

Warrior Renew Provider Training  
12 hours of Continuing Education (CE)

Application submitted by  
Lori S Katz, Ph.D.

1. COURSE DESCRIPTION

Warrior Renew provider training teaches psychotherapists the Warrior Renew group therapy protocol. It is a live virtual course designed to teach specialized knowledge and skills to effectively treat survivors of sexual trauma/abuse, including military sexual trauma (MST). Providers will learn the content and process of leading Warrior Renew therapy groups. It will cover cognitive-experiential and attachment theories, the rationale for Warrior Renew, and a detailed description of the content of each class for the 12-session treatment. The class will offer 12 continuing education (CE) credits delivered in three 4-hour segments over the course of three days. It will include PowerPoint didactics, interactive exercises, video clips, case examples, and live skill practice.

This is intended for psychotherapists including: psychologists, social workers, counselors, and psychiatrists with an intermediate level of knowledge on the topic of treating trauma. Recommended reading for participants prior to the workshop is *Warrior Renew: Healing from military sexual trauma* (Katz, 2015), and *Holographic Reprocessing for healing trauma abuse and maltreatment* (Katz, 2024).

This course offers 12 CE credits. No partial credit will be given.

**Instructor Bio:**

Lori S Katz, Ph.D., is a clinical psychologist and developer of Warrior Renew and Holographic reprocessing treatments for trauma. She completed her bachelor's degree at the University of California, Berkeley, and double major doctoral degree at the University of Massachusetts. She completed her internship and subsequent 30+ year career at the Department of Veterans Affairs health care system. She was awarded the Sarah Haley award for Clinical Excellence by the International Society of Traumatic Stress Studies (ISTSS) for her contributions to the field of psychology. She is a dynamic speaker, researcher, and clinician who is passionate about advancing trauma treatment and empowering clinicians to treat survivors.

**Policies**

**Refund/Cancellation Policy.** During the 4 days after purchase a full refund will be provided. After that, a \$100 service charge will be applied for all cancellation requested after 4 days of purchase. Full refunds will not be made after 4 days.

**Grievances.** All grievances must be sent in writing to [WarriorRenew@yahoo.com](mailto:WarriorRenew@yahoo.com) and will be replied within 15 business days.

**ADA assistance.** This workshop will be held over a virtual platform such as Zoom or GoTo. To request special accommodations please contact us at [WarriorRenew@yahoo.com](mailto:WarriorRenew@yahoo.com).

**CE-Classes.com is the provider of CE.** Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.

*“Licensed Professionals should contact their regulatory board to determine course approval.”*

**Conflict of Interest.** Dr. Katz is the author of Warrior Renew and Holographic Reprocessing books and receives royalties from book sales. There is no commercial support for this CE program and she has no other conflict of interest.

See Ce-Classes.com link on website for professional CE approvals

## 2. LEARNING OBJECTIVES

At the conclusion of this course, the participant should be able to:

1. Describe the rationale and cognitive-experiential and attachment theoretical underpinnings of Warrior Renew
2. Explain neural networks including how and why they are created, and what can change a neural network
3. Describe the effects of sleep disruption and common sleep disruptors
4. Identify 5 responses to perceptions of threat or danger
5. Summarize the 3 change strategies and 3 coping skills used to address anger and resentment in Warrior Renew
6. Describe an Experiential hologram and distinguish between experiential holograms and trauma triggers
7. Describe 4 common experiential holograms and their components

8. Identify critical points to consider when disclosing about one's history of sexual trauma
9. Describe effective communications skills such as effective listening and responses when someone is making a request
10. Identify 5 emotion regulation skills to calm and reset the nervous system
11. Explain how to implement the imagery reprocessing procedure
12. Describe purpose of values in a future-oriented intervention.

### 3. COURSE OUTLINE

<b>Time</b>	<b>Topic/Title of Content</b>
<b>DAY ONE</b> <b>9:30 am – 2:00 pm PST</b>	
9:30 am – 9:40 am	Introductions and overview of the training, schedule, and handouts
9:40 am – 11:00 am	Rationale for Warrior Renew and theoretical underpinnings of the course <ul style="list-style-type: none"> <li>• Cognitive experiential theory</li> <li>• Attachment theory</li> <li>• Holographic reprocessing</li> <li>• Imagery reprocessing</li> </ul>
11:00 am – 11:30 am	Orientation for clients
11:30- 12:00 pm	Break

12:00 -12:30 pm	Sleep disruptors Nightmare rescripting
12:30- 1:00	What are Feelings? Neural networks and trauma neural networks
1:00- 1:45 pm	Anxiety and trauma triggers
1:45 – 2:00 pm	Preparation for Day 2 Q & A
<b>DAY TWO</b> <b>9:30 am – 2:00 pm PST</b>	
9:30 am – 9:45 am	Overview of the day Emotion regulation skills practice
9:45 am – 10:30 am	Anger and Resentment
10:30 am – 10:45 am	Emotion regulation skill practice
10:45 am – 11:30 am	Holograms and experiential holograms
11:30- 12:00 pm	BREAK
12:00- 12:45 pm	Identifying experiential hologram relationship patterns Pot on the stove template

12:45-1:20	Community interactive exercises (identifying patterns)
1:20-1:45	Emotion Regulation Skills (toning exercise)
1:45-2:00 pm	Preparing for Day 3 Q & A
<b>DAY THREE</b> <b>9:30 am – 2:00 pm PST</b>	
9:30 am – 9:45 am	Overview of the day Emotion regulation skills practice
9:45 am – 10:30 am	Self-blame & shame
10:30 am – 11:30 am	Grief & preparing for imagery reprocessing Imagery reprocessing interactive experience
11:30- 12:00 pm	BREAK
12:00 – 1:00 pm	Healthy relationships (30 min) & Communication skills (30 min)
1:00- 1:45 pm	Moving forward Review of class Community building exercise
1:45-2:00 pm	Next steps: Implementing Warrior Renew General Q & A