



# ATTACHMENT-INFORMED TRAUMA THERAPY: CLINICAL AND ETHICAL CONSIDERATIONS FOR THERAPISTS

**March 13-14, 2025**

**The Education Center at Eastern AHEC  
2600 W. Arlington Blvd.  
Greenville, NC**

## About the Workshop

This two-day program is designed for mental health providers who render psychotherapy services. It will emphasize trauma-informed modalities for client populations who struggle with the impact of traumatic experiences like PTSD, dissociation, psychosomatic complaints, interpersonal distress, and interoceptive awareness. Additionally, this program will offer education on ethical considerations for trauma therapists. Topics will include attachment-informed interventions, ego states therapy, EMDR therapy resourcing, emotionally focused therapy, and ethical provider sustainability. Through the use of didactic lectures, experiential demonstrations, and case studies, attendees will gain immediately applicable knowledge and clinical skills to administer these specialized modalities with clients.

**You must attend both days to receive credit.**

## Target Audience

- Licensed Clinical Mental Health Counselors
- Psychologists
- Marriage and Family Therapists
- Substance Use Professionals
- Psychotherapists
- Behavioral Health Practitioners
- Counselors
- Social Workers
- All interested behavioral health professionals

# Faculty

**Ashley Swinson, MSW, LCSW**, EMDR Approved Consultant, Owner of TIDE Associates, PLLC, is an expert in EMDR therapy and a national speaker on the topics of trauma-informed care and provider sustainability. She specializes in the treatment of complex PTSD and secondary traumatic stress, and she provides consultation for business and clinical niche development. Ashley is an adjunct professor in the School of Social Work at the University of North Carolina at Wilmington.

**Tara Ferguson, PhD, LP**, is the owner of Place of Peace Counseling and Therapeutic Center PLLC. Dr. Ferguson is an expert in dual diagnosis treatment, comorbid complex PTSD, relational problems, and anxiety disorders. She specializes in women's issues, EMDR therapy, and ego states therapy and has developed a Self-Love Protocol to address attachment traumas that inhibit emotional independence, self-compassion, and self-esteem. Additionally, she provides professional mentoring and clinical supervision to other practitioners.

**Julie Ozier, MSW, LCSW**, is the owner of Julie Ozier Counseling and Consultation PLLC. She specializes in trauma, anxiety, depression, and life changes. She is trained in multiple evidence-based therapies including Trauma Focused Cognitive Behavioral Therapy (TFCBT), EMDR, and Child Parent Psychotherapy (CPP). She is an expert forensic interviewer, trainer, and consultant.

## Objectives

- **Conceptualize** a clinical case utilizing an attachment-informed EMDR perspective
- **Apply** ego states interventions with clients when cultivating self-love and self-worth
- **Develop** attachment-informed resources with clients who have experienced early childhood wounds
- **Identify** ethical principles that are impacted when working with children in trauma therapy
- **Identify** ethical principles that inform provider sustainability when providing trauma therapy

## Agenda - Day 1

8:30 a.m.	<b>CHECK-IN/REFRESHMENTS</b>
9:00 a.m.	An Attachment-Informed EMDR Protocol
10:30 a.m.	<b>BREAK</b>
10:45 a.m.	An Attachment-Informed EMDR Protocol, continued
12:15 p.m.	<b>LUNCH (provided)</b>
1:15 p.m.	Ego States Interventions for Building Self-love and Self-worth
2:45 p.m.	<b>BREAK</b>
3:00 p.m.	<ul style="list-style-type: none"><li>• Ego States Interventions for Over-responsibility and Guilt: Learning to Recognize Appropriate Responsibility</li><li>• Q &amp; A</li></ul>
5:00 p.m.	<b>ADJOURNMENT</b>

## Agenda - Day 2

8:30 a.m.	<b>CHECK-IN/REFRESHMENTS</b>
9:00 a.m.	EMDR Resource Development & Installation
10:00 a.m.	<b>BREAK</b>
10:15 a.m.	EMDR Resource Development & Installation, continued
11:45 a.m.	<b>LUNCH (provided)</b>
12:45 p.m.	Ethical Considerations: Trauma Therapy with Children
2:45 p.m.	<b>BREAK</b>
3:00 p.m.	Ethical Considerations: Being A Sustainable Trauma Therapist
5:00 p.m.	<b>ADJOURNMENT</b>

# Credit

## Category A-NC Psychology Credit

This program will provide 13 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

## Contact Hours

Certificates reflecting 13 contact hours of education will be awarded at the completion of the program.

## National Board for Certified Counselors Credit (NBCC)



Eastern AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5645. Programs that do not qualify for NBCC credit are clearly identified. Eastern AHEC is solely responsible for all aspects of the programs.

## Substance Abuse Counselor Credit (SAC)

The North Carolina Substance Addictions Specialist Professional Practice Board has approved this program for up to 13 hours of General Skill Building credit-Evidence Based Treatment.

**EMDRIA:** Tide Associates PLLC is an EC Provider 24053 and this program 24053-02 is approved for 13 EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.

# Registration Information

Seating is limited-please register early to ensure a space. Registration is online only at [www.easternahec.net](http://www.easternahec.net) and requires a current MyAHEC account. Registration will close at the start of the program

**Registration Fee:** \$275.00

The registration fee includes program materials, credit, lunch on both days, and refreshments.

## NC AHEC Photo Policy

Attendance at this activity grants permission for Eastern AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

## All Rights Reserved Statement

You may not record, reproduce, publish, distribute, modify, create derivative works, or transmit any program content and/or material presented during continuing professional development (CPD) activities. Continuing professional credit will not be given for unauthorized copied and transmitted recordings of any CPD programs and other activities. Prior registration and attendance are required to receive continuing professional credit.

# Eastern AHEC Cancellation Policy

- Cancellations must be in writing (easternahec@ecu.edu).
- Registrants canceling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than two weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program).

# Americans with Disabilities Act



Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at 252-737-1018 / [ada-coordinator@ecu.edu](mailto:ada-coordinator@ecu.edu).

# Handouts & Evaluations

Handouts will be available online only. One week prior to the program, registrants will receive an event reminder email with instructions to access handouts along with other program information.

Evaluations will be emailed after the program. Once the evaluation has been completed, your certificate will be available.

Please bring a jacket or sweater to ensure your comfort.

If you would like more information on the program, please contact Mental Health Education at **(252) 744-5228** or [legerel14@ecu.edu](mailto:legerel14@ecu.edu).