

2018 Attachment & Trauma Conference

Awareness • Regulation • Healing

March 19 – 23, 2018

Hilton Garden Inn, Niagara-on-the-Lake



Featuring Key Note Speakers: **Stephen J. Terrell**, Co-Author of *Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma--An Integrative Somatic Approach*, **Carmen Richardson**, Author of *Expressive Arts Therapy for Traumatized Children and Adolescents: A Four-Phase Model*, & **Lisa Schwarz**, M.Ed, Creator of Comprehensive Resource Model.

This comprehensive conference will cover the following topics:

- Join us to learn about leading approaches for treating trauma and promoting post-traumatic growth. This comprehensive conference will cover a range of topics such as:
- Understanding the foundations (including neurological, social, physiological, and psychological implications of trauma and attachment dysregulation)
- Phase-based clinical applications to promote healing and integration of trauma and attachment dysregulation
- Mind-brain based interventions for treating trauma-related disorders
- Challenges and strategies for working with mTBI and PTSD
- Attachment-focused somatic model for treating trauma (learn about trauma & the body, polyvagal system, somatic touch, agreement vs disagreement)
- Expressive arts for treating trauma: A four-phase model
- Comprehensive Resources Model: Healing attachment trauma through re-processing, re-wiring and re-consolidation of attachment wounds from gestation to the present

Conference Workshop Overview:

- **Day 1 & 2 ~ March 19 & 20:** Day 1 Understanding the Foundations of Trauma and Attachment & Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation.
- **Day 1 & 2 ~ March 19 & 20 Advanced Stream (Ideal for those who have completed the above foundational training):** Day 1 Working With Parts: Healing the Child(ren) Within Day 2 AM Mind-Brain Interventions for Trauma-related Disorders. Day 2 PM The Nuances on the combination of PTSD and mild-Traumatic Brain Injury (mTBI): Why this comorbid population is particularly challenging to treat.
- **Day 3 ~ March 21:** An Integrative Somatic Approach: Transforming Resilience and Regulation Through Somatic Touch
- **Day 4 ~ March 22:** Expressive Arts Therapy for Traumatized Children and Adolescents: A Four-Phase Model
- **Day 5 ~ March 23:** Introduction to the Comprehensive Resource Model

Day 1 & Day 2 – March 19 & 20: Understanding the Foundations of Trauma and Attachment & Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation.

Presenter: Lori Gill, Founder and Lead Trauma Therapist, Attachment and Trauma Treatment Centre for Healing



Lori Gill, RP, MACP, CTS-C

Lori Gill is the founder and lead trauma therapist of the Attachment and Trauma Treatment Centre for Healing (ATTCH) www.attch.org. She is Certified Trauma Specialist (CTS), Consultant Supervisor, and Trainer, for the National Institute for Trauma and Loss in Children (TLC) and a former Psychology Professor with 16 years of clinical experience working with children, youth, and adults. Lori is an engaging and sought after presenter and clinical supervisor who provides trainings and consultations throughout Canada and the United States. Lori is honoured to have received an Award of Excellence in 2014 for her contributions to the trauma field and to have been qualified as an expert witness in the fields of trauma, attachment, and reconciliation therapy.

Workshop Details:

This comprehensive two-day training will provide insight into current trauma, attachment, and neuroscience research ensuring an understanding of critical information and best practice strategies for working with trauma.

You will learn how trauma at different ages impacts patients a neurological, emotional and physiological level. This information will allow you to make connections to later life behaviours and health outcomes to create treatment plans that promote targeted integration.

This training will also help you to enhance your clinical skills and learn how you can add trauma regulation and attachment healing strategies to your repertoire.

Day 2 will focus on putting it into practice. Through this training participants will learn how to make historical connections, complete initial assessments, and formulate trauma-informed treatment planning.

Participants will learn about various phase-based treatments for complex trauma and will review best practice and evidence-based approaches through an experiential format.

