capacity to regulate affect.

This seminar will address crucial issues relating to the neurobiological and cognitive bases of emotional regulation; how regulatory strategies are developed and used across the lifespan; social-psychological approaches; individual dissimilarities in emotion regulation tendencies; and implications for psychopathology, health and clinical interventions. Various ways to modify damaged affect regulation will be examined. Seminar participants will recognize the importance in looking at how family functioning can protect or insulate youths who are insecurely attached. Social interventions in culturally different families and the role of religion as a stable force in affect regulation will be addressed. Gain insight into clinical interventions in different mental disorders such as externalizing disorders, anxiety and mood disorders, addictive disorders and PTSD. Attendees will leave the seminar with a clear picture of two rapidly growing fields of research: attachment and emotional regulation.

Course Director



MARK L. BEISCHEL, Ed.D., is a Professor of Psychology in the Schools of Education and Professional Studies at Peru State College, teaching both graduate and undergraduate courses. He has 40 years of teaching experience at the high school and college level. Dr. Beischel holds a doctorate in educational psychology and an internship in clinical and applied developmental psychology. For 25 years, Dr. Beischel worked in the Nebraska State Penitentiary, psychiatric hospitals and private practice, working with both children and adults. Dr. Beischel is a member of the American Psychological Association and has been licensed as a psychologist in the states of Indiana or Nebraska for over 25 years. He has made presentations at numerous national and international conferences. He has also published articles in the *Journal of Counseling and Development*, the *American Personnel and Guidance Journal* and *Teaching of Psychology*. Dr. Beischel is a skilled and knowledgeable instructor with a thorough understanding of attachment issues and emotional control derived from his unique experiences as an educator, therapist and adoptive parent.

Dr. Beischel brought a personal, warm approach and had relevant stories. He was very informative as well as interesting.

LeAnn Weed, Psychologist
Fayette Co. Board of Education
Fayetteville, GA



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Who Should Attend

- ◆ Psychologists
- ◆ Professional Counselors
- ◆ Marriage and Family Therapists
- ◆ Social Workers
- ◆ Psychiatrists
- ◆ Case Managers
- ◆ School Guidance Counselors
- ◆ Alcoholism and Drug Abuse Counselors
- ◆ Criminal Justice Personnel
- ◆ Nurses
- ◆ Physicians
- ◆ Educators
- ◆ Parents

What You Will Learn

Upon completion of this seminar, you will be able to:

- ◆ Identify how insecurely attached children have impaired brain development leading to affect dysregulation
- ◆ Discover how attachment insecurity leads to problems of prediction, affect regulation and conflict monitoring
- ◆ Explore how parenting and socialization in the family is either protective or debilitating
- ◆ Recognize that there are temperament and biological differences in the risk for insecure attachment and emotional control
- ◆ Utilize social interventions that are more positive than negative in building the capacity for trust
- ◆ Apply specific interventions that can be used to promote emotional control throughout the lifespan

Dates & Locations

FT. WAYNE - May 24, 2011

Grand Wayne Convention Center
120 W. Jefferson Blvd., Ft. Wayne, IN 46802 260-426-4100

TOLEDO - May 25, 2011

Dana Conference Center
3110 Glendale Ave., Toledo, OH 43614 419-383-4090

DETROIT - May 26, 2011

Hilton Garden Inn Detroit Metro Airport
31800 Smith Rd., Romulus, MI 48174 734-727-6000

GRAND RAPIDS - May 31, 2011

Crowne Plaza Grand Rapids
5700 28th St. S.E., Grand Rapids, MI 49546 616-957-1770

LANSING - June 1, 2011

Marriott University Place
300 Mac Ave., East Lansing, MI 48823 517-337-4440

STERLING HEIGHTS - June 2, 2011

Somerset Inn
2601 W. Big Beaver Rd., Troy, MI 48084 248-643-7800

Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

COURSE CONTENT

INTRODUCTION: ATTACHMENT RESEARCH AND AFFECT REGULATION

- ◆ Work of John Bowlby and Mary Ainsworth: attachment organization across the lifespan
- ◆ Allan Schore's affect regulation and the orbital-frontal cortex
- ◆ Louis Cozolino's work on attachment and the social brain

NEUROPSYCHOLOGICAL BASES OF EMOTIONAL REGULATION

- ◆ Prefrontal—amygdala interaction
- ◆ Neural basis
- ◆ Neural architecture
- ◆ Genetics

COGNITIVE VIEWS

- ◆ Prefrontal cortex and the executive functions
- ◆ Explanatory style and emotional regulation
- ◆ Affect regulation and forecasting

PARENTING AND FAMILY FUNCTIONING

- ◆ Parenting influences in early development
- ◆ Attachment and the evolution of families
- ◆ Socialization and emotional regulation in the family
- ◆ Nancy Eisenberg's effortful control
- ◆ Emotional regulation and the aging brain

INDIVIDUAL DIFFERENCES

- ◆ Temperament
- ◆ Individual differences and emotional control
- ◆ Intelligent emotional regulation
- ◆ Emotions and self-regulation

SOCIAL INTERVENTIONS

- ◆ Proximity and touch in infant and early childhood treatment
- ◆ Non-conscious regulation
- ◆ Adult attachment strategies
- ◆ Interpersonal regulation
- ◆ Emotional regulation and the role of religion

CLINICAL INTERVENTIONS

- ◆ PTSD and emotional regulation
- ◆ Allan Schore's application of self-psychology in repairing affect regulation
- ◆ Emotional regulation in externalizing disorders in children and adolescents
 - ADHD
 - ODD
 - Conduct Disorder (CD)
- ◆ Chemical dependency and affect regulation
- ◆ Marsha Linehan's dialectical behavior therapy and emotional regulation

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

Disclaimer: Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be represented electronically and a processing fee will be charged as allowed by law.

Our Guarantee

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Self Study/Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure, or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Products in stock will typically ship within 5-7 business days. Call for availability.

Self study packages with CE credit approval allow for the opportunity to earn CE credits at your convenience. Self study packages include the audio/course manual, self study test and complete instructions. Please call or visit our website for more information.

Continuing Education Credit

Social Workers: Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (approved through 1-27-12). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at www.aswb.org for more information.



Counselors and Marriage and Family Therapists: Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program. Cross Country Education is approved through the State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board (provider #RCT091001). This program is offered for six (6) clock hours of continuing education for counselors and marriage family therapists. Licensed counselors and marriage and family therapists in other states should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal.



Case Managers: CCMC Approved Activity
The course listed above was completed on May 24, 25, 26, 31, June 1 or 2, 2011 and is approved for 6 CEUs. Sponsor code: 00059481 Approval number: CM7965-A200. To claim these CEUs, log into your CE Center account at www.ccmcertification.org.

Psychologists: Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

Alcoholism and Drug Abuse Counselors: Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours. Cross Country Education is an Approved Provider by the Michigan Certification Board for Addiction Professionals (MCBAP). This program is approved for 6 Related contact hours.



Nurses:
Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.



Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 6.0 contact hours.

Educators: This course may qualify toward your professional development requirement. The program consists of 6 clock hours. Use this information and your board rules and regulations to calculate professional development/continuing education credit.

Other professions: This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

All professionals: In order to process continuing education, please bring the appropriate license/certification number to the seminar.

Amended certificates: Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

ADA: If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date so that arrangements can be made.

Dr. Mark Beischel calmly and accurately goes immediately to the heart of psychological and behavioral problems. His interpersonal and teaching skills are as strong as his clinical skills and knowledge.

Cyril Leise, PhD, Licensed Clinical Psychologist
Director, MSHS, Bellevue University

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