

Course Description:

This is a hands-on clinical skills training featuring the [Flash](#) technique, a brief intervention to reduce memory-related distress. Flash is a recently developed therapy procedure that involves having the client at least partially resolve a traumatic memory without consciously engaging it. Preliminary research has found Flash to be non-distressing, safe, rapid, and effective. In this workshop, participants will learn about Flash research and theory, view a demonstration, and participate in supervised small-group practice.

Presenter Bio:

For information on your instructor, please visit: <https://www.childtrauma.com/about/faculty>

Target Audience: This training is open to mental health professionals (psychologists, social workers, counselors, couple & family therapists, expressive arts therapists, psychiatrists, psychiatric nurses, etc.) who are already trained in EMDR or PC.

Course Content Level: Intermediate

Agenda:

The course is 3 hours:

- Memory reconsolidation for trauma healing (1 hour)
- Flash technique: lecture, demonstration (1 hour)
- Break (15 minutes)
- Supervised practice and discussion (1 hour)

Objectives:

Participants will be able to:

- Name and sequence the experiences the brain requires for memory reconsolidation (trauma healing).
- Describe the state of the research on Flash.
- Indicate when using Flash would be appropriate
- Explain when to provide Flash to therapy clients.
- Discuss how to problem-solve a Flash session when challenges arise.

Cancelations:

Please visit: <https://www.childtrauma.com/policies/cancellations>

Grievances:

Please visit: <http://trauma.info/about/grievances>

Certificates will be available after training completion and be sent via provided email in PDF form. If you have questions or concerns, please contact mperkalis@ticti.org or trainings@ticti.org.

There is no conflict of interest or commercial support for this program