2018-2019
COURSE GUIDE
Continuing Education Training Programs, Workshops, and Supervision for Mental Health Professionals and the General Public

Vann Joines, Ph.D., Director
Emily Keller, Ph.D., Co-Director
HISTORY

The Southeast Institute for Group and Family Therapy was founded in 1969 as a non-profit educational institute called the Fellowship for Racial and Economic Equality. Its goal was to promote racial and economic justice in the United States, with a primary focus on working with groups of Blacks and Whites in the Southeast and training faculty and counselors from traditionally Afro-American colleges throughout the South. By 1971, the Fellowship offered training in transactional analysis and creative group problem solving for improving psychotherapy skills and confronting social problems.

In 1974, the Fellowship moved to Chapel Hill, NC, and changed its name to Southeast Institute for Group and Family Therapy to reflect an expanded focus. Shortly after this move, Southeast Institute launched an experimental Master of Arts program in psychotherapy and social change. Twenty-two students were graduated. In 1975, due to a shortage of grant money to continue a graduate program, Southeast Institute began focusing primarily on continuing education training and supervision for mental health professionals.

Southeast Institute held an annual Spring Conference from 1974 to the mid 1980s, with 300 to 1000 people attending each year. In 1977, the annual Eric Berne Lectures on Social Psychotherapy were inaugurated with a lecture by Gregory Bateson, Ph.D. In 1999, Southeast Institute celebrated its 30th year with a special anniversary spring conference. Over the years, Southeast Institute has earned international respect and recognition for its excellence of training and for its continued commitment to developing effective models for individual and social change.

MISSION STATEMENT

The Southeast Institute for Group and Family Therapy is committed to making the world a better place for all by connecting people to their worth, value, and dignity and the worth, value, and dignity of others. We offer to our clients excellence in clinical therapy and psychotherapy training.

WHY THIS TRAINING IS IMPORTANT

This training is designed for mental health professionals--psychologists, professional counselors, marriage and family therapists, social workers, and others--who are working with children, adults, couples, groups, and families. This training allows mental health professionals to stay abreast of the latest developments in the practice of psychotherapy while maintaining a concern for the common good. It also fulfills their continuing education requirements for licensure.
Certification Training Program in Transactional Analysis and Redecision/Relational Therapy

Chapel Hill, NC and Louisville, KY

This is a comprehensive training program integrating the approaches of transactional analysis, gestalt, redecision therapy, relational therapy, attachment theory, systems theory, developmental theory, personality adaptations, body-work approaches, and energy psychology. We offer a powerful short-term approach that combines cognitive, behavioral, and affective/experiential techniques with an emphasis on working with the emotional brain. The focus of the training is on developing a broad conceptual framework and mastering effective techniques for individual, couple, family, and group therapy. The program meets on a Friday and Saturday once a month for 10 months and is designed on a two-year cycle. Enrollment is on a semester basis. Certification as a TA Practitioner requires the TA 101 course and 10 months of training. Certification as a redecision therapist requires 20 months of training, a written exam, and a tape demonstrating one’s competence in redecision therapy. In Louisville, the program meets every other month. The program consists of theory, demonstration, supervision, and experiential work. Our experience is that individuals learn best by having an opportunity to practice what they are learning and get direct supervision of their work. Therefore, we have participants work directly with one another using video to enhance the supervision. Participants also have the opportunity to do personal work with the faculty and observe them working with others.

“I have learned so much that has enriched my personal and professional life. And it has been fun! I feel lucky to have had the experience.” James Binder, M.D., Charleston, WV

“The postgraduate program at SEI has been a valuable, rewarding experience for me both professionally and personally. I highly recommend it to any psychiatric/mental health professional wanting to be more effective with clients.” Nina Roslovic, Family Psychiatric - Mental Health Nurse Practitioner (Board Certified), RN, Columbus, OH

“This training has tremendously enhanced my clinical skills and contributed to improved patient outcomes, and increased confidence for myself as a therapist. The group modality offers a safe and supportive environment for learning and practicing new skills as well as valuable clinical supervision of existing cases. I highly recommend this training to any psychotherapist who is looking for effective ways to acquire new skills and get peer support for ongoing practice.” Merya Wolfe, M.A., LCSW, Cary, NC

Chapel Hill, NC - Vann Joines, Ph.D., and Emily Keller, Ph.D.

ON-GOING TRAINING PROGRAMS

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LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
- Demonstrate contracting
- Describe the redecision process
- Explain Personality Focused Treatment
- List the adaptations associated with each existential position
- Draw out the three types of transactions
- Give four examples of unconscious communication
- List the different levels of passive behavior
- Explain the importance of following ethical guidelines
- Describe the three major stages of family therapy
- List three examples of group as a whole interventions

*For a complete list of learning objectives and the training schedule, visit http://www.seinstitute.com or call (919) 929-1171.

Louisville, Kentucky - Vann Joines, Ph.D.

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LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
- Demonstrate contracting
- Explain Microtracking
- List the Personality Adaptations associated with Each Existential Position
- List three examples of Group as a Whole Interventions
- Describe Personality Focused Treatment

*For a complete list of learning objectives and the training schedule, visit http://www.seinstitute.com or call (919) 929-1171.
Advanced Supervision and Training
Chapel Hill, NC
This program is designed for mental health professionals who have completed two years in the Certification Training Program in Transactional Analysis and Redecision/Relational Therapy and need additional supervision for certification and individuals who want supervision as a marriage and family therapist, a professional counselor, or other on-going supervision requirements. Participants will present tapes and cases of their work for supervision and study advanced theory in addition to working with the first- and second-year trainees in the On-Going Program.

