

IN-PERSON  LIVE-ONLINE**JULY 17th - JULY 21st, 2023****JANINA FISHER, PhD**

**Janina Fisher, PhD** is Assistant Educational Director of the Sensorimotor Psychotherapy Institute and a former instructor at Harvard Medical School. An international expert on the treatment of trauma, she is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma* (2015) and author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* (2017) and *Transforming the Living Legacy of Trauma* (2021). She is best known for integrating neuroscience research and newer body-centered interventions into traditional psychotherapy approaches.

More information can be found on her website: [www.janinafisher.com](http://www.janinafisher.com).

## **Janina Fisher, PhD**

### ***Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation***

**15 Hour In-Person & Live-Online Course**

**Monday - Friday: 9:00a.m.-12:30p.m. EDT/30-Min Break Daily at 10:30a.m.**

Childhood abuse necessitates self-alienation: we must disown that humiliating “bad child” and work harder to be the “good child” acceptable to our attachment figures. In the end, children survive trauma at the cost of disowning and dissociating from their most wounded selves. While longing to feel safe and welcome, they later find themselves in conflict: alternating between clinging to others and pushing them away, hating themselves or hating others, yearning to be seen while trying to be invisible. Years later, these clients present in therapy with symptoms of anxiety, depression, low self-esteem, diagnoses of bipolar and borderline personality disorder, and a distorted sense of identity.

This workshop offers a practical hands-on approach to traumatized clients with underlying issues of self-alienation and self-hatred by helping them see how the trauma has left them fragmented and at war within their own minds and bodies. Participants will learn how to help their clients observe the parts they have embraced and identified with as ‘me’ but also the trauma-related parts they have disowned and judged harshly. Using interventions drawn from a number of therapeutic approaches (including Sensorimotor Psychotherapy, Internal Family Systems, and ego state therapy), the focus is on helping clients observe and accept all aspects of self with interest and curiosity. As their young parts are identified and understood as ‘heroes’ in the individual’s story of survival, clients are able to feel more warmly toward them, often for the first time. Techniques will be demonstrated that increase the capacity to feel for and with each part, that foster the sense of caring for young wounded selves, and that pave the way for growing “earned secure attachment.” Even when our clients are unable to tolerate emotion, extend themselves compassion, or take in someone else’s caring, they can still learn to feel protective of their younger selves and to finally welcome home these ‘lost souls’ with warmth and compassion.

## **Course Agenda**

### **Monday:**

#### **Trauma and self-alienation**

- The costs and benefits of disowning one’s traumatized child self as a survival strategy.
- Introduction to Structural Dissociation model as a trauma-related explanatory model for understanding chronic chaos, resistance, and self-destructive behavior.

### **Tuesday:**

#### **Befriending our disowned selves**

- Using mindfulness-based techniques drawn from Internal Family Systems and Sensorimotor Psychotherapy to build client interest and curiosity in their split-off emotions, vulnerability, and self-destructive behavior.

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### Wednesday:

#### Increasing self-compassion by cultivating compassion for younger parts of the individual

- Learning to appreciate each part's contribution, to ask, "How did this part help me to survive? Without it, what would have happened?"

### Thursday:

#### Transforming traumatic memory

- By teaching clients how to connect emotionally to their wounded child selves and provide reparative or "missing" experiences.

### Friday:

#### Building internal self-attachment

- How to help clients "earn" secure attachment as the therapeutic outcome of creating internal acceptance, safety, and welcome for each wounded part of the self.

## Course Objectives

Upon completion of this course participants will be able to:

1. Identify signs and symptoms of fragmentation and internal conflict
2. Describe how to help clients put non-judgmental language to their trauma-related symptoms and inner experience
3. Explain how to decrease client phobias of emotion and inner experience by increasing mindfulness-based dual awareness
4. Discuss how to facilitate mindful tracking of fragmented parts of the self
5. Utilize somatic interventions for regulating autonomic arousal and affect dysregulation to calm the body
6. Describe how to integrate interpersonal neurobiology and social engagement techniques into the treatment
7. Discuss how to increase self-compassion through growing empathy for wounded child parts
8. Discuss how to transform traumatic memory using somatic, visualization, and ego state techniques
9. Describe how to foster earned secure attachment'

## 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.*

**Psychologists:** This course is only eligible for continuing education credits in New York, Pennsylvania, and California. Please see the CE section on the individual [course page](#) for further details.

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

### Speaker Disclosures:

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

**Non-Financial:** Janina Fisher has no relevant non-financial relationships with ineligible organizations

## 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 9:30a.m. to 12:30p.m. EDT with a 30 minute break.

**In-Person Location:**

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

Please visit <https://www.cape.org/policies> to review our Covid-19 procedures and requirements.

**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 04/01/2023)

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 04/01/2023)

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 2023 or 2024 Cape Cod Institute program is available. Credit may be applied to any 2023 or 2024 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.

