



# 2020 Advanced PIT Training

## [Inner Child & Feeling Reduction Training]

The advanced Post-Induction Therapy (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 Melody for mental health professionals sponsored by The Meadows. Presently, she continues to work with Pia Melody 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.



Sarah Bridge, LCSW

**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 Melody'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.



Deirdre Stewart, LPC,  
SEP, BCN

### 2020 DATES

April 6-10 | July 13-17 | November 2-6

### LOCATION

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

### LEARNING OBJECTIVES

After this training, attendees will be able to:

- Define different types of childhood relational trauma, including differentiating between relational trauma that is falsely empowering versus disempowering.
- Discuss assessment issues for identifying the appropriateness and therapeutic timing of experiential trauma work with clients.
- Discuss the purpose of both Inner Child and Feeling Reduction experiential trauma work and identify the treatment goals for both.
- Assess clients for developmental relational trauma and indicate on a timeline developmentally when significant trauma occurred.
- Identify and explain the three adaptive family roles assigned to children in immature family systems.
- Discuss how these adaptive roles can manifest in adulthood in terms of the PIT five core symptoms of developmental immaturity.
- Demonstrate to and coach clients on how to embrace a more functional relationship with self by teaching them how to "reparent" their own wounding from relational trauma in childhood and connect with their inherent worth.
- Use Inner Child experiential treatment methods taught and practiced in a dyad with a partner in order to apply these methods in clinical settings with clients post-training.
- Explain the difference between one's own shame and "carried shame" from the relational trauma of scapegoating and abandonment and/or neglect.
- Use Feeling Reduction experiential treatment methods taught and practiced in a dyad with a partner in order to apply these methods in clinical settings with clients post-training.
- Specifically demonstrate "Shame Reduction Work" with clients to assist clients in releasing the sense of worthlessness taken on from caregivers who projected their own sense of worthlessness onto them.
- Identify and explain "Functional Adult" skills and learn how to support clients in enhancing these skills throughout the course of treatment.

### 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.  
(morning and afternoon training sessions each offer one 15-minute break)

### 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

\$2,000/person includes the five-day intensive training, training materials, and 32.5 continuing education credits. Confirmation letter will be emailed.

### REGISTRATION

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

### 32.5 CE CREDITS AVAILABLE PER TRAINING

The Meadows provides 32.5 continuing education credits from the following agencies:

- This course has been approved by The Meadows, as a NAADAC Approved Education Provider for 32.5 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 32.5 hours of continuing education credit hours for psychologists.
- The Meadows is an NBCC-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.