Chapel Hill, NC - Vann Joines, Ph.D. & Emily Keller, Ph.D.

DATES
2018 FALL SEMESTER: Sept. 14, Oct. 12, Nov. 9, Dec. 7, Jan. 11
2019 SPRING SEMESTER: Feb. 8, Mar. 8, Apr. 12, May 10, June 14

TIMES
Fridays 9:00am – 5:00pm

TUITION
$900 per semester
($180 deposit; balance payable $180 per month for 4 months)

CE CREDITS (APA): 60 for the year / Contact Hours (NBCC): 60 for the year

LEVEL Advanced

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
• Negotiate effective therapeutic contracts
• Identify “first cons”
• Recognize “drivers”
• Point out “rackets”
• List “injunctions”
• Demonstrate how to elicit “early scenes”
• Facilitate “redecisions”
• Help clients develop “Adult plans”

* For a complete list of learning objectives and the training schedule, visit http://www.seinstitute.com or call (919) 929-1171.

Certification Programs in Personality-Focused Treatment (PFT)
Chapel Hill, NC and Online
The Southeast Institute is pleased to announce two new certification programs in Personality-Focused Treatment (PFT) for professionals who want to utilize, teach, and train others in the application of Personality Adaptations and the JPAQ (Joines Personality Adaptations Questionnaire). This program will consist of two levels of certification: 1. Certified PFT Practitioner, and 2. Certified PFT Trainer (to teach and train others).

LEVEL 1 (Certified PFT Practitioner) of this program will consist of a two-day introductory workshop on Personality Adaptations and the JPAQ. This will be followed by six monthly, three-hour, online supervision sessions in which participants will present cases of clients they are working with using a Personality-Focused Treatment (PFT) approach under direct supervision of Vann Joines, Ph.D., Co-Author of Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling, and Author of the Joines Personality Adaptation Questionnaire; and Emily Keller, Ph.D., Certified PFT Trainer.

LEVEL 2 (Certified PFT Trainer) will consist of 6 additional monthly, three-hour, online supervision sessions focused on teaching, training, and supervising others in this approach.

SUPERVISION SESSIONS
One Friday of each month for 6 months

FACULTY
Vann S. Joines, Ph.D. and Emily Keller, Ph.D.

DATES
Introductory Workshops - June 22-23, 2018; Jan. 4-5, 2019; June 21-22, 2019
2018 Dates: July 13, Aug. 31, Sept. 7 and 21, Nov. 30, Dec. 21
2019 Dates: Jan. 25, Mar. 1, Mar. 15, Apr. 5, May 2, June 7

TIMES
PFT Workshop - 9am – 5pm daily
Supervision Sessions: 9am – 12 noon

TUITION
Introductory Workshop - $360
($340 if registered one month in advance, $100 deposit.)

Level 1 Supervision Sessions - $1080 for 6 months ($1030 if registered one month in advance, $200 deposit, balance payable $166 per month for 5 months)
Tuition includes 18 hours of supervision and training, PA Book, JPAQ Kit, and Certificate of Certification.

Level 2 Supervision Sessions - $1080 for 6 months ($1030 if registered one month in advance, $200 deposit, balance payable $171 per month for 10 months) Tuition includes digital copy of powerpoint presentation for offering the introductory workshop and Certificate of Certification.

CE CREDITS (APA): 12 / CONTACT HOURS (NBCC): 12
Monthly Therapy Group for Therapists Only
Chapel Hill, NC
This is an experiential redecision therapy group, once a month, for mental health professionals only, to resolve their own personal issues. The group will demonstrate how to use redecision therapy in an on-going group therapy process. Participants will have the opportunity to learn this approach through their own experience and observation.

TIMES
Thursdays 9:00am - 4:30pm

DATES
2018 FALL SEMESTER: Sept. 13, Oct. 11, Nov. 8, Dec. 6, Jan. 10
2019 SPRING SEMESTER: Feb. 7, Mar. 7, Apr. 11, May 9, June 13

FACULTY
Vann Joines, Ph.D., and Emily Keller, Ph.D.

TUITION
$900 per semester
($180 deposit; balance payable $180 per month for 4 months)

LIMIT
10 participants
* This therapy group does not offer continuing education credits.

Supervision for Trauma Resolution Energy Therapy (TRET)
Online Video Conference
This is an online supervision conference for individuals who are treating trauma with energy therapy. It consists of one-hour sessions with one participant presenting a prepared case each session that will be supervised by Dr. Joines. The remaining time will be used for questions and answers.

FACULTY
Vann Joines, Ph.D., Certified Energy Therapist and Supervisor

DATES
2018: Dec. 10
2019: Jan. 14, Feb. 11, March 11, April 8, May 13

TIMES
2nd Mondays 1:00pm - 2:00pm

TUITION
$360 per person per month ($100 deposit)

LIMIT
6 participants

LEVEL
Intermediate & Advanced

CE CREDITS (APA): 1 per month / CONTACT HOURS (NBCC): 1 per month

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
• Get a trauma history
• Conduct a case analysis
• Identify the traumas needing treatment
• Develop a treatment plan
• Explain muscle testing
• Explain how trauma is held energetically in the body and how it can be cleared
• Demonstrate clearing trauma with energy therapy
• Identified the clinical picture of trauma

The full list of session objectives can be found at www.isst-d.org.

