



DAY 1

Speaker 1: Ashley Davis Bush – Burnout Prevention



In this interview you will learn:

- Self-care techniques to use while in a session
- The difference between macro and micro self-care
- How to make self-care a mindset

Ashley Davis Bush is a psychotherapist in private practice in southern New Hampshire with over twenty-five years of experience in the mental health field. She is also the author of seven self-help books, including

Simple Self-Care for Therapists.

She is a regular contributor to *The Huffington Post* and is trained in EMDR trauma therapy.

Speaker 2: Richard Schwartz – Internal Family Systems



In this interview you will learn:

- What is the client's "self"
- How trauma impacts functioning
- The influence of emotions on functioning

Dr. Richard Schwartz is the developer of Internal Family Systems.

In 2000, he founded The Center for Self Leadership in Oak Park, Illinois, which offers three levels of IFS training, national and international workshops for both professionals and the general public, an annual conference, publications, and video resources of Dr. Schwartz's work.

The Summit is suitable for Beginning Therapists | Experienced Therapists | Trauma Survivors

There will be 25 speakers representing 5 different models of therapy

It is completely free, and videos will be available online for 72 hours after being screencast.

CHECK IT OUT <http://treatingtraumawithoutdrama.com/>