Learning Objectives expected during the 2-day training:

Trauma-Informed Practice:

- Being trauma-informed at an organization, service system & societal level
 - Core principles, guiding values, and common language of trauma-informed care
 - Understanding what is helpful vs. what is harmful
 - The difference between trauma-informed and trauma-specific services
 - Understanding top-down, bottom-up and integrative trauma treatment modalities
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- How stress and trauma affect the brain, body and behaviour
 - The role of attachment in self-regulation and the capacity for relationship
 - The impact of attachment injuries on child development and adult health outcomes
 - Attachment dynamics in health care and human services work
 - The connection between trauma, addictions and violence
 - The importance of worker self-regulation and self-care in providing attunement, therapeutic presence and co-regulation for clients and in mitigating the effects of compassion fatigue and vicarious trauma
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- Why trauma is a sensory experience
 - Recognizing the signs of emotional and physical dysregulation
 - Integration and how this relates to emotional and physiological regulation
 - The use of sensory approaches to promote regulation and integration
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- How trauma disrupts our boundaries and how we can learn to establish healthy boundaries
 - Addressing unmet needs
 - Shifting from false refuges to those that provide effective regulation
 - The importance of self-compassion for forming and maintaining healthy relationships
 - Differentiating intimacy from abuse

The following are included components of this 2 - Day training:

Recommended readings and a resource manual will be included for participants. Both days will be rich with research, practical examples, and experiential activities. Participants interested in certification will also have access to clinical supervision at a reduced rate.

Day 1 – March 19 (Advanced Stream): Working With Parts: Healing the Child(ren) Within

Presenter: Sarah Schlote



Sarah Schlote, MA, RP, CCC, SEP

Sarah is the founder of The Refuge: Centre for Healing and Recovery, a Registered Psychotherapist, certified Somatic Experiencing® Practitioner, trainer and case consultant with a decade of experience in the field of trauma-informed care and trauma treatment. She holds a trauma-focused Master's degree in Counselling Psychology from the University of Victoria, is certified with the Canadian Counselling and Psychotherapy Association, and is a member of the US Association of Body Psychotherapists. She is also an approved training assistant and session provider through the Somatic Experiencing® Trauma Institute in Boulder, CO (at all levels). An instructor in the Trauma Certificate Program

at Wilfrid Laurier University, she also has provided in-service and independent training to therapists, frontline workers, aboriginal service providers, yoga and mindfulness instructors, equine-assisted therapy professionals, police officers, addictions workers, and other helping and health/medical professionals. Aside from her foundation in SE, she has also completed the advanced Touch Skills Training for Trauma Therapists with Kathy Kain and Somatic Resilience and Regulation: Early Developmental (Attachment) Trauma training with Kathy Kain and Steve Terrell, Body Memory Recall training, EMDR Training, and training in working the Structural Dissociation model of parts work with Kathy Martin. www.healingrefuge.com, www.traumatrainings.com, www.equusoma.com, www.traumainformedyoga.ca

Workshop Details:

This workshop provides an introduction to understanding how trauma can result in varying degrees of dissociation and fragmentation of one's inner experience. Drawing elements from different parts work / ego state models such as structural dissociation, transactional analysis, internal family systems, and others, the presentation will introduce:

- Helpful frameworks through which to help clients conceptualize their inner experience
- The self-protective roles of different parts or ego states, including shame
- Tools to support relationship with the fragmented parts of one's inner world to foster greater integration, inner coherence, regulation and the capacity for self-soothing
- Specific interactive exercises for working with ego states / parts involving imagery, somatics, attachment, art, journaling and self-compassion
- Resources for further learning

Day 2 AM-March 20 (Advanced Stream): Mind-Brain Interventions for Trauma-Related Disorders