ON-GOING TRAINING PROGRAMS

Introduction To The Treatment Of Complex Trauma Part 1
This is a completely newly designed course designed by the International Society for the Study of Trauma and Dissociation for mental health professionals who wish to develop or further enhance their knowledge and skills in working with clients who have chronic trauma-related disorders. The course will focus on the etiology of chronic trauma, its clinical picture, tools of assessment, the phase oriented approach to trauma and treatment pitfalls and therapeutic alliance. The course is partly didactic, based on the assigned readings, and partly discussion of the “Case of Erica”, a teaching case which unfolds in a naturalistic progression over 4 classes.

FACULTY
Gary Peterson, M.D., ISSTD Instructor, Professional Training Program,
Center for Advanced Studies in Trauma and Dissociation

TUITION
Tuition is paid directly to ISSTD

DATES
2018: Dec. 13
2019: Jan. 17, Feb. 14, March 11, April 8, May 13

TIME
Local Time (US Eastern) - Thursday 6:30 PM - 9:00 PM

FORMAT
6 sessions (Teleseminar using Zoom)

ISSTD MEMBER FEE
NON-MEMBER FEE
$345.00 $395.00

COURSE OBJECTIVES:
Upon completion of Part I, students will have:
• Explored the history of the understanding and resistance to recognizing trauma
• Differentiated simple from complex trauma
• Discussed and explored the etiology of complex trauma
• Identified the clinical picture of trauma
• Reviewed the tools to assess trauma
• Reviewed the three phases of treatment of trauma
• Discussed the treatment pitfalls and therapeutic alliance (risk management)
• Applied the theoretical knowledge of the assessment and treatment of complex trauma to a provided clinical case

The full list of session objectives can be found at www.isst-d.org.

INTENDED PARTICIPANTS:
Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors, accredited psychotherapists, etc.) who are interested in developing their skills in treating clients with chronic trauma-related disorders. For Part I of the course, there is no need to have a client with a chronic trauma-related disorder. ISSTD requires all participants to obtain instructor permission to register for this course. Contact Gary Peterson, M.D. at 919-929-1171.

REQUIRED TEXTBOOKS:

For the full course bibliography see list at www.isst-d.org.
CONT. EDUCATION This course has been approved for up to 15 CE credits through our continuing education co-sponsor, CE Learning System.

ISSTD CERTIFICATE PROGRAM: This course has been approved for credits towards the ISSTD Certificate of Advanced Studies in Trauma & Dissociation.

PLEASE NOTE that these fees listed below do not include Continuing Education (CE) credit fees and that a separate CE Credit fees will apply to those who wish to earn CE credits. The fees are in US Dollars (USD).

If you have any administrative questions, please direct them to the ISSTD Professional Training Program Manager at info@isst-d.org.

Certification in EMDR Therapy
Chapel Hill, NC
This program is designed for mental health professionals who have completed EMDRIA approved Basic Training in EMDR Therapy and wish to become EMDRIA Certified in EMDR. Participants receive 20 consultation hours (10 of which can be group consultation hours). Participants present tapes and cases of their work in consultation and study advanced concepts in EMDR Therapy.

FACULTY Gary Peterson, M.D., EMDRIA Approved Consultant and EMDR Institute Facilitator

DATES AND TIMES To be arranged with certification candidates

TUITION $120 per individual consultation hour. Two-hour group consultation sessions are offered at $100 per person for groups of three or more.

* This program does not offer continuing education credits.

Postgraduate Training Program
Chapel Hill, NC
A one-year training program is offered to professionals who have an advanced degree in a discipline involving the study and practice of psychotherapy. The purpose of this program is to grow personally and professionally; to learn our theories and techniques; and to earn hours toward certification in the International Transactional Analysis Association, the USATA Association, the American Association for Marriage and Family Therapy, membership in the American Group Psychotherapy Association, and certification as a Redecision Therapist. The courses of study for the year include individual, group, couple, and family therapy. Students will participate in a weekly personal growth group, a weekly tutorial, a monthly training program with other professionals, and periodic workshops to learn rednection therapy and effective psychotherapy.

All regular workshops and courses offered by Southeast Institute will be open to postgraduate students. The overall goal of the program is to challenge students to grow and to develop resources to become competent therapists and more powerful members of their institutions and society.

FACULTY Vann Joines, Ph.D and Emily Keller, Ph.D

TUITION $8995 ($500 deposit)

Participants may begin the program in September, February, or June.

LEVEL Advanced

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:

• State their professional development goals for the next three years
• Develop a clear theoretical framework for the therapy they provide
• Integrate a number of different therapeutic approaches into a coherent system
• Show mastery of rednection therapy and related approaches
• Conduct individual, group, couple, and family therapy
• Explain the theoretical basis for the therapy they are conducting
• Demonstrate competency in their work
• Grow their practices

Participants may begin the program in September, February, or June.

* Specific learning objectives for each regular workshop offered to postgraduate students are available in this brochure as well as online at http://www.seinstitute.com, or by calling (919) 929-1171.
Understanding Yourself and Others: The Theory and Practice of Transactional Analysis (TA 101 Course)

Chapel Hill, NC

The TA 101 is a powerful and transforming experience opening new vistas to understanding yourself and others. It provides a comprehensive introduction to the theory and practice of transactional analysis. Transactional analysis, as developed by Eric Berne, M.D., is both a theory of personality and human interaction, and a method of psychotherapy, counseling, organizational analysis, and educational consultation. This course will provide an in-depth new perspective for understanding human behavior. The format is a combination of lecture, group discussion, experiential exercises, and fun under the leadership of a Certified Teaching and Supervising Transactional Analyst in the International Transactional Analysis Association. Participation in this course qualifies you for Regular Membership in the ITAA, and is required for certification as a TA Practitioner.

