



Are you a therapist who would like to better help survivors of trauma? Are you hoping to build an effective private practice?

Story-Informed Trauma Therapy & Private Practice Mentorship Program

- ▶ Do you want to feel more confident, competent, & effective in your work with people?
- ▶ Do you want a therapy practice that gives you the satisfaction of seeing clients actually improve and experience permanent change, rather than simply provide temporary symptom relief?
- ▶ Do you want to learn how to build a thriving private practice that can financially support you?
- ▶ Do you want to learn how to have a private practice where you decide the course of help for your clients rather than an insurance company?
- ▶ Do you want less emergencies with your clients so you actually have time for yourself?
- ▶ Do you want to reduce paperwork, charting, and bookkeeping and go home at the end of the day finished with your job?

I can teach you how.



▶ The Program

Develop your skills, learn an evidence-based model that offers real help to trauma survivors, and be mentored in growing an effective private practice.

Program: 72 hours of training through weekly group training and mentoring over the course of 36 weeks. Limited to 10 students.

Dates: September through July. Meeting Tuesdays from 7-9 PM. Starting September 10th.

Location: Milwaukie, OR at the Wister Park Professional Building, 11630, SE 40th Ave, Milwaukie, OR 97222

Cost: \$2700.00 per student. Weekly and Monthly payment plans available. Checks or Cash accepted.

Training to include the SITT trauma recovery model, ongoing application, how to read client stories, consultation, practical guidance in establishing and growing a private practice, including important business considerations.

▶ The Trainer

Byron Kehler, M.S. is a trauma therapist in private practice in Milwaukie, Oregon. He has worked with survivors of various trauma including physical, emotional, spiritual, mental, and sexual abuse for over 35 years. In that time he has built a thriving private practice, without relying on or accepting medical insurance.

Byron has been certified by the American Academy of Experts in Traumatic Stress and is certified in EMDR with a specialization in Dissociative Disorders. He has presented on various childhood trauma recovery themes around the country at churches, social services agencies, public and private schools, universities and conferences, as well as providing ongoing training to first-responders in natural disaster trauma response.

Byron is the author and developer of the evidence-based Story Informed Trauma Therapy model, that is in use by over a hundred therapists and has proven effective in improving the lives of trauma survivors.

▶ Why focus on trauma recovery?

Childhood trauma is the single greatest mental health crisis in America. The evidence is clear that childhood trauma is the main cause of violence, criminality, drug addiction, alcoholism, promiscuity, depression, anxiety, relational conflicts and other mental health concerns today.

Few graduate programs provide specific training on working with trauma and its impact. The result is often that the indicators of traumatic experiences and their impact go overlooked and the real roots of the client's presenting issues go unaddressed. A trauma-informed method allows us to help clients with the real source of their distress.

Story-Informed Trauma Therapy offers a way forward. This mentorship will prepare therapists to effectively guide survivors of childhood abuse and trauma through the various stages of

trauma recovery. This extensive program is designed for professional therapists, graduate students and lay counselors, who are currently working with trauma survivors or desiring to work more specifically with this population.

In this training you will learn how to guide clients from the moment they arrive in your waiting room to closure of the last session. During the course of this mentorship we will utilize a variety of teaching modalities including general instruction, group interaction, active dialogue, case presentations, role playing, modeling, video, survivor presentations, special guest speakers, and the demonstration of the therapeutic use of stories, objects, and metaphors.

▶ Why Story Informed Trauma Therapy?

Byron Kehler developed Story Informed Trauma Therapy over years of working with survivors of trauma, and seeing other modalities offer very little in the way of relief. After Hurricane Katrina, Byron began teaching this model to therapists along the Gulf coast. After adoption by a large agency there, the model was studied at Tulane University, and was shown effective in improving the lives of the trauma survivors in the studied population.

Story Informed Trauma Therapy is a comprehensive framework for viewing and understanding the trauma recovery process, offering a step-by-step roadmap through a proven 9-stage recovery model.

In this training you will learn:

- ▶ How to understand client's presenting needs.
- ▶ How to conceptualize the case and plan effective counsel.
- ▶ How to read a client's story and help them understand its influence in their life.
- ▶ How to identify and evaluate progress markers in your client's recovery process.
- ▶ The therapeutic use of stories, metaphors, modalities, objects and resources that improve effectiveness.
- ▶ How to maximize the limited time with clients and promote learning well beyond the therapeutic hour.

▶ Why focus on the business of a private practice?

Rarely are therapists prepared for the unique issues of running a successful and healthy private practice. They enter the job because they want to help people, and quickly find themselves overwhelmed by the tension of running a business and caring for their clients.

In this training you will learn:

- ▶ How to identify therapist issues including transference, counter-transference, therapist history, process dilemmas, and other cautions.
- ▶ How to reduce client emergencies, establish and maintain healthy therapeutic boundaries.
- ▶ How to practice therapeutic self-care, model healthy living and limit vicarious traumatization and burn-out.
- ▶ How to generate referrals and build a strong and stable private practice serving this population.
- ▶ How to build a profitable business without depending on insurance payments.
- ▶ Along with best practices from Byron's decades of building a private practice while serving this population.

To register or for more information contact Byron Kehler.

503-277-9780 or byron.kehler@gmail.com. Space is limited so reserve your spot today.