

2018 Attachment & Trauma Conference

Awareness • Regulation • Healing

November 3-5, 2018

Location: St. Catharines Golf Club



Featuring Key Note Speaker: Dr. Janina Fisher licensed clinical psychologist in private practice, Director of Psychological Services for Khiron Clinics UK; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an Instructor at the Trauma Center, a research and treatment center founded by Bessel van der Kolk; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School.

This comprehensive training will cover the following topics:

- 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
- The importance of establishing boundaries, self-compassion, and healthy relationships
- Identifying the effects of disorganized attachment on interpersonal relationships
- Participants will be able to utilize Sensorimotor Psychotherapy interventions to address attachment and trauma-related issues in psychotherapy
- Participants will be able to employ interactive neurobiological regulation to help clients tolerate psychotherapy and be more effective collaborators

Training Workshop Overview:

Day 1 ~ November 3: Understanding the Foundations of Trauma and Attachment Dysregulation – with Presenter: Lori Gill

Day 2 ~ November 4: Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation – with Presenter: Lori Gill

Day 3 ~ November 5: Healing Broken Bonds: Traumatic Attachment and Emotional Dysregulation - with presenter: Dr. Janina Fisher

See the following program guide for individual workshop details

Day 1 & Day 2 – November 3 & 4, 2018: 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's Bio

Lori Gill is the founder and clinical director 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. She is referred to as a dynamic and passionate presenter who relays information in a manner that is easily translated into clinical practice. Learn more about

recent trainings Lori has facilitated via this [link](#).

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. She is the creator of a 10-Week Attachment Informed Parenting Program that has supported strengthening of parent-child relationships for biological, foster, and adoptive parents. She is presently working on the completion of a book and treatment program for working with attachment dysregulation.

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.

Providing training in trauma-specific treatment 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, formulate trauma-informed treatment planning, and safely complete trauma-processing.

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:

- 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 3 – November 5, 2018. Healing Broken Bonds: Traumatic Attachment and Emotional Dysregulation

Presenter: Dr. Janina Fisher



Dr. Fisher's Bio:

Janina Fisher, Ph.D. is a licensed clinical psychologist in private practice, Director of Psychological Services for Khiron Clinics UK; Assistant Educational Director of the Sensorimotor Psychotherapy Institute; an Instructor at the Trauma Center, a research and treatment center founded by Bessel van der Kolk; an EMDRIA Approved Consultant and Credit Provider; former president of the New England Society for the Treatment of Trauma and Dissociation; and a former instructor, Harvard Medical School. An international writer and lecturer on the treatment of trauma, she is co-author with

Pat Ogden of Sensorimotor Psychotherapy: Interventions for Attachment and Trauma (in press) and author of the forthcoming book, Healing the Fragmented Selves of Trauma Survivors (in press). Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, go to www.janinafisher.com.

Workshop Details:

In the context of trauma, attachment failure is inevitable, leaving a lasting imprint on all future relationships, including the therapeutic one. Rather than experiencing others as a haven of safety, traumatized clients are driven by powerful wishes and fears of relationship. Because the capacity to tolerate emotion without becoming overwhelmed depends upon secure attachment in childhood, therapeutic work is often challenged by the client's vulnerability to affect dysregulation. In this presentation, we will address the impact of traumatic and less-than-optimal attachment experiences on affect regulation, exploring the effects of traumatic attachment from a psychobiological perspective and how to work with its relational legacy. This workshop utilizes a combination of lecture, video, and experiential exercise to explore a neurobiologically-informed understanding of the impact of trauma on attachment behavior, somatic interventions for challenging trauma-related relational patterns, and how to use ourselves as "neurobiological regulators" of the client's dysregulated emotional and autonomic states.

Learning Objectives:

- Participants will be able to describe the effects of trauma-related attachment on affect regulation
- Participants will be able to identify the effects of disorganized attachment on interpersonal relationships
- Participants will be able to utilize Sensorimotor Psychotherapy interventions to address attachment and trauma-related issues in psychotherapy
- Participants will be able to employ interactive neurobiological regulation to help clients tolerate psychotherapy and be more effective collaborators

2016 Attachment and Trauma Conference ~ Registration Form

Saturday November 3 – 5, 2018 St. Catharines Golf and Country Club



Please send registration form and payment etransfer to reception@attch.org, cheque, or money order made payable to:

Attachment & Trauma Treatment Centre for Healing (ATTCH)
95 Niagara Street, St. Catharines, ON L2R 4L3

Email: reception@attch.org

Phone: (905) 684-9333 Fax: (905) 684-6217

Name: _____

Email: _____

Please choose from the following options:

- Full 3-Day conference. Early registration: \$550 + HST. After October 01, \$650.00+ HST**
- Days 1 & 2 only: 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 October 01, \$460.00+HST**
- Day 1 only: Lori Gill, Understanding the Foundations of Trauma and Attachment. Early registration: \$250.00 + HST. After October 01, \$300 + HST**
- Day 2 only: Lori Gill, Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation *Participants must complete day 1 & 2 for certification. Early registration: \$250.00 + HST. After October 01, \$300 + HST**
- Day 3 only: Dr. Janina Fisher, Healing Broken Bonds: Traumatic Attachment and Emotional Dysregulation. Early registration: \$250.00 + HST. After October 01, \$300 + HST**

** (Correspondence and confirmation will be processed through email. Please ensure we are added to your mailing list to ensure receipt of emails)

Quality trauma and attachment assessment, treatment, & evidence-based training

Website: www.attch.org Phone: (905) 684-9333 Fax: (905) 684-6217