

Evergreen Behavioral Health Association presents:

**Subtle Dissociation**  
**Easy to Miss, Important to Treat**  
with Craig Penner, LMFT

3.5 CE credit hour live webinar  
Saturday, March 13, 2021, 9:00 am - 1:00 pm

\$80 EBHA Members  
\$100 Non-members

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**About the training**

"Subtle dissociation" shows up in the people we work with each day. It can occur when clients are overwhelmed, internally or externally. When therapists primarily track cognitive responses from the client, or only track somatic responses on a cursory level, opportunities for therapeutic processing may be missed, and, left unattended, subtle dissociation may slow or halt therapeutic progress.

This training addresses the etiology of subtle dissociation, and presents effective interventions to increase contact and resiliency. Participants will learn to use The

Window of Tolerance/Presence as an active lens to track client's somatic experience and "presence" on a moment-by-moment basis, and will learn skills to help clients regain a workable range of resiliency for productive therapy. We will discuss skills for helping clients when they become hyper-aroused or hypo-aroused, and considerations for applying these tools while working remotely.

## **Learning Objectives**

- Describe three somatic signs of subtle dissociation
- List two consequences when "subtle dissociation" goes unnoticed
- List three ways to assess resilience
- Describe the "Window of Tolerance/Presence" model
- Describe two uses of Window of Tolerance/Presence in therapy sessions
- List three advantages of tracking clients' activation somatically
- Describe two interventions to help a client regain resilience when they become hyper- or hypo-aroused

Craig teaches with vivid graphics, case examples, experiential exercises, and always leaves time for questions and answers. This training is designed for practicing therapists, from seasoned clinicians to trainees

## **About the presenter**

Craig Penner, LMFT, has been a psychotherapist in private practice in Santa Barbara since 1982. He brings a process-oriented approach to therapy, with a strong somatic (body/nervous system) focus.

Craig is a consultant, graduate instructor, presenter at four EMDR International Association Conferences, and is the developer/trainer of Natural Processing Trainings across the US and Canada since 2014. His unique approach to tracking and working with dynamics of "subtle dissociation" has been valued by the hundreds of seasoned therapists he has trained over the past 25 years.

Craig is a Somatic Experiencing Practitioner, and a Somatic Experiencing Touch Therapy Practitioner. He has been a Facilitator with the EMDR institute since 1995, and is an Approved Consultant and Therapist with the EMDR International Association. Craig offers live and online consultation for individuals and groups, group practicum sessions, and natural Processing Trainings on integrating EMDR with somatic psychotherapy.

To learn more about Craig, visit his website [www.naturalprocessing.org](http://www.naturalprocessing.org)

### **Training participants reviews**

"...I appreciate the thoroughness of Craig's expertise. It is wonderful to allow the natural process to be so encompassed with my therapeutic process for my clients and myself. I just love this process. Thank you."

— Teresa Lanahan, Roanoke, VA

"This approach, with the somatic focus and depth, creates an organic clarity to hold the elements of human experience, the thoughts, feelings, sensations, behaviors, in a way that supports transformation."

--- Michelle S, San Luis Obispo, CA

"The training infuses my practice with deeper meaning and understanding of myself and where my own personal work lies. I leave with renewed excitement and commitment to somatic practices..."

— Participant

Eventbrite event link url

<https://www.eventbrite.com/x/subtle-dissociation-easy-to-miss-important-to-treat-tickets-139146670437>