Presenter: Paul Frewen

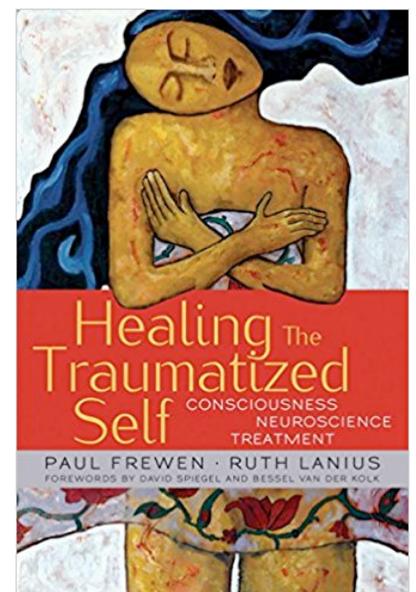


Paul Frewen, PhD, C.Psych

Paul Frewen joined the departments of psychiatry and psychology at Western University in London, Ontario, Canada in 2008. He is currently chair of the Traumatic Stress Section of the Canadian Psychological Association (CPA). He received the President's Early Research Award from the CPA in 2010, Early Career Awards from the Traumatic Stress sections of the American and Canadian Psychological Associations in 2013 and 2014, and the Scientist-Practitioner Early Career Award from

the CPA in 2014. He has authored over 70 peer-reviewed articles on the subjects of trauma, affect regulation, mindfulness, dissociation, and the self, primarily utilizing functional neuroimaging, experimental social cognition, and psychometrics approaches. He currently has a clinical psychology practice in London, Ontario where he primarily sees adults with PTSD, dissociative disorders, and/or chronic pain disorders and principally utilizes emotion-focused and mindfulness-based approaches to psychotherapy. Paul is co author of the book: Healing the Traumatized Self with Dr. Ruth Lanius and offers a wealth of knowledge. We are thrilled to have him presenting at our conference!

This workshop will overview emerging mind-brain interventions for trauma-related disorders, focusing on neurofeedback and brain stimulation modalities. A clinical rationale for modulation of states of consciousness in order to facilitate psychotherapy will also be developed. of activities, you will experience the potential impacts of adventure. Reflection of these experiences will be facilitated with the intention of integrating



Learning Objectives:

1. Learn about user friendly technology therapists can use in session to treat trauma
2. Learn about trauma-altered states of consciousness and how to work with this in a neuroscientifically informed way

Day 2 PM – March 20, 2018 The Nuances on the combination of PTSD and mild-Traumatic Brain Injury (mTBI): Why this comorbid population is particularly challenging to treat

Presenters: Sean Robb, Ph.D Candidate & Kaleigh Alkenbrack, MD (GP-Psychotherapist)

Sean Robb, Ph.D Candidate & Kaleigh Alkenbrack, MD (GP-Psychotherapist)

Sean Robb is a PhD candidate in neuropsychology at Brock University. He holds an internship Niagara Health System and works predominantly with individuals who are experiencing neural compromise and subsequent comorbid psychiatric symptoms as well as treatment resistant psychopathology. His work has focused primarily on those in poverty and who would not have access to neuropsychological services otherwise. In his research, Sean investigates the relationship between acquired brain injury and comorbid mood disorders, as well as arousal-based neurohabilitative techniques to aid these individuals. He has published in the fields of brain injury and psychiatry and has presented his research at both national and international conferences.

Dr. Alkenbrack did her undergraduate and masters degrees at Queens University in Women and Gender's studies respectively. Following this she went to Michael G. DeGroote School of Medicine at McMaster University and then completed her residency training in Family Medicine at McMaster Family Practice in downtown Hamilton, working with under-serviced and impoverished populations. After completion of her residency, she completed a fellowship in Psychotherapy and Mental Health at Niagara Health with Dr. Darryl Wolski, focusing on mindfulness-based cognitive therapy and complex comorbid mental health populations. Her training and focus has been on how neurological and general medical conditions contribute to mental health presentations, as they are frequently missed or overlooked. She has special interests in neural compromise, including stroke and dementia.

