

# PROGRESSIVE COUNTING

## A Trauma Resolution Method

### LIVE On-Line, Interactive Training

**October 2026**  
**- March 2027**  
**All Times Eastern (EST)**

**LIVE ON-LINE**

#### MODULES INCLUDE:

- ATTACHMENT
- DISSOCIATION
- FLASH TECHNIQUE!



**PC can be used virtually or in person!**

**30 CE's Included**  
**12 EMDRIA CE's**

Are you an EMDR therapist interested in learning PC?  
Reduced cost and less time commitment.

#### Trainer

Nicole Wolasz, LCSW-R is a Trauma Institute/Child Institute trainer and has worked with Dr. Ricky Greenwald (developer of Progressive Counting) for the past 25 years.

#### What is Progressive Counting?

Progressive Counting (PC) is a psychotherapy procedure for resolving trauma or loss memories via memory reconsolidation. The therapist guides the client to imagine a movie of the distressing memory, from beginning to end, while the therapist counts aloud first from 1-10, then 1-20, then 1-30, etc., to a maximum of 100. As the distress level goes down, the movies get shorter. This continues until no memory-

related distress remains. PC can be done as a stand-alone treatment or within the context of a comprehensive phase model of trauma-informed treatment. [www.childtrauma.com/training/pc/](http://www.childtrauma.com/training/pc/)

#### Why Choose Progressive Counting over EMDR?

- PC is easier to learn, very well tolerated by clients, and appears to be effective and efficient
- PC is for all ages: children, teens and adults
- PC is less expensive!!
- PC is evidence based as per California Evidence based clearing house:  
[www.cebc4cw.org/program/progressive-counting/detailed](http://www.cebc4cw.org/program/progressive-counting/detailed)

#### Testimonials

*"It's an understatement to say how grateful I am to you. The knowledge I've gained through this training has helped me be a better therapist, mother, partner and human being. How I see behavior has changed, as has the lens that I treat my clients. The gift I would give to my clients, if I could, would be to be a better therapist to assist them in their journey. And from this training, I can without a doubt say I am giving them that."*

~ Cassandra T., 2025

*"Progressive Counting with Annie and Nicole was so wonderful; the in depth knowledge and experience they have is evident and allows for everyone to truly immerse themselves in the training. While I was worried initially about doing it all online, it worked out better than I could've hoped. Having additional assistants present to ask questions and provide feedback helps even more with learning. It has been amazing to bring back what has learned to my clients and see how it can be applied to my everyday work; I'd recommend this training to anyone who is looking to expand their therapeutic toolkit."*

~ Madison T., 2021

**Completion of this course allows you to work towards PC certification.**

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### TRAINER

**Nicole E. Wolasz, LCSW-R**, is a Licensed Clinical Social Worker and a faculty member of the Trauma Institute and Child Trauma Institute. Nicole has been serving youth and families in Western New York since 1997. She specializes in family therapy, grief/loss issues, trauma therapy and juvenile offender work. Nicole provides training and consultation to therapists and

agencies throughout WNY on Trauma-Informed Care and how to implement it into daily practice.

Email: [nicolewolasz@gmail.com](mailto:nicolewolasz@gmail.com)

### ASSISTANTS



**Lori Chiarmonte, LCSW**, is a licensed Clinical Social Worker. She is a Clinical Supervisor at an outpatient mental health clinic in Buffalo, NY. Lori was first trained in Progressive Counting in 2012, then later trained in EMDR in 2017. She is certified in both modalities and provides individual and group consultation to the community. While Lori has experience in working with all ages, she specializes in working with children and adolescents.



**Laura Ott, LCSW, PMH-C**, is a clinical social worker and a certified Progressive Counting therapist and consultant. She has been practicing PC since 2015. She owns a small group mental health practice in Western New York and specializes in perinatal mental health, PC, and EMDR.



### SPECIAL GUEST

**Annie J. Monaco, LCSW-R, RPT-S**, is a Licensed Clinical Social Worker, Registered Play Therapist, EMDR consultant and a faculty member of the Trauma Institute and Child Trauma Institute as an EMDR trainer and Progressive Counting Trainer. She is an international trainer of Attachment and

works in private practice in children, youth and adults with a multitude of behaviors. Her specialty includes foster care, out of country adoption, dissociation in children restorative justice with teenagers and complex trauma for all ages. Annie is the co-editor and a chapter contributor of the book EMDR with Children in the Play Therapy Room: An Integrated Approach (September, 2020).

