

☑ IN-PERSON ☑ LIVE-ONLINE

**JULY 8-12, 2024****Lana Epstein, MA, LICSW*****Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories*****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course**  
**Delivery Format: In-Person or Live-Online**

**Lana Epstein, MA, LICSW**, is a seasoned clinician specializing in the treatment of complex trauma. She is a senior trainer for the Sensorimotor Psychotherapy Institute, an EMDR Approved Consultant with EMDR International Association, and a former ASCH Approved Consultant in Clinical Hypnosis. She is a past supervisor for the Trauma Center and was on the Board of the New England Society for the Treatment for Trauma and Dissociation for six years and the founding member of the New York City Association for Trauma Therapists (NYCATT) ([www.nycatt.org](http://www.nycatt.org)), a professional organization whose purpose is to advance the practice of trauma therapy in New York by building and supporting a community of ethical, well-trained trauma therapists. Integrating a number of therapeutic models, Lana presents nationally and internationally and maintains a private practice in MA and NY focusing on adult survivors of childhood trauma.

**Speaker Disclosures:**

**Financial:** Lana Epstein has no relevant financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-financial:** Lana Epstein has no relevant non-financial relationships with ineligible organizations.

Early emotional learning contributes significantly to our sense of self and to how we form attachments. Until recently, these early memories were thought to be immutable. Current research and literature in the field of Memory Reconsolidation (the reorganization of an existing memory), however, proposes that the way an emotionally-laden memory is held in the brain can be reworked (or reconsolidated). Since these emotionally informed learnings inform procedural, automatic behaviors, our clients and we can benefit from understanding the underlying principles of memory reconsolidation and the therapies best suited to that process.

This workshop will demonstrate ways a number of mindfulness-based, experiential therapies can be combined to shift the valence of emotional memory—whether those memories be trauma- or attachment-based.

The workshop will highlight interventions from Sensorimotor Psychotherapy and EMDR. It will also include interventions from ego state work and Hypnotherapy. Throughout the week, the instructor will differentiate between trauma and attachment work and will give special consideration to working with shame experiences. Each day will include a combination of video analysis, didactic presentation, and experiential learning. This course is well suited for clinicians of all levels interested in learning more about integrating somatic interventions into their current practice. Please note prior experience working with EMDR is not required.

**Course Agenda****Monday:**

- Trauma and the Brain
- Bringing the Body into Trauma Treatment
- Memory Reconsolidation

**Tuesday:**

- Memory Reconsolidation Continued
- Helping the Body Complete Truncated Actions
- Working with Voluntary and Involuntary movement

**Lana Epstein, MA, LICSW | Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories | July 8-12, 2024****Wednesday:**

- Differentiating Trauma and Attachment Work
- Attachment and the Brain
- Attachment and the Body

**Thursday:**

- From Symptom to Target: Getting the Nodal Memory
- Working with Child Parts to Reconsolidate Memory

**Friday:**

- Shame and the Therapist
- Shame and the Brain
- Shame in the Therapy Hour

**Course Objectives**

Upon completion of this course participants will be able to:

1. Integrate leading concepts/literature in the treatment of trauma, attachment wounds, and shame
2. Identify the role of the body and the brain in traumatic and attachment-related wounds
3. Differentiate between the treatment of traumatic and attachment wounds
4. Identify steps necessary for memory reconsolidation
5. Describe how to access the body to evoke the negative cognition
6. Explain the significance of including somatic interventions in the treatment of trauma and early wounding
7. Explain the importance of targeting shame directly
8. List ego state interventions useful in working with shame
9. Distinguish between shame and guilt
10. Distinguish between shaming and shamed parts of the self
11. Name the importance of becoming familiar with their own shaming and shamed parts

**Continuing Education**

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. **Courses must be completed in one delivery format.***

**Psychologists:** This course is only eligible for continuing education credits in California, Canada, New York, Ohio, and Pennsylvania.

**Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories**, Course #4101, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 04/26/2022 - 04/26/2024. Social workers completing this course receive 15 Clinical continuing education credits.

**EMDRIA:** The Cape Cod Institute-MAK Continuing Education, LLC is an EC Provider (#22011) and this program (#22011-05) is approved for 15 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.

Please see the CE section on the **individual course page** for a full listing of CE course approvals.

**For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>**

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

**In-Person Location:**

**Nauset Regional Middle School**, 70 MA-28, Orleans, MA 02653

### Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

**Early Tuition Rate: \$700 (through 04/01/2024)**

**Full Tuition: \$750**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

**Early Tuition Rate: \$575 (through 04/01/2024)**

**Full Tuition: \$625**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or [info@cape.org](mailto:info@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

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Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 1-AUGUST 23, 2024

### JULY 1-5, 2024

**Janina Fisher, PhD**

*Transforming Trauma-Related Resistance and Stuckness*

*In-Person & Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach*

*In-Person & Live-Online*

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself*

*In-Person & Live-Online*

### JULY 8-12, 2024

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories*

*In-Person & Live-Online*

**Barry Prizant, PhD, CCC-SLP**

*Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens*

*In-Person & Live-Online*

**Licia Sky, BFA**

*Embodied Awareness: The Art of Presence and Attunement*

*In-Person Only*

**Bessel van der Kolk, MD**

*Frontiers of Trauma Treatment*

*In-Person & Live-Online*

### JULY 15-19, 2024

**Sebastian Barr, PhD**

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*

*In-Person & Live-Online*

**James Hawkins, PhD, LPC**

*Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person & Live-Online*

**Stewart Levine, JD**

*Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools*

*In-Person Only*

**Richard Schwartz, PhD & Jeanne Catanzaro, PhD**

*Internal Family Systems Workshop*

*In-Person & Live-Online*

### JULY 22-26, 2024

**Deb Dana, LCSW**

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*

*In-Person & Live-Online*

**John Forsyth, PhD & Jamie Forsyth, PhD**

*Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard*

*In-Person & Live-Online*

**Flint Sparks, PhD**

*Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice*

*In-Person Only*

**Cece Sykes, LCSW, ACSW**

*Internal Family Systems and Compassion for Addictive Processes*

*In-Person & Live-Online*

### JULY 29-AUGUST 2, 2024

**Margaret Blaustein, PsyD**

*Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency*

*In-Person & Live-Online*

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics in AEDP™*

*In-Person & Live-Online*

**Franklin King, MD**

*The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments*

*In-Person & Live-Online*

**Juliet King, PhD(c), ATR-BC, LPC, LMHC**

*Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being*

*In-Person Only*

### AUGUST 5-9, 2024

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC**

*IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting*

*In-Person & Live-Online*

**Deborah Korn, PsyD**

*EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*

*In-Person & Live-Online*

### AUGUST 5-9, 2024

**George McCloskey, PhD**

*Intervention for Child and Adolescent Executive Function Difficulties*

*In-Person Only*

**Maria Sirois, PsyD**

*Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth*

*In-Person & Live-Online*

### AUGUST 12-16, 2024

**Bob Anderson**

*The Journey of Conscious Leadership*

*In-Person Only*

**Edward Hallowell, MD**

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*

*In-Person & Live-Online*

**Donald Meichenbaum, PhD**

*Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention*

*In-Person & Live-Online*

**Ronald D. Siegel, PsyD**

*What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy*

*In-Person & Live-Online*

### AUGUST 19-23, 2024

**Amanda Blake, PhD**

*Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance*

*In-Person Only*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*

*In-Person & Live-Online*

**Jonah Paquette, PsyD**

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*

*In-Person & Live-Online*

**Eboni Webb, PsyD, HSP**

*Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan*

*In-Person & Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.

For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: [www.cape.org](http://www.cape.org)**