## 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 (203) 781- 6492 or [certificate@cape.org](mailto:certificate@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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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.

## JULY 3-AUGUST 25, 2023

### JULY 3-JULY 7, 2023

**Bessel van der Kolk, MD**

*Frontiers Of Trauma Treatment*  
*In-Person, Live-Online*

**Anatasia S. Kim, PhD**

*Building Actionable Skills to Advance Diversity Equity and Inclusion (DEI) Conversations in Clinical, Community, and Organizational Practice*  
*In-Person, Live-Online*

**Linda Graham, MFT**

*The Resilience Mindset: The Neuroscience Of Coping With Disappointment, Difficulty, Even Disaster*  
*In-Person, Live-Online*

### JULY 10-JULY 14, 2023

**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*

**Joe Kort, PhD, LMSW**

*Lesbian, Gay, Bisexual, Transgender And Questioning (LGBTQ) Clients: Clinical Issues And Treatment Strategies*  
*In-Person, Live-Online*

**Licia Sky, BFA & Bessel van der Kolk, MD**

*Come to Your Senses: Embodied Self Awareness*  
*In-Person*

**Richard Schwartz, PhD**

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

### JULY 17-JULY 21, 2023

**Paul Foxman, PhD**

*The Anxiety Epidemic In Kids and Teens: A Workshop For Clinicians*  
*In-Person, Live-Online*

**Janina Fisher, PhD**

*Healing The Fragmented Selves Of Trauma Survivors: Overcoming Self-Alienation*  
*In-Person, Live-Online*

**Flint Sparks, PhD**

*Growing Up And Waking Up: Applied Mindfulness In Psychotherapy And Buddhist Practice*  
*In-Person*

### JULY 17-JULY 21, 2023

**James Hawkins, PhD, LPC**

*Facilitating The Function Of Attachment In Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*  
*In-Person, Live-Online*

### JULY 24-JULY 28, 2023

**Gabriella Rosen Kellerman, MD**

*Building A Tomorrowmind: Thriving At Work, Now And In An Uncertain Future*  
*In-Person, Live-Online*

**Rubin Naiman, PhD, FAASM**

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

**Franklin King IV, MD**

*The Promise Of Psychedelics: A Critical Look At The Therapeutic Potential Of Psychedelic-Assisted Treatments*  
*In-Person, Live-Online*

**John P. Forsyth, PhD &**

**Jamie R. Forsyth, PhD**

*Harnessing The Transformative Power Of Mindful ACT Therapy: How To Live Well When Life Is Hard*  
*In-Person, Live-Online*

### JULY 31-AUGUST 4, 2023

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety And Below The Surface Leadership In Organizations, Clients, And Yourself*  
*In-Person, Live-Online*

**Amy Weintraub, MFA &**

**Angela Huebner, PhD**

*Internal Family Systems Therapy™ Meets LifeForce Yoga - A Week Of Healing And Learning*  
*In-Person, Live-Online*

**Maria Sirois, PsyD**

*Paradoxes In Resilience: Leveraging Moments Of Grief, Illness, Hardship And Sudden Change To Accelerate Growth*  
*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Deborah Korn, PsyD**

*EMDR Therapy And The Treatment Of Complex PTSD In Adult Survivors Of Childhood Abuse And Neglect*  
*In-Person, Live-Online*

### AUGUST 7-AUGUST 11, 2023

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, & Carol Kramer, LICSW with Faculty Associate: Joanne Audyatis, LMHC**

*Doing IMAGO Relationship Therapy In The Space Between*  
*In-Person, Live-Online*

**Bob Anderson**

*Conscious Leadership: A Unified Model Of Leadership Development*  
*In-Person*

**George McCloskey, PhD**

*Intervention For Child And Adolescent Executive Control Difficulties*  
*In-Person, Live-Online*

### AUGUST 14-AUGUST 18, 2023

**Deborah Dana, LCSW**

*Polyvagal Theory In Therapy: Practical Applications For Treating Trauma*  
*In-Person, Live-Online*

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

*The Grieving Brain: The Surprising Science Of How We Learn From Love And Loss*  
*In-Person, Live-Online*

**Salman Akhtar, MD**

*In Leaps & Bounds: Psychic Development And Its Facilitation In Treatment*  
*In-Person*

**Edward Hallowell, MD**

*Unwrapping The Gifts: A Strength-Based Approach To ADHD Across The Life Span*  
*In-Person, Live-Online*

### AUGUST 21-AUGUST 25, 2023

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

*"HOT" Topics In AEDP™*  
*In-Person, Live-Online*

**Jonah Paquette, PsyD**

*Awe, Wonder, And The Science Of A Meaningful Life*  
*In-Person, Live-Online*

**Donald Meichenbaum, PhD**

*Creating Safety: Addressing The Growing Mental Health And Academic Challenges Faced By Youth, Parents, And Their Communities*  
*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)**