Workshop Details:

The combination of Post-Traumatic Stress Disorder (PTSD) and mild Traumatic Brain Injury (mTBI) is increasingly being recognized as a particularly challenging comorbidity to effectively treat. This workshop will review and discuss the neuroscience, medical, and psychotherapy literatures that provide insight into the assessment, management, and treatment of this subpopulation. Of particular note is the contrasting state of neurophysiology, with PTSD often being a disorder of hyperarousal and hyperattentionality, and the neuropsychological, neuroemotional, and neurobehavioural outcomes of mTBI are thought to be a reflection of physiological dampening and inattention, posing two seemingly opposite states of neurophysiological functioning. Moreover, disentangling the etiology of particular symptoms in an individual is increasingly more challenging, with greater recognition within the literature of the overlapping distributions of symptoms between PTSD, TBI, and post-concussive symptom (PCS) reporting. This workshop will review several clinical case examples that highlight strategies for disentangling the etiology of these symptoms, discuss various treatment challenges, and provide guidance on approaches to increase clinical efficacy of both pharmacological and psychotherapy treatment interventions.

Day 3 March 21: Transforming Resilience and Regulation Through Somatic Touch

Presenter: Stephen J. Terrell, PsyD, SEP



Stephen J. Terrell, PsyD, SEP

Stephen J. Terrell, PsyD, SEP, is a Developmental Trauma Therapist practicing in Austin, Texas. He has fully integrated touch work into his practice. Steve is also certified in EMDR, has worked with first responders, and is trained in Trauma First Aid. He works with infants, children, teens, and adults, and is a frequent speaker at conferences and workshops on attachment-related issues, as well as the neurobiology of trauma.

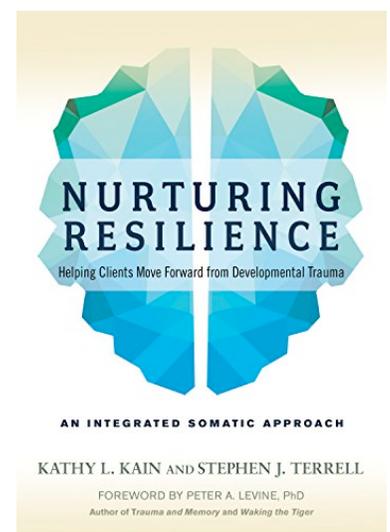
Workshop Details:

This workshop is about the understanding of Developmental Trauma and the effects it has on the nervous system. We will explore ways of applying Somatic Touch through this understanding of the body and nervous system working from the idea that the client probably has little to no memory of the event but their bodies contain the memory. These early ruptures to the system directly affects a person's resilience and their ability to grow, learn, and experience relationships without stress. This approach is directed at infants, children, adolescents, as well as adults. The approach is a blend of Somatic Experiencing, Attachment Theory, Early Developmental Trauma, Polyvagal Theory, and Somatic Resilience and Regulation. Classroom will be a combination of lectures, Q&A, and experiential exercises.

Course Outline

- Trauma and the Body
- Trauma and the Polyvagal System
- Trauma and Somatic Touch
- Trauma - Agreement vs Disagreement

Somatic Resilience and Regulation is a somatic approach to supporting recovery from developmental trauma developed by Kathy Kain and Stephen Terrell. The approach focuses on understanding the effects of trauma during early development. The process and techniques of working with both children and adults, including recognizing developmental trauma in its adult disguises. By understanding how trauma affect the developing child, we can better understand our adult clients symptoms of early trauma and be more effective in our work with them.



Day 4 – March 22: Expressive Arts Therapy: A Four-Phase Model

Presenter: Carmen Richardson



Carmen Richardson, MSW, RSW, RCAT,

Carmen Richardson, MSW, RSW, RCAT, REAT is founder and director of Prairie Institute of Expressive Arts Therapy in Calgary, Alberta and offers training, consultation and supervision to professionals and community agencies. Carmen

has trained play therapists, arts/expressive arts therapists, social workers, psychologists, and other helpers at various venues across Canada and the US. She brings 30 years experience to her full time private practice and is a registered clinical social worker, registered art therapist and registered expressive arts therapist. She has completed many trainings in body-oriented therapies, including Integrative Body Psychotherapy (IBP), Level 1 in Sensorimotor Psychotherapy for the Treatment of Trauma, and Inner Relationship Focusing. Carmen is also trained in E.M.D.R. and A.R.T. (Accelerated Resolution Therapy). Carmen is an Advanced Certified Trauma Practitioner and Certified Agency trainer with the National Institute for Trauma and Loss in Children where she teaches Trauma-Informed Expressive Arts Therapy for a variety of therapeutic agencies in the US. Carmen also teaches more intensive trauma trainings based on her book, "Expressive Arts Therapy for Traumatized Children and Adolescents".

