

### COURSE DESCRIPTION

Post-Induction Therapy (PIT) developed by Pia Mellody, a pioneer in the field of Addiction and Codependency, is a training designed to introduce a model of treatment for addressing childhood developmental trauma including abuse and neglect, that is underlying most addictive and dysfunctional processes. The PIT Model is a unique integration of many psychological theories and principles as well as original concepts identified by Pia Mellody into a treatment paradigm that is highly effective for the treatment of developmental immaturity/arrest due to childhood relational trauma. This intensive 5-day course includes a comprehensive explanation of the revolutionary PIT Model including the 5 core symptoms of codependency/developmental immaturity, the four phases of treatment and the therapeutic techniques used for identifying and treating the underlying trauma of addictive and dysfunctional processes.

### Facilitator: Sarah Bridge, LCSW, Senior Clinical Advisor for Meadows Behavioral Healthcare

In addition to her private practice in Scottsdale, Arizona, Sarah has lectured and co-facilitated over 150 PIT trainings during the past 14 years for mental health professionals, including over 100 alongside Pia Mellody. Sarah holds a Bachelor's Degree in Psychology from UCLA and a Master's Degree in Clinical Social Work from USC. She has over 33 years of experience working in the mental health field with trauma survivors. In the past, she has worked in outpatient and inpatient hospital settings, including UCLA and John's Hopkins Hospital, and in outpatient community mental health clinics in Ithaca, NY and Phoenix, AZ. Additionally, Sarah provides case consultation to other clinicians nationwide and internationally and has conducted the PIT trainings in Europe as well.



Sarah Bridge, LCSW

### Co-facilitator: Deirdre Stewart, LPC, SEP, BCN, Vice President of Trauma Resolution Services for Meadows Behavioral Healthcare

Deirdre holds a BA in communication from Pepperdine University in Malibu, California, and a Master of Science in Counseling from The University of New England in New South Wales. She trained at South Pacific Private in Sydney, Australia, Silver Hill Hospital in New Canaan, Connecticut, and Family Behavioral Health in Boca Raton, Florida. Before relocating back to the US in 2008, she worked in private practice at Hong Kong Psychological Services. She is a licensed professional in the State of Arizona, Board-Certified in Neurofeedback, trained in both traditional and somatic attachment-focused EMDR, Neuro Affective Relational Model (NARM), and Somatic Experiencing. Deirdre also co-facilitates Pia Mellody's Post Induction Therapy training and Inner Child/Feeling Reduction intensives.



Deirdre Stewart, LPC,  
SEP, BCN

### 2021 DATES

Class 1	Class 2	Class 3
Session #1: March 10-12	Session #1: May 5-7	Session #1: August 4-6
Session #2: April 8-9	Session #2: June 3-4	Session #2: Sept. 9-10

### LOCATION

All classes are conducted virtually, live on Zoom.

### DAILY SCHEDULE

Session #1 (3 Days): 7:45 a.m. – 4:00 p.m. Arizona Time  
Session #2 (2 Days): 7:45 a.m. – 4:00 p.m. Arizona Time

### LEARNING OBJECTIVES

#### SESSION #1 (3 DAYS): 19.5 CE CREDITS

After this training, attendees will be able to:

- Discuss the important role that family-of-origin issues play in attachment and development.
- Discuss the issue of codependency in terms of having an unhealthy relationship with self and others due to developmental arrest from childhood relational trauma resulting in developmental immaturity.
- Describe the five core issues and the five secondary symptoms of developmental immaturity.
- Describe the Post Induction Therapy model and the four phases of treatment.
- Explain the concepts of the Wounded Child, the Adapted Wounded Child, the Adapted Adult Wounded Child, and the Functional Adult and how these are seen in the client.

#### SESSION #2 (2 DAYS): 13 CE CREDITS

After this training, attendees will be able to:

- Apply techniques to assist clients in describing and writing about their issues of childhood relational trauma and abuse and struggle around the five core symptoms.
- Demonstrate debriefing, a primary psychosocial tool, in the Post Induction Therapy model.
- Explain the concepts of Integration Work.
- Explain the concepts of Carried Emotions and negative introjects.
- Discuss Inner Child and Feeling Reduction experiential trauma work with clients.
- Explain the concepts of Love Addiction and Love Avoidance.
- Assess one's own limitations as a therapist and assess when it is appropriate to continue or discontinue a particular course of experiential trauma work with a client.

### ACADEMIC REQUIREMENTS

- Licensed Mental and medical healthcare practitioners
- Pastoral counselors
- Master's or Doctorate level professional
- Internationally licensed or certified mental and medical healthcare practitioners

### TRAINING COST

\$2,000 per person includes the five-day (two sessions) intensive training, training materials, and 32.5 continuing education credits. It is recommended that you complete a Survivors Workshop before or after the training.

### REGISTRATION

Click link to register <https://meadowsbh.ce21.com/>

### 32.5 CE CREDITS TOTAL AVAILABLE

The Meadows provides 32.5 continuing education credits from the following agencies:

- This course has been approved by The Meadows, as a NAADAC Approved Education Provider. NAADAC Provider #62791, The Meadows is responsible for all aspects of their programming. Course addresses Counseling Services from NAADAC Counselor Skill Group.
- The Meadows is approved by the American Psychological Association to sponsor continuing education for psychologists. The Meadows maintains responsibility for this program and its content. Course meets criteria for continuing education credit hours for psychologists.
- The Meadows is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider#5687

### PLEASE NOTE

- Cancellation policy: For a full refund (less cost of homework training materials sent), a written cancellation notice must be received 60 days prior to the training. Cancellations received less than 60 days prior will be refunded less cost of training materials and a \$500 cancellation fee. No refunds will be given on or after the workshop date.
- Special Assistance: The Meadows is committed to providing all attendees equal access to this event; call two weeks prior to event for ADA needs.
- Continuing Education Credits: To obtain a certificate of completion, you must attend the training in its entirety. No partial credit will be given. No exceptions. Please note that it is your responsibility to contact your licensing/certification boards to determine eligibility to meet your continuing education requirements.

### CONTACT

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