

# Michigan Mental Health Counselors Association - [www.mmhca.org](http://www.mmhca.org)

## MMHCA CONFERENCE: Fundamentals of the Trauma Model

**October 12, 2019 in Lansing**

Lansing Community College  
West Campus (Delta Township)  
5708 Cornerstone Dr.

Lansing, MI 48917  
517-267-5452

Registration: 8:30 am – 9:00 am

Workshop: 9:00 am – 4:00 pm

**FREE PARKING! Lunch Provided!**

### **Keynote Presenter: Dr. Colin Ross, M.D.**

Colin A. Ross, M.D completed medical school at the University of Alberta and his psychiatry training at the University of Manitoba in Canada. He is a Past President of the International Society for the Study of Trauma and Dissociation, and is the author of over 220 papers and 30 books. He has spoken widely throughout North America and Europe, and in China, Malaysia, Australia and New Zealand. He has been a keynote speaker at many different conferences, and has reviewed for over 30 different professional journals.

Dr. Ross is the Director of hospital-based Trauma Programs in Denton, Texas, Torrance, California and Grand Rapids, Michigan. He provides weekly cognitive therapy groups at all three

locations, in person in Texas and by video-conference in Michigan and California. He has been running a hospital Trauma Program in the Dallas area since moving to Texas in 1991.

Dr. Ross' books cover a wide range of topics. His clinical books focus on trauma and dissociation and include: *Dissociative Identity Disorder. Diagnosis, Clinical Features and Treatment of Multiple Personality, Second Edition* (1997); *Schizophrenia: Innovations in Diagnosis and Treatment* (2004); *The Trauma Model: A Solution to the Problem of Comorbidity in Psychiatry* (2007); *Trauma Model Therapy: A Treatment Approach for Trauma Dissociation and Complex Comorbidity* (2009); *Structural Dissociation: A Proposed Modification of the Theory* (2013); and *Treatment of Dissociative Identity Disorder: Techniques and Strategies for Stabilization* (2018).

Dr. Ross has published a series of treatment outcome studies in peer-reviewed journals, which provide evidence for the effectiveness of Trauma Model Therapy. Many of his papers involve large series of cases, with original research data and statistical analyses, including a paper entitled 'Trauma and Dissociation in China' in the *American Journal of Psychiatry*.

Besides his clinical psychiatry interests, Dr. Ross has published papers and books on cancer and human energy fields, as well as literary work

### **Second Presenter: Melissa Caldwell Engle, LPC, ATR**

Melissa Caldwell Engle has over 30 years of experience treating trauma, mental health diagnoses, and addictions. She was the past Executive Director of the Ross Institute for Psychological Trauma for 24 years. In this role, Mrs. Caldwell Engle clinically managed three nationally recognized inpatient programs directed by Colin A. Ross M.D. She was involved in the development and implementation of the Trauma Model and its integration into the programs' treatment milieu. She was actively involved in the development of the Trauma Model Certification process and co-presented, past and present, with Dr. Ross for the last 20 years.

Melissa is also a co-founder of the Trauma Recovery Associates (TRA 2002) a program created in response to the Catholic Church's sex abuse scandal in 2002. TRA has since grown with its focus being to educate and foster the development of organizational leaders, human service providers, and trauma survivors themselves to respond more effectively to the impact of childhood trauma on individuals and society.

She has worked with all mental health symptoms and diagnoses including Depression, Dual-Diagnose, Anxiety, Bi-Polar, PTSD, Eating Disorders, OCD, Dissociative Disorders and Addictions. She has specialized training in trauma-related symptoms, Dissociative Disorders, and women's issues. She has years of experience treating clients at both the individual and group level.

Mrs. Caldwell is an internationally recognized educator and speaker, on the effects of trauma, addiction, and the comorbid client Melissa has a unique way of combining theory with treatment techniques emphasizing experiential treatment modalities.

### **Third Presenter: Kenneth W. Schmidt, MA, LPC, NCC**

Kenneth W. Schmidt is a Licensed Professional Counselor in Michigan and also a Roman Catholic priest. He is the co-founder and Executive Director of Trauma Recovery Associates, a non-profit organization that educates and fosters the development of organizational leaders, human service providers, and trauma survivors themselves to respond more effectively to the impact of childhood trauma on individuals and society. TRA offers site-based trauma recovery programs in the county jail, the county probation enhancement program, the YWCA's domestic violence shelter, and for women in transition after incarceration. Community-based programs that are open to local residents are beginning this fall.