Participants are encouraged to register for the Weekend Intensive Personal Growth Marathon as well, in order to experience how the theory is applied in facilitating personal change.

DATES FACULTY LOCATION
September 20-21, 2018 Vann Joines, Ph.D. Chapel Hill, NC
February 21-22, 2019 Vann Joines, Ph.D. Chapel Hill, NC
July 30-31, 2019 Vann Joines, Ph.D. Raleigh, NC
Sept. 26-27, 2019 Vann Joines, Ph.D. Chapel Hill, NC

LEVEL Beginner, Intermediate, & Advanced
TIMES 9:00am - 5:00pm daily
TUITION 360 ($340 if registered one month in advance, $100 deposit)

CE CREDITS (APA): 12 / CONTACT HOURS (NBCC): 12

Learning Objectives - Participants will be able to:
• List the philosophical assumptions of TA
• Identify the four major components of TA
• Explain structural analysis
• Describe how to use contracting
• Identify and describe one’s life script
• List the five drivers
• Explain the four basic existential positions
• Define a stroke according to TA theory
• Compare and contrast the differences between strokes for doing and strokes for being
• Describe three types of transactions

Weekend Intensive Personal Growth Marathon

Chapel Hill, NC

This weekend is designed to enable participants to identify their strengths and build on them by bringing into awareness and changing early decisions and behaviors which are limiting or self-defeating in the present. Life Script theory along with Redecision Therapy and other experiential techniques are used to assist participants in making the changes they desire. Join us for a powerful and fun weekend experience.

Participants are encouraged to register for the TA 101 Course as well, in order to get an overview of the theory that is used in the process.

DATES FACULTY LOCATION
Sept. 21-23, 2018 Vann Joines, Ph.D. & Emily Keller, Ph.D. Chapel Hill, NC
Feb. 22-24, 2019 Vann Joines, Ph.D. & Emily Keller, Ph.D. Chapel Hill, NC
Sept. 27-29, 2019 Vann Joines, Ph.D. & Emily Keller, Ph.D. Chapel Hill, NC

TIMES Friday 7:00pm - 10:00pm; Saturday 9:00am - 5:00pm; Sunday 9:00am - 4:00pm
TUITION $450 ($425 if registered one month in advance, $100 deposit)

Couples Weekend

Chapel Hill, NC

Make major changes in yourself and your relationship in a weekend! This is a powerful weekend experience for couples, designed to assist them in making desired changes, both in themselves and their relationship, in order to have a fulfilling life together. Information from redetection therapy, family systems, family sculpting, attachment theory, and other approaches will be used to help couples increase their awareness, autonomy, spontaneity, and capacity for intimacy. Couples often accomplish as much in this weekend as in a year of weekly therapy. Join us for a fun and productive weekend.

NOTE: We also accept up to two therapists who want to observe in order to learn this process. We will meet with them periodically during the weekend.

DATES FACULTY LOCATION
Oct 26-28, 2018 Vann Joines, Ph.D. & Emily Keller, Ph.D. Chapel Hill, NC
May 17-19, 2019 Vann Joines, Ph.D. & Emily Keller, Ph.D. Chapel Hill, NC

TIMES Fri 9:00am - 5:00pm; Sat 9:00am - 6:00pm; Sun 9:00am - 4:00pm
TUITION Couples: $900 per couple if registered one month in advance ($950 afterward). Retake this Workshop for $200 off per couple.
Therapist: $400 if registered one month in advance, $100 deposit ($425 afterward)
LEARNING OBJECTIVES - ATTENDING THERAPISTS WILL BE ABLE TO:
• Describe the different escape hatches in couples’ relationships.
• Explain what is required and what is desired for intimacy.
• Describe the difference between target strokes and target discounts.
• List the four basic emotions and explain how emotional literacy is beneficial to couples.
• Explain the connection between early attachment relationships and romantic relationships.
• List and describe four different attachment styles.
• Define “attachment longings.”
• Explain how a partner’s attempts to connect to his or her spouse will often push that person further away.

Energy Healing in Psychotherapy
Chapel Hill
The Energy Healing in Psychotherapy workshop with Gary Peterson, MD, offers a mind-body approach to helping clients heal, move past blocks, overcome resistance, and transform their lives. Energy psychotherapy incorporates traditional energy systems, such as meridians and chakras, and modern science. Research on energy psychotherapy suggests it is an effective treatment for anxiety, depression, trauma, and much more! We’ve all had clients who get stuck with traditional talk-based therapy, or who are yearning for something they can apply outside of the therapy room. Perhaps, you are looking for new tools to help your clients with high anxiety and trauma. Energy psychology offers powerful techniques that can lead to breakthroughs during therapy. Additionally, it empowers your clients by offering to them tools they can apply on their own as they go through the day. Imagine your clients telling you about how they successfully used energy psychology techniques to reduce their stress with their kids; or to focus on a challenging day at work; or even to neutralize a flood of trauma-related emotion. How does energy psychotherapy work? We tend to separate parts of us that are very intricately connected: thoughts, feelings, and body, for instance. Yet, all of these involve energetic and electrical processes. The field of energy psychology leverages the relationship between neurological, biological, and energetic systems to transform thoughts, feelings, sensations, and behaviors. These methods can be directly applied within any psychotherapeutic framework. They don’t replace what you are already doing, they enhance it.