Workshop Details:

This workshop is based on a structured, four-phase expressive arts therapy (EXA) model of trauma treatment for children and adolescents. This treatment approach is grounded in attachment theory, neuroscience, the psychophysiology of trauma, expressive arts therapy and CBT. EXA, as a resource-oriented and body-focused therapy, invites clients to a sensory experience, which is central to treating key trauma reactions which promotes self-regulation. Includes lecture, viewing client art, and several hands on experiential exercises.

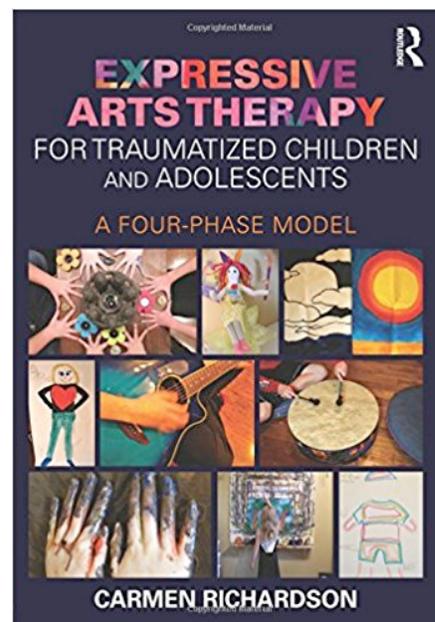
A Resource-Oriented Perspective: The Four-Phase Model

Phase One - Initial Assessment

Phase Two - Cultivating Safety and Resources

Phase Three - Trauma Processing

Phase Four - Reclaiming, Reframing, Repairing, and Reorienting



Day 5 – March 23: Comprehensive Resource Model

Presenter: Lisa Schwarz, M.Ed

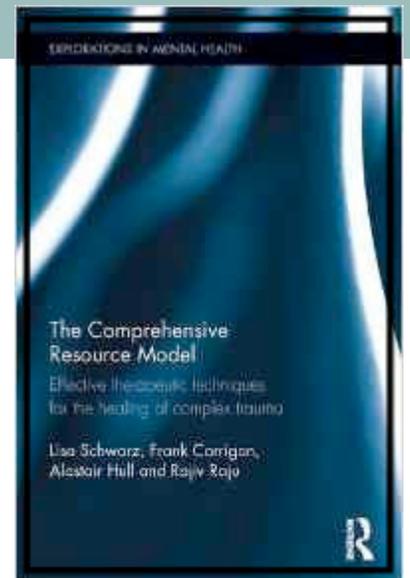


Lisa Schwarz, M.Ed

Lisa Schwarz, M.Ed. is a Pennsylvania state licensed psychologist, consultant, and international educator based in Pittsburgh, Pennsylvania and Beulah, Colorado. She is the developer of the Comprehensive Resource Model (CRM) and has spent the past 25 years dedicating her work to creating innovative methods for working with dissociative disorders (including medical/somatic dissociation), attachment disorders, and gestational trauma. She is a certified Trauma Model practitioner from the Colin Ross Institute, trained in Robert Schrei's Sourcepoint Therapy, and practices Usui Reiki. Lisa's clinical work and teaching provides a combination of psychotherapy, neuroscience, and spirituality in facilitating holistic healing from traumatic events. She is the primary author of "The Comprehensive Resource Model: Effective Techniques for Treating Complex PTSD" (Routledge 2017) with CRM featured as the cover story in Newsweek in April 2017.

