

**Post-Induction Therapy (PIT)** is designed to introduce a disease concept of developmental immaturity to counselors and therapists who work with codependence issues. The premise of PIT is that childhood trauma, including child abuse and neglect, is the origin of developmental immaturity. This intensive week long course, developed solely for the formal training of therapists, focuses on Pia Mellody's pioneering work in developing therapeutic techniques for identifying and treating the underlying trauma of most addictive and dysfunctional processes.

**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.



**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 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.



**Deirdre Stewart, LPC,  
SEP, BCN**

### 2020 DATES

February 24-28 | May 4-8 | August 3-7 | October 5-9 | December 7-11

### LOCATION

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

### LEARNING OBJECTIVES

After this training, attendees will be able to:

- Discuss the important role that family-of-origin issues play in attachment and development.
- Discuss the issue of codependency in terms of having an unhealthy relationship with self and others due to developmental arrest from childhood relational trauma resulting in developmental immaturity.
- Describe the five core issues and the five secondary symptoms of developmental immaturity.
- Describe the Post Induction Therapy model and the four phases of treatment.
- Apply techniques to assist clients in describing and writing about their issues of childhood relational trauma and abuse and struggle around the five core symptoms.
- Demonstrate debriefing, a primary psychosocial tool, in the Post Induction Therapy model.
- Explain the concepts of the Wounded Child, the Adapted Wounded Child, the Adapted Adult Wounded Child, and the Functional Adult and how these are seen in the client.
- Explain the concepts of Integration Work.
- Explain the concepts of Carried Emotions and negative introjects.
- Discuss Inner Child and Feeling Reduction experiential trauma work with clients.
- Explain the concepts of Love Addiction and Love Avoidance.
- Assess one's own limitations as a therapist and assess when it is appropriate to continue or discontinue a particular course of experiential trauma work with a client.

### 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. It is recommended that you complete a Survivors Workshop before or after the 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.

### 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)

### 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.