AS A PARTICIPANT IN THE ENERGY HEALING IN PSYCHOTHERAPY WORKSHOP,
YOU WILL LEARN HOW TO:
• Administer the biofield brushdown
• Introduce clients to the science and art of energy psychology
• Apply energy psychotherapy tools
• Confidently navigate this burgeoning field
• Muscle test clients
• Apply energy tapping techniques to reduce anxiety, increase focus, and more
• Use Chinese meridian acupoints and energy centers teach self-soothing skills and help clients regulate their emotions

LEARNING OBJECTIVES:
• Discuss how energy healing methods fit into and support general psychotherapy practice
• Describe memory reconsolidation in clinical practice
• Apply scaling to goals of therapy and disturbing events
• Use three calming/centering procedures
• Administer and interpret muscle testing
• Assess clinical signs of energy disorganization
• Develop issues/traumas for targeting
• Describe the purpose of and execute bridging techniques

FACULTY
Gary Peterson, M.D. ACEP Diplomate and Certification Consultant, Comprehensive Energy Psychology

DATES
January 18-19, 2019; June 21-22, 2019

TIME
Friday & Saturday 9:00am - 5:00pm

TUITION
$340 if registered one month in advance, $100 deposit ($360 afterward)
Retake this workshop for $100 off

CE HOURS (APA): 12 / CONTACT HOURS (NBCC): 12
Personality Focused Treatment (PFT) - Improve Your Therapy and Relationships by Knowing How to Work Effectively with the Different Personality Adaptations

Chapel Hill, NC

Many therapists are often effective with certain clients and have a difficult time with others. They become frustrated and believe that their therapeutic approach does not work with those clients. The problem is not the approach, but the difference in clients’ personality adaptations. This workshop uses theory, presentations, and demonstrations to teach mental health professionals how to work effectively with each adaptation.

The concept of personality adaptations offers an exciting, new approach to working with personality dynamics. It was originated by Paul Ware, M.D., and Taibi Kahler, Ph.D., and further developed by Vann Joines, Ph.D., as a result of 20 years of clinical observation and research. The workshop will cover the diagnosis and treatment of six core personality adaptations: schizoid, paranoid, antisocial, passive-aggressive, obsessive-compulsive, and histrionic. These adaptations form the basic building blocks of personality and can be observed across the different DSM-5 disorders. Each adaptation has its own unique way of approaching the world, working most effectively in making changes, and defending against vulnerability.

We will look at how the adaptations develop, how they interact in the world, the major treatment issues, and how to work most effectively with each type. The book, Personality Adaptations, (Lifespace, 2002) and a questionnaire developed by Vann Joines, Ph.D., for understanding and assessing the adaptations is provided to all participants. By knowing these adaptations, therapists--regardless of their theoretical orientation--can quickly establish rapport, target interventions, avoid getting stuck in defenses, and maximize their effectiveness.

NOTE: This workshop is required for the Personality Focused Treatment (PFT) Certification Program

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:

• List the six core personality adaptations.
• Describe how the adaptations develop.
• List the therapeutic doors for each adaptation.
• Explain the difference between the surviving and performing adaptations.
• List the primary drivers for each adaptation.
• List the six personality adaptations.
• Summarize the influence of nature and nurture on the development of personality adaptations.
• Explain the concepts of open door, target door, and trap door.
• Briefly describe the five driver behaviors outlined by Bob and Mary Goulding.
• List three examples of “cons” and their corresponding personality adaptations.
• Explain how parenting style shapes personality development.

LEVEL: Beginner, Intermediate, & Advanced
DATES: Jan. 4-5, 2019; June 28-29, 2019
TIMES: 9:00am - 5:00pm daily
TUITION: $340 if registered one month in advance. $100 deposit ($360 afterward)
RETAKES: $100 off
FACULTY: Vann Joines, Ph.D. & Emily Keller, Ph.D.
CE CREDITS (APA): 12 CONTACT HOURS (NBCC): 12

Working with the Group as a Whole

Chapel Hill, NC

A therapy group is a living system and as such goes through a developmental process in order to achieve a state of mature functioning. Part of the therapist’s job is to attend to and assist in that development so that the group is structured as an effective therapeutic tool to promote the growth of its members. This workshop will consist of theory and group experience in order to learn how to achieve a high level of group cohesion and effectiveness.

FACULTY: Vann Joines, Ph.D. & Emily Keller, Ph.D.
DATES: July 12-13, 2019
TIMES: 9:00am - 5:00pm daily
TUITION: $340 if registered one month in advance, $100 deposit ($360 afterward)
LEVEL: Beginner & Intermediate
CE CREDITS (APA): 12 CONTACT HOURS (NBCC): 12

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:

• List the different types of therapy groups
• Describe the value of the group as a whole perspective
• Give examples of group as a whole interventions
• State the different stages of group development
• Discuss how group norms are developed
• Identify early issues that emerge in group work and how they are resolved
• List the different roles that emerge in the group
• Describe the different stages of group imago adjustment that occur

* For an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.
One-Week Workshop: Mastering Redecision Therapy
Chapel Hill, NC
Modern neuroscience indicates that it is working with the emotional brain that produces the most effective change in psychotherapy. Redecision therapy is a powerful, short-term treatment approach that works experientially with the emotional brain to produce lasting change. It treats a number of emotional problems including depression, anxiety, panic, phobias, obsessive-compulsive disorders, and early trauma. It integrates cognitive, behavioral, and affective work in a brief, but in-depth, approach. It is an action-oriented method that elicits the power and autonomy of the client and facilitates change in a fun and exciting way. This workshop will focus on mastering this approach with ample opportunities for practice and personal work using video supervision. Come experience the effectiveness of this powerful and exciting approach.

