



The New England Society for the Treatment of Trauma and Dissociation

in joint sponsorship with The Institute for Continuing Education presents

Please Post

Memory Reconsolidation in Psychotherapy: Utilizing the Innate, Core Process of Transformational Change



Sept 17, 2016
9:00 a.m. to 5:00 p.m.

Coherence Therapy: Training Intensive

Sept 18, 2016
9:00 a.m. to 5:00 p.m.
Scottish Rite Masonic Museum & Library
33 Marrett Road
Lexington, Massachusetts



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Neuroscience research has revealed a core process of deep, lasting change, known as memory reconsolidation, that can use new learning to nullify the ingrained schemas and implicit emotional learnings that maintain PTSD, insecure attachment, compulsive behaviors, and many other patterns of distress. To date, the steps of the reconsolidation process have been identified in published cases of Accelerated Experiential Dynamic Psychotherapy (AEDP), Alexander Technique, Coherence Therapy, Emotion-Focused Therapy (EFT), Eye Movement Desensitization and Reprocessing (EMDR), Interpersonal Neurobiology (IPNB), Neuro-Linguistic Programming (NLP), and other therapies. Thus there is growing evidence that this process is responsible for transformational change—the lasting disappearance of symptoms and distressed ego states. An empirically based understanding of what the brain requires to unwire old learning will increase clinicians' effectiveness, independent of their theoretical orientations.

Conceptualizing memory reconsolidation as both an effectiveness enhancer and a new, unifying paradigm of psychotherapy integration, this workshop will give you an introductory grounding in its clinical application. Lecture, session videos, live demonstration, and experiential practice will equip you with a clear map of the process so that you can facilitate it using either your existing skills and preferred methods, or the methods of Coherence Therapy, which are designed specifically to carry out this process step by step, and which will be used for demonstration purposes.

The Saturday workshop is a prerequisite for attending the Sunday Training Intensive.

PART 1 – Saturday, Sept. 17. An introduction to the clinical application of memory reconsolidation research findings. Concepts and map of process will be spelled out in lecture and brought to life by demonstrations using Coherence Therapy session videos and live session, plus initial experiential practice in small groups. This Part 1 workshop is a prerequisite for attending Part 2.

PART 2 – Sunday, Sept. 18 – size limited to 40 attendees of Part 1. A full day of experiential work including a live teaching session and practice in small groups conducting real therapy sessions with each other, guided by real-time, personal coaching by the presenters. The goal will be for you to understand the essence of facilitating the memory reconsolidation process, so that you can then apply it in your own practice using techniques of your choosing. To that end, today's practice sessions will employ the methods of Coherence Therapy, which are designed to enact the process in its purest and most explicit form.

6 CEs are available for an additional \$20, each day. **PRE-REGISTRATION IS ENCOURAGED**
Please register at www.nesttd-online.org

PRICING	Early Bird before 8/20/16		After 8/20/16	
	Sat	Sun	Sat	Sun
Member Standard	\$160	\$140	\$195	\$165
Member Agency/Retiree	\$ 90	\$ 80	\$105	\$ 95
Member Student	\$ 80	\$ 70	\$80	\$ 70
Non-Member Standard	\$195	\$165	\$225	\$190
Non-Member Agency/Retiree	\$160	\$140	\$195	\$165
Non-Member Student	\$ 90	\$ 80	\$ 90	\$ 80