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## Trauma Art Narrative Therapy™ Level 1 Training

DATE: January 24, 2020

TIME: 9 AM to 4 PM COST: \$100

Target Audience: Mental, Behavioral Health, Substance Use  
Providers, Professionals, & Clinicians

**Lyndra J. Bills, MD**, is a board-certified psychiatrist. She completed a PTSD fellowship as part of an internal medicine/psychiatry residency at West Virginia University. Dr. Bills created the Trauma Art Narrative Therapy method in 1993 to help individuals process traumatic events. She has been refining the TANT™ method since. Dr. Bills has extensive experience using the Sanctuary Model of trauma-informed care.

**Trauma Art Narrative Therapy™ (TANT)** is a non-interpretive creative narrative cognitive exposure technique that provides trauma resolution and is beneficial for:

- > Reducing intrusive symptoms, depression and anger from a traumatic stress exposure
- > Integrating verbal and nonverbal aspects of traumatic stress exposure
- > Providing resolution to traumatic experiences

### Training Includes:

- Principles of TANT, clinical examples, research findings
- Experiential TANT practice session
- TANT+ Resiliency Tool
- Workbook provided with step by step guide for applying the TANT method and All workshop materials

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LOCATION: Journey Health System, 800 E. Main St., Bradford, PA 16701  
Education and Training Center Lunch on your own/Coffee & Water Provided