FACULTY
Vann Joines, Ph.D., Diplomate in Redecision Therapy & Emily Keller, Ph.D.

DATES
Aug. 12-17, 2019

TIMES
9:00am - 4:30pm daily

TUITION
$975 if registered one month in advance, $200 deposit ($1000 afterward) Retake this Workshop for $200 off

LEVEL
Intermediate & Advanced

CE CREDITS (APA): 36 / CONTACT HOURS (NBCC): 36

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
• Describe the history of the development of Redecision therapy
• State the major types of work in Redecision therapy
• List the seven major components of Redecision therapy
• Demonstrate contracting
• Describe the fourteen steps in the Redecision process
• Explain the contributions of Transactional Analysis and Gestalt Therapy
• List the five layers of an impasse
• Describe the four types of impasses
• Demonstrate the Redecision Process
• Explain how to work with dreams using Redecision therapy
• Describe how to work with phobias using Redecision therapy

* This workshop is required as part of the Redecision Therapy Certification Program.
* For a complete list of learning objectives and an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.

Working with High-Conflict Families
Chapel Hill, NC
This workshop will present an understanding of how family systems develop out of the Life Scripts of the individual partners who begin the family and how they can be worked with to assist the members in changing the family system so they achieve a happy family life. Structural, Strategic, and Redecision Family therapy will be taught in an integrated approach to maximize change by meeting the family at their level of functioning. Join us for a fun, informative, and therapeutic experience to learn how to work effectively with families in your practice.

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
• Describe how family dynamics are shaped by the parents.
• Demonstrate how to conduct an initial, diagnostic interview.
• List three different approaches that can be used in treating families.
• Describe the different stroking patterns can exist in families.
• Describe the different levels of functioning in families.
• Explain the “outside in” approach of family therapy.
• Describe an approach to making explicit what is happening within the family system to the identified patient.
• Describe the importance of emotional literacy to healthy family development.
• Explain the role of attachment in family dynamics.
• List two benefits to working with the entire family, including children, as opposed to working with just children or just the parents.
• Describe the role of the therapist in an integrated systems approach to family therapy.

FACULTY
Vann Joines, Ph.D. and Emily Keller, Ph.D.

DATES
Aug. 10-11, 2018; Aug. 9-10, 2019

TIMES
9:00am - 5:00pm daily

TUITION
$340 if registered one month in advance, $100 deposit ($360 afterward)

LEVEL
Beginner & Intermediate

CE CREDITS (APA): 12 / CONTACT HOURS (NBCC): 12

* For an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.
Learn to Treat Trauma with Energy Therapy:
Trauma Resolution Energy Therapy (TRET) - Level I
Chapel Hill, NC
This workshop offers a powerful and effective way to resolve trauma of all types. It integrates traditional psychodynamic psychotherapy with energy psychology and provides a way to help clinicians get to and resolve unconscious material that few other approaches offer. Specific new skills that will be taught are:

- An analysis of trauma and how it limits our functioning
- Understanding the subtle energy systems in the body
- Energy balancing
- Muscle testing to communicate directly with the unconscious
- How to test for neurological disorganization and dehydration

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:

- Describe how trauma affects our functioning
- Lists the parts of the body’s subtle energy system
- Demonstrate muscle testing
- Explain how to test for neurological disorganization and dehydration

NOTE
This workshop is a prerequisite for taking TRET - Level 2
FACULTY
Vann S. Joines, Ph.D., Certified Energy Diagnostics and Treatment Methods Level I & II Trainer and Certified Advanced Integrative Therapy Teacher and Supervisor
DATES
Oct. 26 - 28, 2018
TIMES
9:00am - 5:30pm daily
TUITION
$520 if registered one month in advance, $200 deposit ($540 after that)
Retake this seminar for $200 off

LEVEL
Beginner & Intermediate
CE HOURS (APA): 12 / CONTACT HOURS (NBCC): 12

*For an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.

Trauma Resolution Energy Therapy (TRET) - Level II
Chapel Hill, NC
NOTE: TRET Level I is a prerequisite for this workshop.
This workshop is the second level of TRET training following Level I. In it you will learn how to get a thorough history of the client’s trauma, organize the work into themes, do a case analysis, do treatment planning, evaluate the ego strength of the client and increase it if necessary, work with boundary issues, learn surrogate muscle testing, work with the meridians for specific issues, and instill positive qualities.

FACULTY
Vann S. Joines, Ph.D., Certified Energy Diagnostics and Treatment Methods Level I & II Trainer and Certified Advanced Integrative Therapy Teacher and Supervisor
DATES
Feb. 1 - 3, 2019
TIMES
9:00am - 5:30pm daily
TUITION
$520 if registered one month in advance, $200 deposit ($540 after that)
Retake this seminar for $200 off

LEVEL
Advanced
CE CREDITS (APA): 12 / CONTACT HOURS (NBCC): 12
LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:

- Describe how to get a complete history of the client’s trauma
- Organize the work into themes
- Demonstrate short term work
- List the steps in treatment planning
- Explain how to work with themes
- Describe the order of treatment
- State the options for treatment when a client does not have sufficient ego strength to treat early trauma
- Explain when and why you treat core beliefs
- Describe what you do when a core belief is not clearing
- List three options for surrogate muscle testing
- Demonstrate diagnosing the earliest originating trauma
- Explain short cuts that can be used
- Give examples of when to instill positive qualities

*For an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.
Play Therapy Workshops

Play therapy workshops are offered to school counselors, counselors, social workers, psychologists, marriage and family therapists, and other mental health practitioners seeking skills for applying play therapy theory and techniques to their work with children, teens, couples, and families.

