

✓ IN-PERSON   ✓ LIVE-ONLINE

**JULY 14-18, 2025**

**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 of Trauma and Dissociation for six years and the founding member of the New York City Association for Trauma Therapists (NYCATT), 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 financial relationships with ineligible organizations. She receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

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

**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**

Are you looking for ways to help your clients move beyond trauma and into a more fulfilling life? Even after processing traumatic events, many clients struggle with challenges tied to early attachment experiences. These unresolved issues often show up as limiting beliefs and relational patterns that can hold them back.

Early traumatic and emotional experiences play a powerful role in shaping our sense of self and how we form attachments. For years, these early, emotionally charged memories were thought to be unchangeable. However, advancements in the field of Memory Reconsolidation suggest that these memories—deeply tied to automatic behaviors and emotional responses—can be reorganized and transformed. Understanding the principles of memory reconsolidation, as well as the therapeutic approaches that facilitate it, can profoundly enhance our ability to help clients shift entrenched patterns and heal.

This workshop is designed to guide you through the integration of mindfulness-based, experiential therapies to effectively transform emotional memory—whether rooted in trauma or attachment. You'll gain practical tools and strategies from Sensorimotor Psychotherapy and EMDR, alongside interventions drawn from ego state work and Hypnotherapy. Over the course of the week, the instructor will help you differentiate between trauma and attachment-focused approaches, with special attention given to addressing shame—a crucial element in the healing process.

The curriculum balances didactic instruction with experiential learning, using videos and demonstrations to illustrate clinical interventions. You will leave the workshop with actionable skills to use in your practice. Clinicians at all levels who are interested in integrating somatic and ego-state interventions into their work are welcome. Prior experience working with EMDR is not required. Join us and discover how to help clients rewrite their emotional narratives and create lasting change.

**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

**Wednesday:**

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

**Lana Epstein, MA, LICSW | Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories | July 14-18, 2025****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.

This program is being offered for 15 NBCC credit hours. Please see the CE section starting on pg. 71 for the NBCC Approval Statement.

**EMDRIA:** The Cape Cod Institute-MAK Continuing Education, LLC is an EC Provider (#22011) and this program (#22011-07) 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 **course CE page** for a complete listing of course-specific CE 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:

**15-hour course format:** Monday-Friday 9:00a.m. - 12:30p.m. EDT with a 30 min break daily

**12-hour course format:** Monday-Wednesday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

**8-hour course format:** Thursday-Friday 9:00a.m. - 1:30p.m. EDT with a 30 min break daily

### 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. 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:

Early tuition rates (through 4/1/25)		Full tuition rates (after 4/1/25)		Student pricing*:	
15-hour in-person early:	<b>\$750</b>	15-hour in-person full:	<b>\$800</b>	15-hour in-person:	<b>\$600</b>
15-hour live-online early:	<b>\$625</b>	15 hour live-online full:	<b>\$675</b>	15 hour online:	<b>\$475</b>
12-hour in-person early:	<b>\$650</b>	12-hour in-person full:	<b>\$700</b>	12-hour in-person:	<b>\$500</b>
12-hour online early:	<b>\$550</b>	12-hour online full:	<b>\$600</b>	12-hour online:	<b>\$400</b>
8-hour in-person early:	<b>\$450</b>	8-hour in-person full:	<b>\$500</b>	8-hour in-person:	<b>\$300</b>
8-hour online early:	<b>\$350</b>	8-hour online full:	<b>\$400</b>	8-hour online:	<b>\$200</b>

\*Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition

### 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 & Change Policy

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

**Between 14 days and 1 day:** Credit may be applied to any 2025 or 2026 Cape Cod Institute course. No refunds will be issued within this time period.

**Once your course begins:** No credit or refund is available if you cancel on the day of arrival, do not show up, are dissatisfied with the presentation or content, or leave an event early for any reason. No partial credit/CE hours can be given if you need to leave for any reason. We understand that circumstances outside of your control may impact your ability to continue attending your course. Common examples include: situations affecting a participant directly or their travel plans, unexpected injury or illness, and significant connectivity problems; however, we cannot offer credit or refunds for these scenarios.

The Cape Cod Institute is not responsible for participants' travel, lodging, or incidental expenses.

### Course Changes:

**Before June 1:** You may switch your course or the format (in-person or live-online) without a fee. A refund will be provided for the difference in price.

**After June 1:** Course or format (in-person or live-online) changes made after June 1, will incur a \$50 change fee. There will be no price reduction for switching to a live-online course.