Workshop Details:

Healing from the impact of traumatic experiences requires that there is sufficient brain and body-based safety in order for survival terror and all painful/intolerable affects to be stepped into, felt fully, remembered/re-membered, and re-oriented toward so that transformation can occur. Full orientation toward profound grief, rage, shame, disgust, and terror allows for liberation of the truths of one's life and facilitates integration of all aspects of all experience into the whole of one's being, creating the ultimate connection to self as mind-body-spirit. The Comprehensive Resource Model (CRM) recognizes that the ability to stay fully present moment to moment during trauma processing is imperative to deep healing through attachment re-wiring. This is accomplished through the concurrent development of dormant healthy attachment neurobiology and thorough attachment trauma re-processing. This presentation is an introduction to CRM, a modality which clears attachment trauma/disruptions through the scaffolded development of internally-sourced neurobiological and neurochemical attachment resources. These attachment resources are the framework within which attachment trauma is healed; allowing for simultaneous re-processing, re-wiring and re-consolidation of attachment wounds from gestation to the present.



2018 Attachment and Trauma Conference ~Registration Form

March 19 – 23, 2018 Hilton Garden Inn Niagara-on-the-Lake



Please send registration form and payment cheque or money order made payable to:

Attachment & Trauma Treatment Centre for Healing (ATTCH)
P.O. Box 10 St. Davids ON L0S1P0

Email: reception@attch.org
Phone: (905) 262-0303 Fax: (905) 262-0707

Name: _____ Phone: _____

Email: _____

Please choose from the following options:

- Full 5-Day conference. Foundational Stream* Early registration: \$700 + HST. After February 15, \$800.00+ HST *Required for certification as trauma specialist
- Full 5-Day conference. Advanced Stream Early registration: \$700 + HST. After February 15, \$800.00+ HST *Recommended for those who have completed above foundational training
- Days 1 & 2 only Foundational Stream* Lori Gill, Understanding the Foundations of Trauma and Attachment & Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation. Early registration: \$360 + HST. After February 15, \$460.00+HST
- Days 1 & 2 only Advanced stream (recommended for those who have completed core training above) Day 1 Working With Parts: Healing the Child(ren) Within; Day 2 AM Mind-Brain Interventions for Trauma-related Disorders; Day 2 PM The Nuances on the combination of PTSD and mild-Traumatic Brain Injury (mTBI): Why this comorbid population is particularly challenging to treat. Early registration rate: \$360.00 + taxes. After February 15, \$460.00 + taxes
- Day 3 only: Stephen J. Terrell, PsyD, SEP, Transforming Resilience and Regulation Through Somatic Touch Early registration: \$250.00 + HST. After February 15, \$300 + HST
- Day 4 only: Carmen Richardson MSW, RSW, RCAT, REAT, Expressive Arts Therapy: A Four-Phase Model Early registration: \$250.00 + HST. After February 15, \$300 + HST
- Day 5 only: Lisa Schwarz, M.Ed, Comprehensive Resource Model Early registration: \$250.00 + HST. After February 15, \$300 + HST

*Price is inclusive of morning and afternoon refreshment breaks and lunch on site.

*A limited number of subsidized spaces are available. **Correspondence and confirmation will be processed through email.

Website: www.attch.org Phone: (905) 262-0303 Fax: (905) 262-0707

Supplementary Workshops (typically offered once per year)

Below choices apply to certification Register online <https://www.attachment-and-trauma-treatment-centre-for-healing.com/supplementary-workshops.html>

Trauma Informed Youth Justice February 7, 2018, 9-12. This workshop will help participants develop a trauma-informed perspective regarding youth justice and identify the key features of a trauma-informed youth justice system. A review of TLC's evidence-based SITCAP-ART program as well as other best practice approaches will be included.

Expressive Arts & Trauma Recovery February 7, 2018, 1-4. This workshop will provide you with many expressive arts experiences, an opportunity to ask questions and discover/explore your own creativity. Learn how to engage clients in the creative process, about the power of layering techniques, and the use of response pieces.