Introduction to Sand Tray:

Chapel Hill, NC

Build skills and confidence in using sand tray with clients of all ages. Sand tray is a powerful therapeutic tool often used in play therapy. It is popular with play therapists for a number of reasons. Sand tray gives children a language to express themselves. It offers a way for expressing what often feels beyond the capacity of words. It’s an accessible canvas for the unconscious mind. This two-day workshop on using sand tray in play therapy will cover everything you want to know to get started with your first client. Participants will learn how to set up a sand tray, introduce sand tray to others, invite the process, and guide clients through the sand tray healing journey. They will also learn the history and theoretical foundations of sand tray.

FACULTY  Emily Keller, Ph.D, LPC, RPT
DATES  Nov. 2-3, 2018
TIMES  9 AM - 5 PM daily
TUITION  $360 if registered one month in advance, $100 deposit ($360 afterward)
LEVEL  Beginner & Intermediate
CE HOURS (APA): 12 / CONTACT HOURS (NBCC): 12

LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:
• Define sand tray therapy
• Describe the integrative effects of sand tray play therapy
• Define archetype
• Explain the importance of a right-brain to right-brain connection in sand tray therapy
• List four benefits of using sand tray in play therapy
• Discuss the importance of having a variety of miniatures available for sand tray
• Describe the role of the subconscious in sand tray play therapy
• Discuss the importance of looking at the tray as a whole
• Explain the significance of the first and central objects in a sand tray
• Explain why the sand tray has specific dimensions
• List three non-directive sand tray prompts used in play therapy
• Describe a situation in which a therapist might choose a directive sand tray prompt during a play therapy session

*For an outline of the program schedule, visit http://www.seinstitute.com or call (919) 929-1171.
Learn to conceptualize and engage a child’s world with TA Play Therapy! This workshop offers an introduction to transactional analysis (TA) theory and play therapy. Participants will learn about the benefits of integrating the two theories in their work with children, as well as adults. Although TA was developed more than 50 years ago, before a lot of the current neuroscience literature emerged, Eric Berne, MD, was incredibly intuitive. TA offers some basic yet deeply insightful theory that not only informs play therapy, but enhance it. Learn how to use ego states, stroke theory, life script theory, and much more to meet your client where he or she is at, understand his or her disorder, and confidently develop a treatment plan.

**FACULTY**  
Emily Keller, Ph.D, LPC, RPT

**DATES**  
April 19-20, 2019

**TIMES**  
9:00 AM - 5:00 PM daily

**UITION**  
$340 if registered one month in advance, $50 deposit ($360 afterward)

**LEVEL**  
Beginner & Intermediate

**CE HOURS (APA): 12 / CONTACT HOURS (NBCC): 12**

**LEARNING OBJECTIVES - PARTICIPANTS WILL BE ABLE TO:**

- List 3 play therapy activities associated with ego states
- Define life script and how to work with it in play therapy
- List 5 life script messages
- Explain how life script messages show up during play therapy
- Describe 3 ways to give permissions during play therapy
- Discuss how knowledge of stroke theory can enhance play therapy
- Discuss the connection between stimulus hunger and recognition hunger
- Draw and explain the drama triangle
- List 3 play therapy activities related to the drama triangle
- Explain how knowledge of personality adaptations can enhance play therapy
- Describe the role of the therapist in TA play therapy
- Explain the importance of limit setting in play therapy from a TA perspective
CONTINUING EDUCATION CREDITS

VANN JOINES, PH.D. - Clinical Psychologist; President and Director, Southeast Institute for Group and Family Therapy; International Psychotherapy Trainer, Supervisor, and Consultant, having taught in over 30 countries; Certified Teaching and Supervising Transactional Analyst and 1994 Winner of the Eric Berne Memorial Award, International Transactional Analysis Association; Diplomate and Founding Member, Redecision Therapy Association; Clinical Member and Approved Supervisor, American Association for Marriage and Family Therapy; Licensed Marital and Family Therapist and Licensed Psychologist, State of North Carolina; Certified Group Psychotherapist with the National Registry of Group Psychotherapists; Certified EDxTM Practitioner and Level I & II Trainer; Certified Practitioner, Teacher and Supervisor in Advanced Integrative Therapy; Member, American Psychological Association and Association for Comprehensive Energy Psychology; Life Fellow, American Group Psychotherapy Association; Co-Author, TA Today: A New Introduction to Transactional Analysis (Lifespace Publishing, 1987, 2012), and Personality Adaptations: A New Guide to Human Understanding in Psychotherapy and Counseling (Lifespace Publishing, 2002). Author, Joines Personality Adaptations Questionnaire and the JPAQ Administration, Scoring, and Interpretative Kit (Southeast Institute, 2002).