You can notify our staff of your cancellation or change requests at [info@cape.org](mailto:info@cape.org)

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 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

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: **[info@cape.org](mailto:info@cape.org)**

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



## JUNE 30 - AUGUST 22, 2025

### JUNE 30-JULY 4, 2025

#### Amanda Blake, PhD

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

#### Janina Fisher, PhD

*Transforming Trauma-Related Resistance and Stuckness*  
*In-Person & Live-Online*

#### Cathy Malchiodi, PhD, LPCC, LPAT, ATR-BC, REAT

*Expressive Arts Therapy and Sensory Processing to "Reset" the Nervous System*  
*In-Person & Live-Online*

#### Natasha Prenn, LCSW

*Put Deliberate Practice into your AEDP Practice*  
*In-Person & Live-Online*

### JULY 7-11, 2025

#### Suzanne Goh, MD, BCBA

*Transformative Care for Neurodivergent Individuals: State-of-the-art Therapies to Optimize Health, Development and Wellbeing*  
*In-Person & Live-Online*

#### Gabriella Rosen Kellerman, MD

*Tomorrowmind: Building Intra- and Interpersonal Resilience at Work and Beyond*  
*In-Person & Live-Online*

#### Licia Sky

*Embodied Awareness: The Art of Presence & Attunement*  
*In-Person*

#### Bessel van der Kolk, MD

*Frontiers of Trauma Treatment*  
*In-Person & Live-Online*

### JULY 14-18, 2025

#### Lana Epstein, MA, LICSW

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR*  
*In-Person & Live-Online*

#### Meghan Riordan Jarvis, MA, LICSW

*Grief as a Daily Practice: Tools to Educate and Support in Times of Profound Loss*  
*In-Person & Live-Online*

#### Richard Schwartz, PhD &

#### Jeanne Catanzaro, PhD

*Internal Family Systems Workshop*  
*In-Person & Live-Online*

#### Stan Tatkin, PsyD, MFT

*Introduction to a Psychobiological Approach to Couple Therapy (PACT)*  
*In-Person & Live-Online*

### JULY 21-25, 2025

#### Sebastian Barr, PhD

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*  
*In-Person & Live-Online*

#### Jeanne Catanzaro, PhD

*Unburdened Eating: An IFS Workshop for Mental Health Professionals*  
*In-Person & Live-Online*

#### Deb Dana, LCSW

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*  
*In-Person & Live-Online*

#### Richard Schwartz, PhD

*Transformative Healing: An IFS Workshop on Addressing Legacy Trauma*  
*In-Person & Live-Online*

### JULY 28-AUGUST 1, 2025

#### Farah Harris, MA, LCPC

*The Color of Emotional Intelligence: Leveraging Self-Awareness to Address Inequities in Clinical and Organizational Practice*  
*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*

#### Maria Sirois, PsyD

*The Fateful Story: How Narratives Shape Health, Growth and Resilience*  
*In-Person & Live-Online*

#### Jeffrey Zeig, PhD & Julie Anné Zeig, PhD

*Master Class in Experiential Psychotherapy*  
*In-Person & Live-Online*

### AUGUST 4-8, 2025

#### Gloria Burgess, PhD

*Sanctuary: Rekindling the Heart of Leadership®*  
*In-Person*

#### James Hawkins, PhD, LPC

*Emotionally Focused Therapy: Strengthening Bonds in Couples, Individuals, and Families*  
*In-Person & Live-Online*

#### George McCloskey, PhD

*Intervention for Child and Adolescent Executive Function Difficulties*  
*In-Person & Live-Online*

### 8 & 12 HR COURSES - NEW!

#### AUGUST 4-6, 2025 \*12-HR

#### Jonah Paquette, PsyD

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*  
*In-Person & Live-Online*

#### AUGUST 7-8, 2025 \*8-HR

#### Christopher Willard, PsyD

*Adapting Mindfulness Techniques for Children, Teens, and Adults*  
*In-Person & Live-Online*

### AUGUST 11-15, 2025

#### Bob Anderson

*The Journey of Conscious Leadership*  
*In-Person*

#### 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*

#### Pilar Jennings, PhD

*Buddhism & Psychotherapy in Conversation: A Healing Partnership*  
*In-Person & Live-Online*

#### Cece Sykes, LCSW, ACSW

*Internal Family Systems: Compassion for "Big A" and "Small a" Addictive Processes*  
*In-Person & Live-Online*

### AUGUST 18-22, 2025

#### Edward Hallowell, MD with Sue George Hallowell, LICSW

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*  
*In-Person & Live-Online*

#### Rubin Naiman, PhD, FAASM

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

#### Ronald D. Siegel, PsyD

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

#### Eboni Webb, PsyD, HSP

*From Chaos to Calm with DBT – A Path to Connection and Emotional Regulation*  
*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)**