Trauma Processing Experiential - New Clinical Workshop* Pre-requisite* completion of CTIC foundational 2-day training (Foundations of Trauma & Understanding the Foundations of Trauma & Attachment & Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation

February 8, 2018 9-4 If you are looking to gain hands on experience with trauma processing practices introduced in the core training than this workshop is for you. This workshop takes participants through experiential of various techniques and allows for discussion, questions, and reflections from participants at a deeper level as it is facilitated in a small group format.

Working through the Complex Aspects of Trauma - New Clinical Workshop*

Pre-requisite* completion of CTIC foundational 2-day training (Foundations of Trauma & Understanding the Foundations of Trauma & Attachment & Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation

February 9, 2018 9-4. This workshop will provide insight into techniques used for working with sexual abuse, exploitation and trafficking, dissociation, and high risk situations. Insight into identifying and working with false alarms, calming the amygdala / security guard, and learning how to form new associations and neuropathways will be a core part of this training which includes some experiential activities and many case examples to demonstrate treatment techniques.

Healing the Hearts of Traumatized Children: Repairing Attachment Trauma - Clinical Level April 16, 2018 9-12

This workshop will provide an overview of an Attachment Regulation Program for healing and regulating attachment trauma. Comprehensive strategies for various ages will be discussed.

The Use of Self-Compassion and Emotional Nurturance to Enhance Therapy and Promote Awareness and Agency April 16, 2018 1-4 This experiential workshop will teach participants how to safely and effectively integrate self-compassion and emotional nurturance work into their practice in a way that builds greater self-awareness, authenticity, and agency over emotions for themselves as the clinician as well as the clients they work with. The concept of building tolerance to hold positive affective states, overcoming shame and other challenges, and a review of our self-compassion art journaling group and individual program will be included.

Understanding and Engaging the Dichotomous Mind: Suicide Prevention, Intervention, and Postvention April 17, 2018, 9-12 This workshop will provide insight to assessment of suicide ideation, intervention strategies inclusive of working with ambivalence, and resources for healing following a death by suicide. Assessment of risk and what is necessary to help prevent contagion following a fatal suicide will also be discussed. Also learn about revised interventions and treatment information that is directly applicable to a broad array of helping professionals and target populations (children to seniors). The impact of client suicide on staff as well as tips to prevent compassion fatigue will also be explored. Interventions for specialized fields (schools, hospitals, child welfare, community agencies) focusing on prevention, intervention, and treatment will also be provided.

The Use of Mindfulness, Somatic Awareness, Resourcing, and DBT Skills Training to Promote Regulation and Wellness April 17, 2018, 1-4 Engage in experiential of various practices to create shifts, release trauma energy stuck in the mind and body, form new associations, and create a sense of groundedness and agency. Skills for stabilization, awareness, reframing, and embodying resources will be included.

Parenting Through and Attachment Informed Lens (geared towards parents and caregivers *special rate details to follow) April 26, 2018, 9-4. This training provides transferrable strategies for parents and caregivers focusing on enhancing attachment relationships and regulating the brain, mind and body of themselves and those in their care.
How to engage in conscious and brain based parenting.
How to create resiliency, empowerment, and healthy parent-child relationships.
How to regulate your child's behaviour using sensory strategies.
To consider how your attachment experiences have shaped your current relationships.
You will also be provided age specific strategies and resources to increase attachment and prevent melt-downs.
The importance of caregiver wellness and strategies to promote balance.

Healing Trauma Wounds: The Magnificent Benefits of Mindfulness May 18, 2018 9-12. There is an abundance of research supporting the profound impact mindfulness practices can have on our lives, our physical, mental, and emotional health and even our brains! This workshop will share insight into current research, best practice strategies, biofeedback demonstration, and techniques participants can begin using immediately.

Through this training participants will gain an awareness of:
The benefits of mindfulness practices
What mindfulness practice is and how to make this a daily practice
Strategies for all ages