GARY PETERSON, M.D. DLFAPA, LFAACAP - Board certified in psychiatry and child psychiatry. For over 20 years he has been treating preteens, adolescents, young adults, couples and families with trauma-informed care. He provides professional training and case consultation to mental health professionals. He is recognized for his work with complex trauma and dissociation, attention deficit disorder, somatic disorders, and eating disorders. He is an EMDRIA Approved Consultant and an ACEP Certification Consultant. He is author of Energy Healing in Psychotherapy: A Clinician’s Desktop Handbook (Southeast Institute, 2006).

EMILY KELLER, PH.D., LPC, RPT - Emily is a Professional Counselor and Registered Play Therapist and Vice President of the Southeast Institute for Group and Family Therapy. She is a Certified Redecision Therapist and received her Transactional Analysis Advanced Practitioner (TAAP) certificate through USATAA. Her dissertation research was on using TA models and concepts to increase religious and spiritual competencies.

Please note: All licensed professionals are urged to check with their licensing authorities to determine which CE credits will qualify for license renewal.

Our cancellation policy can be found here: http://www.seinstitute.com/cancellation-policy/
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Details</th>
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<tr>
<td>JULY 13</td>
<td>Beginning of the PFT Supervision <em>(Online Video Conferencing)</em></td>
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<td>JULY 16-21</td>
<td>Mastering Redecision Therapy with Vann Joines, Ph.D. and Emily Keller, Ph.D. (Chapel Hill)</td>
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<td>SEPTEMBER 7</td>
<td>PFT Supervision <em>(Online Video Conferencing)</em></td>
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<tr>
<td>SEPTEMBER 13</td>
<td>Beginning of the Fall Semester of the Therapy Group for Therapists with Vann Joines, Ph.D.;</td>
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<td>Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 14</td>
<td>Beginning of the Fall Semester of the Advanced Supervision with Vann Joines, Ph.D.; Emily</td>
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<td>Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 14-15</td>
<td>Beginning of the Fall Semester of the Certification Training Program in TA and</td>
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<td>Redecision Therapy with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<tr>
<td>SEPTEMBER 20-21</td>
<td>Understand Yourself and Others – TA 101 Course with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 21-23</td>
<td>Weekend Personal Growth Marathon with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 28</td>
<td>PFT Supervision <em>(Online Video Conferencing)</em></td>
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<td>OCTOBER 5-7</td>
<td>Beginning of the Certification Training Program in TA and Redecision/Relational Therapy with</td>
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<td>Vann Joines, Ph.D. <em>(Louisville)</em></td>
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<td>OCTOBER 26-28</td>
<td>Trauma Resolution Energy Therapy - <em>(TRET)</em> Level I with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>NOVEMBER 2-3</td>
<td>Introduction to Sandtray Play Therapy with Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>NOVEMBER 15</td>
<td>Beginning of Complex Trauma Part 1 with Gary Peterson, M.D. <em>(Chapel Hill)</em></td>
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<td>JANUARY 25-26</td>
<td>Improve Your Therapy and Relationships by Knowing How to Work Effectively with the Different</td>
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<td>Personality Adaptations with Vann Joines, Ph.D. and Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>JANUARY 18-19</td>
<td>Energy Healing in Psychotherapy with Gary Peterson, M.D. <em>(Chapel Hill)</em></td>
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<td>JANUARY 25</td>
<td>Beginning of the PFT Supervision <em>(Online Video Conferencing)</em></td>
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<td>FEBRUARY 1-3</td>
<td>Trauma Resolution Energy Therapy - <em>(TRET)</em> Level II with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>FEBRUARY 7</td>
<td>Beginning of the Spring Semester of the Therapy Group for Therapists with Vann Joines, Ph.D.;</td>
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<td>Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>FEBRUARY 8</td>
<td>Begin of the Spring Semester of the Advanced Supervision with Vann Joines, Ph.D.; Emily</td>
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<td>Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>FEBRUARY 8-9</td>
<td>Therapy with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>FEBRUARY 21-22</td>
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<td>FEBRUARY 22-24</td>
<td>Weekend Personal Growth Marathon with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>MARCH 1</td>
<td>Beginning of PFT Supervision with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>APRIL 19-20</td>
<td>TA Play Therapy with Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>MAY 17-19</td>
<td>Couples Weekend with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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<td>JULY 12-13</td>
<td>Working with the Group as a Whole with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>JULY 30-31</td>
<td>Understanding Yourself and Others - TA 101 Course with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>JULY 31-AUGUST 3</td>
<td>50th Anniversary Conference <em>(Raleigh, NC)</em></td>
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<td>AUGUST 12-17</td>
<td>One - Week Workshop: Mastering Redecision Therapy with Vann Joines, Ph.D.; Emily Keller, Ph.D.</td>
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<td><em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 26-27</td>
<td>Understand Yourself and Others – TA 101 Course with Vann Joines, Ph.D. <em>(Chapel Hill)</em></td>
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<td>SEPTEMBER 27-29</td>
<td>Weekend Intensive Personal Growth Marathon with Vann Joines, Ph.D.; Emily Keller, Ph.D. <em>(Chapel Hill)</em></td>
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SPECIAL WORKSHOPS

TRAUMA RESOLUTION ENERGY THERAPY (TRET)
Level I • Oct. 26-28, 2018 Vann Joines, PhD.
Level II • Feb. 1-3, 2019 Vann Joines, Ph.D.

COUPLES WORKSHOPS AND SEMINARS:
Couples Weekend
Oct. 26-28, 2018 • Vann Joines, Ph.D. and Emily Keller, Ph.D.
May 24-26, 2019 • Vann Joines, Ph.D. & Emily Keller, Ph.D.