He is the author of *You Have Set Us Free: Scriptural Reflections for Trauma Survivors*, and *Conscious Contact with God: The Psalms for Addiction and Recovery* (both published by Liturgical Press). Ken Schmidt's day-job is Advocate for Priestly Ministry and Support in the Diocese of Kalamazoo.

### **Course Objectives**

1. Describe the core principles and strategies for the Trauma Model including: including; the problem of attachment to the perpetrator; and the locus of control shift.
2. To explain additional principles of the TMT including: the problem is not the problem; just say 'no' to drugs; addiction is the opposite of desensitization; and the victim-rescuer-perpetrator triangle.
3. To explain the Spectrum of Emotions.
4. To review the Integrated Addiction Model.
5. To illustrate techniques through role play.
6. To understand the role of forgiveness in trauma recovery.

**Course Description:** In this full-day conference, Dr. Ross will explain the core principles and techniques of the Trauma Model Therapy (TMT), which is suitable for a wide range of mental disorders and addictions including PTSD, Borderline personality disorder, depression, dissociative disorders, and addictions. Next, Melissa Engle will then review the "Spectrum of Emotions, a conceptual tool that helps clients to understand the difference between healthy and unhealthy emotional expression and the corresponding consequences on their physical and mental health. She will also review her Integrated Addiction Model and its application with dual diagnosis. Dr. Ross and Mrs. Engle will illustrate some of their treatment techniques through a role play. And lastly, Ken Schmidt will discuss the role of forgiveness as a component of trauma resolution and recovery. Attendees are encouraged to ask for case consultation on specific treatment problems.

**Information:** James Blundo Executive Director MMHCA - [jamesblundo@att.net](mailto:jamesblundo@att.net)  
MMHCA - P.O. Box 80036 – Rochester, MI 48308 - [www.MMHCA.org](http://www.MMHCA.org)

## Michigan Mental Health Counselors Association - [www.mmhca.org](http://www.mmhca.org)

### MMHCA CONFERENCE: Fundamentals of the Trauma Model

#### Registration Form

**October 12, 2019 in Lansing**  
Lansing Community College  
West Campus (Delta Township)  
5708 Cornerstone Dr.  
Lansing, MI 48917  
517-267-5452

**Registration: 8:30 am – 9:00 am**

**Workshop: 9:00 am – 4:00 pm**

**FREE PARKING! Lunch Provided!**



***This program is offered for 6 NBCC Hours***

**Approved Credit: 6 NBCC HOURS**

"MMHCA has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 2064. Programs that do not qualify for NBCC credit are clearly identified. MMHCA is solely responsible for all aspects of the programs."

**Approved Credit: 6 MCBAP HOURS**

This course is approved by Michigan Certification Board for Addiction Professionals.

**Approved Credit: 6 CE SW HOURS**

Course approval #011018-02 – If you wish to report a problem with this training, please contact [swcollaborative@gmail.com](mailto:swcollaborative@gmail.com).

IF YOU NEED SPECIAL ASSISTANCE YOU MUST CALL THE OFFICE AT LEAST 14 DAYS BEFORE THE WORKSHOP OR WE CANNOT GUARANTEE ARRANGEMENTS CAN BE MADE. 248-930-0644

- 1) **MMHCA** and Allied Health Members: \$200.00
- 2) Non-Members: \$280.00
- 3) Students: \$150.00

\* **No refunds after October 5th**

Information / Registration online or mobile at: [www.MMHCA.org](http://www.MMHCA.org) (Events Tab)

|   |
|---|
| Name:   |
| Address, City, Zip:   |
| Phone/Cell:   |
| Email (required):   |
| Total Fee: \$   |
| (Mark with "X") Check:    Visa:    Master Card:    American Express:                                      |
| Card Number:  |
| Expiration Date:  |
| Security Code:  |
| <b>Signature (mail-in only):</b>  |
| <i>Check or money order payable to: MMHCA</i><br><b>Mail to: MMHCA, PO Box 80036, Rochester, MI 48308</b> |