

MANAGING DISSOCIATIVE SYMPTOMS USING SOOTHING & GROUNDING TOOLS

DATE

November 6th, 2026

9:00am - 4:30pm

LOCATION - In-person & Online

Endeavor Health Services

795 Indian Church Road

West Seneca, NY 14224

Parking in front and back of building

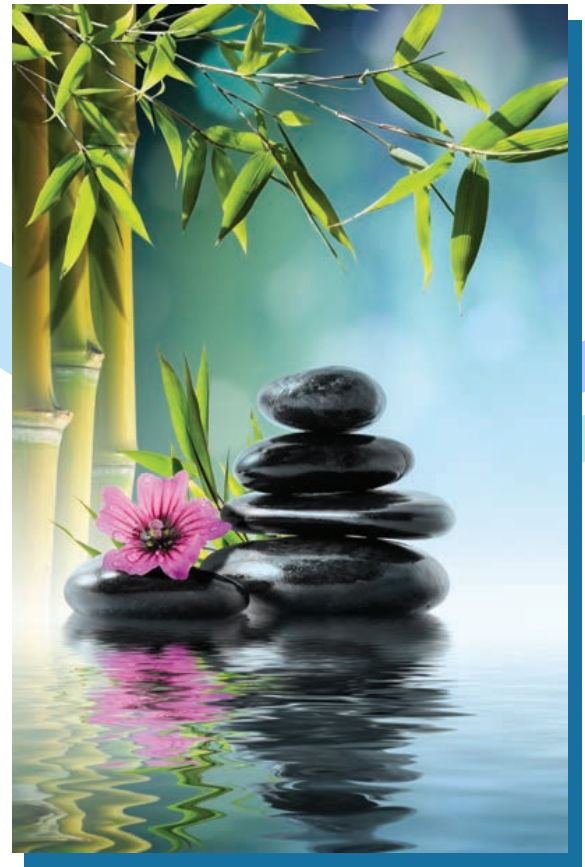
COST

\$99 before October 20th, 2026

\$120 after October 20th, 2026

Last day to register is Nov. 5th

CEs 6 for NYS, NBCC, and EMDRIA



Why This Workshop?

Social workers and mental health practitioners are often faced with attachment related concerns in their clients, which leads to dissociative symptoms. Practitioners struggle with keeping their clients grounded in order to effectively resolve traumatic experiences.

This training provides an opportunity for staff and clinicians working with children, adolescents and young adults to increase their confidence in talking to clients about trauma, identifying dissociative symptoms, and how to effectively manage these symptoms through creative and play-based soothing and grounding tools.

This workshop will provide scripts, demonstration videos, and photo images of varied ways of using the techniques. Participants will also practice a variety of the 30 soothing and grounding tools. These easy to learn, practical, hands-on techniques are for use with children, adolescents and young adults.

Prerequisite

Participants should have knowledge of the link between trauma and current behaviors and symptoms through previous trauma-related workshops.

Who Should Attend

Residential Treatment Providers, Art Therapists, Foster Care Workers, Recreational Therapists, School Counselors, Mental Health Counselors, Graduate Students, Social Workers, Psychologists, and Family Therapists.

Registration

Please register online at:

www.anniemonaco.com/trainings/training-categories

Any questions please send an email to nicolewolasz@gmail.com . Please include "Soothing and Grounding Workshop" in the subject line of the email.

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Cancellation

An automatic \$0 processing fee is applied to all refunds. Up to 14 days before the training, a full refund is available minus the processing fee. A 50% refund is available thereafter. Please note that no refunds will be issued after the start of the training.

ADA Accommodations

If you require any support for your ADA needs, please contact Nicole Wolasz at least 3 weeks prior to the event at nicolewolasz@gmail.com Please write "Soothing and Grounding Workshop" in the subject line of the email.

Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Nicole Wolasz at nicolewolasz@gmail.com Please write "Soothing and Grounding Workshop" in the subject line of the email.

Learning Objectives

Participants will be able to:

- Recognize behavioral, emotional, cognitive, physiological, and relational indicators of dissociation in children, adolescents, and adults.
- Recognize the spectrum of dissociation from normative to complex structural dissociation including subtle indicators in assessment phase.
- Demonstrate to parents and clients' movement interventions to manage trauma and dissociation in the body by emotional regulation interventions.
- Recognize the window of tolerance and the nervous system's shifts into hyperarousal and hypoarousal, highlighting their impact on regulation and behavior.
- Recognize treatment of the symptoms of dissociation, intrusive thoughts and dysregulation using soothing and grounding techniques.



Trainers

Nicole E. Wolasz, LCSW



Nicole E. Wolasz, LCSW, is a Licensed Clinical Social Worker, Approved EMDR Consultant, Progressive Counting Lead Trainer, and faculty member with the Child Trauma Institute. Since 1997, she has specialized in trauma treatment, family therapy, attachment, dissociation, grief, anxiety, and juvenile justice, serving children, adolescents, adults, and families. Nicole is the founder and owner of Phoenix Therapy & Wellness, a trauma-informed group practice in Buffalo, New York, dedicated to compassionate, evidence-based care. Before founding the practice, she served as Director of Restorative Justice Programs, developing innovative services for youth and families. She provides training and consultation nationwide on trauma-informed care, attachment, dissociation, EMDR, Progressive Counting, and trauma-responsive clinical practices. Nicole also offers individual and group consultation for clinicians seeking advanced competency in EMDR and Progressive Counting.

Email: nicolewolasz@gmail.com

Website: www.nicolewolasztherapy.com

Annie Monaco, LCSW, RPT-S



Annie Monaco, LCSW, RPT-S, is co-founder of Playful EMDR, an online hub for training and consultation in treating trauma-exposed children. Annie travels internationally and throughout the US providing specialty trainings on EMDR with children and teens and how to effectively treat attachment wounds and clients who use dissociative strategies. Through the Child Trauma Institute & Trauma Institute, Annie is an EMDRIA approved trainer of EMDR and provides consultation to therapists and agencies. In her private practice, Annie has extensive experience with foster care, out of country adoptions, and at-risk teenagers and family therapy. Annie was a Director of Restorative Justice programs at a community mental health agency where she oversaw juvenile and adult offender programs for over 10 years. Annie is the co-editor and contributor of chapters for EMDR with Children in the Play Therapy Room, An Integrated Approach (2020) and contributing chapter for EMDR and Creative Arts Therapies (2022) and a chapter in the Oxford Handbook of EMDR (2023).

Email: monaco.training.center@gmail.com

Website: www.annimonaco.com, www.playfulemdr.com

Continuing Education Hours

CE-Classes is approved for 6 CEs by

- The American Psychological Association (APA)
CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0627 Expires 06-2027
- California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2027
- Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- Florida Certification Board
- Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2027
- Massachusetts Authorization Number: (TBD)
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)
- South Carolina - CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- This course does not offer ASWB ACE credit to social workers. However our state board approvals may be accepted for license renewal. Check with your state board.
- Playful EMDR has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 8040. Programs that do not qualify for NBCC credit are clearly identified. Playful EMDR is solely responsible for all aspects of the programs.
- Annie Monaco is an EC Provider (#18007) and this program (#18007-100) is approved for 6 non-contact EMDRIA Credits. Eligibility for EMDRIA Credits is restricted to those who have completed an EMDRIA-Approved Basic EMDR Training.
- EMDRIA Credit Approval: #18007-142

Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com by entering a keycode. Licensed Professionals should contact their regulatory board to determine course approval.

*There is no known commercial support for this program.
There are no known conflicts of interests for this workshop.*