Email: [Monaco.training.center@gmail.com](mailto:Monaco.training.center@gmail.com)

Website: [www.anniemonaco.com](http://www.anniemonaco.com)

### LEARNING OBJECTIVES

- Develop an understanding of trauma-Informed treatment interventions and define a phase model of trauma therapy
- Utilize a sequence of scripted interventions to prepare a client for resolving a traumatic experience
- Apply a trauma history scripted intervention to obtain early attachment wounds and traumatic experiences in a developmentally sensitive way for all ages of clients
- Obtain future goals and motivation using Future Self and Map out a Problem
- Utilize progressive counting trauma resolution method to resolve client's traumatic experiences
- Utilize 10 soothing and grounding activities and somatic resourcing to help clients stay within the window of tolerance
- Apply an understanding about dissociation theory, interviews and screening tools to evaluate clients
- Explain and describe attachment theory, utilize attachment screening tools and attachment interventions
- Describe the Flash technique and explain when a therapist uses this intervention

### WHO SHOULD ATTEND

**Course content level:  
Intermediate and Advanced**

Mental Health Professionals (or advanced graduate students) with an active therapy caseload.

**This Training Provides:** Lecture, discussion, progressive counting video's, Progressive Counting textbook, binder and all scripted interventions are provided. A packet of soothing and grounding tools are also included.

**This training provides each participant with scripted interventions...**

- Initial interview
- Trauma history
- Future Self
- Map out a problem
- Case formulation to a client/treatment team
- Progressive Counting

### Consultation Groups towards Certification in PC

**Low cost group consultations towards certification** in PC are offered following the completion of the Progressive Counting Course. Instructors will link participants with Approved PC Consultants. For more information about certification, please visit [childtrauma.com/training/pc/pc-certification](http://childtrauma.com/training/pc/pc-certification)

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## LIVE On-Line, Interactive Training

### 2025-26 TRAINING DATES

All Times Eastern (EST)

<b>Oct. 14</b>	10-6pm	<b>Nov. 20</b>	10-2pm
<b>Oct. 15</b>	10-6pm	<b>Jan. 12</b>	10-2pm
<b>Oct. 16</b>	10-2pm	<b>Feb. 11</b>	10-2pm
<b>Nov. 18</b>	10-6pm	<b>March 9</b>	10-2pm
<b>Nov. 19</b>	10-6pm		

### TRAINING FEES

Fee payment Method:

**\$850 Early Bird** if paid by Sept. 1st, 2025

**\$899** after Sept. 1st, 2025

[Click Here to Register](#)

### **\$575 Trauma Institute EMDR therapist**

Includes book/binder. [Click here](#) for more information on how to register as an EMDR therapist

Please note the **Final Date to Register** for this course is **September 14th** as all material needs to mailed out to the participant for pre-reading requirements.

Please use home address when registering.

Payment plan is available in three payments by October 22nd, 2025. A down payment of \$250 to guarantee your spot is due within 8 days of registering. When registering, please click "check" and contact Nicole Wolasz at [nicolewolasz@gmail.com](mailto:nicolewolasz@gmail.com) for an address to mail your down payment to.

**Cancellation Policy:** No refunds after the start of the program. There will be a \$100 fee for those canceling 15 days or fewer prior to the start of the workshop

### ABOUT THE TRAUMA INSTITUTE

The mission of the Trauma Institute & Child Trauma Institute (TI/CTI) is to promote the healing and healthy development of Adults, Teens and Children who have experienced trauma and loss. The institute develops, evaluates, and disseminates effective prevention, assessment and treatment methods. Dr. Ricky Greenwald, Psy.D founded TI/CTI and developed Progressive Counting trauma resolution method.



### TEXT INCLUDED WITH TUITION

Greenwald, R. (2013) Progressive Counting within a phase model of trauma-informed treatment. New York: Routledge.

**\*Please note: scripted interventions included within textbook and binder. Both are provided to the participants.**

### COMPLETION REQUIREMENTS

In order to successfully complete the program, participants are expected to:

- ATTEND all days as listed to the left.
- Participate in group discussion and case consultation.

### ADA ACCOMMODATIONS

If you require any support for your ADA needs, please contact us by email at least 3 weeks prior to the event by email at [nicolewolasz@gmail.com](mailto:nicolewolasz@gmail.com) or by phone (716) 228-8205

### CUSTOMER SERVICE

We are happy to respond to any concerns or questions you may have. Please contact us by email at [nicolewolasz@gmail.com](mailto:nicolewolasz@gmail.com) or by phone (716) 228-8205

### LOCATION

All workshop dates will be held online via Zoom with opportunity for practicing all techniques via breakout rooms as well as Q&A and active, small group participation. Book and Binder will be mailed out prior to the training.

### CONTINUING EDUCATION HOURS

**30 CE's are included**  
**12 EMDRIA CE's for EMDR Trained Therapists**

Continuing education contact hours/CEs/credit information for professional disciplines can be found at the links below.

[12 EMDRIA CE's Information](#)

[30 CE Information](#)

**Certificates are available following course completion from the Trauma Institute.**

There is no conflict of interest or commercial support for this program