

Sarah Schlote

REGISTERED PSYCHOTHERAPIST, MA, CCC, SEP

The Refuge: Centre for Healing and Recovery

5420 Highway 6 North, suite 338-342 • Guelph, ON N1H 6J2 • 1-855-7REFUGE • sarah@healingrefuge.com

Bilingual Trauma Therapist and Trainer

Dynamic, engaging and sought-after trainer and facilitator with 15 years' experience in the counselling, health and social services fields in BC and Ontario, in the areas of trauma-specific and trauma-informed care, mental health and addictions, sexual assault, domestic violence, career exploration and refugee settlement services. Currently leading a team of trauma clinicians at The Refuge, she is experienced with providing individual and group case consultations for clinicians and frontline workers. **Active in pursuing continuing education in best practices with the top trauma experts in the United States and worldwide to bring this specialization to the local community.**

Strengths-based, compassionate and non-pathologizing philosophy, focusing on cultural sensitivity, anti-oppression and harm reduction to foster safety, embodiment, choice, voice and empowerment.

Integrative approach to trauma therapy, healing and resolution, incorporating neuroscience, somatics, stress biophysiology, attachment theory, polyvagal theory, mindfulness, self-compassion, psychodynamics, expressive arts, movement, procedural/body memory, table work, equine therapy, spirituality, shamanic principles, systems theory, and experiential learning.

FORMAL EDUCATION

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| Somatic Resilience and Regulation: Early Trauma Training , Somatic Practice, Victoria, BC | 2016-2017 |
| EMDR Part 1 , Niagara Stress and Trauma Clinic, Kitchener, ON | June 2016 |
| Touch Skills Training for Trauma Therapists (96 hours), Somatic Practice, Victoria, BC | 2015-2016 |
| Approved Training Assistant , Somatic Experiencing™ Trauma Institute (SETI), Boulder, CO | 2013-present |
| Somatic Experiencing™ Practitioner (216 hours), Somatic Experiencing™ Trauma Institute | 2011-2013 |
| Master of Arts, Counselling Psychology (trauma focus) , The University of Victoria, BC | 2006-2009 |
| Special Student, Psychology , Western University, London, ON | 2003-2006 |
| Honours Bachelor of Arts , Western University, London, ON | 1998-2002 |

PROFESSIONAL EMPLOYMENT

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| Associate , Dr. Shari Geller and Associates | 2013-present |
| Trauma Trainer , Trauma Trainings from The Refuge , Guelph, ON | 2012-present |
| Founder and Clinical Director , The Refuge: Centre for Healing and Recovery , Guelph, ON | 2011-present |
| Trauma Trainer , CAST Canada , various locations | 2012-2013 |
| Health Service Coordinator , Central West Local Health Integration Network , Brampton, ON | 2010-2012 |
| Individual, Couple and Family Therapist , Catholic Family Services Peel Dufferin | 2009-2010 |
| PAR Men's Group Facilitator , Catholic Family Services Peel Dufferin | 2009-2010 |
| Mental Health Clinician , Urgent Short Term Assessment and Treatment , Victoria, BC | 2009 |
| Relief Crisis Line Support Worker , Victoria Sexual Assault Centre , Victoria, BC | 2009 |
| Crisis Counsellor & Group Facilitator , Victoria Sexual Assault Centre , Victoria, BC | 2008-2009 |
| Relief Case Manager , Victoria Mental Health Centre , Vancouver Island Health Authority | 2007-2008 |
| Graduate Teaching Assistant , Theories of Counselling and Psychotherapy, University of Victoria | 2007 |
| Career Counsellor & Group Facilitator , ACFO de London-Sarnia | 2001-2005 |

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PAST TRAUMA TRAININGS AND WORKSHOPS DELIVERED

For past conference speaking engagements, see next section

- **Trauma-Specific Competencies Training for Therapists, Counsellors and Clinicians**
Hired by the Trauma Services Initiative of Waterloo Region – Kitchener, ON
May 16-17 & June 20-21, 2016
- **Guest Speaker, Trauma-Informed Mindfulness: Understanding Procedural Memory and Activation in Meditative Practice**
Webinar series for Master of Arts in Counselling Psychology program
Yorkville University (June 15, 2016)
- **Guest Speaker, Therapy Interventions for Trauma, Abuse and Violence Course**
Certificate Program in Couple and Family Therapy Studies
University of Guelph (March 4, 2016)
- **Trauma Resource Day**
In-service team consultation and training for The Refuge practitioners (3 hours, February 3, 2016)
- **Trauma-Informed Yoga Training (module 1)**
Co-facilitated with Caroline Owen, BA, E-RYT500
Sugar Ridge Retreat Centre (October 22-25, 2015)
- **Healing with Horses Series: Empowered Boundaries Workshop**
Co-facilitated with Anne Porteous, MScN, EPC (September 19-20, 2015)
- **Somatic Therapies: Working with the Body to Heal Trauma and Chronic Stress**
Hosted by the Attachment and Trauma Treatment Centre for Healing
St. David's, ON (full day seminar, August 7, 2015)
- **Trauma-Sensitive Mindfulness Workshops**
2015 Mindfulness Training: A Novel Approach to Intervention in Aboriginal Communities
Experiencing Trauma (Aboriginal Training and Consulting Services)
Zarchikoff & Associates, Richmond, BC (June 17, 2015)
- **Foundations of Trauma and Attachment Training**
Re-Adaptation Officers Team, Cree School Board, Val d'Or, QC (May 26-28, 2015)
- **Healing with Horses Series: Mindful Presence Workshop**
Co-facilitated with Anne Porteous, MScN, EPC, Rockwood, ON (May 2-3, 2015)
- **Trauma-Informed Safety and Stabilization Training**
Addiction Services Team, House of Friendship, Kitchener, ON (January 13-14, 2015)
- **Trauma Lifeline Training: Trauma-informed somatic skills for crisis and distress line workers to support safety, stabilization and self-regulation**
Distress Centre Niagara, Thorold, ON (December 3-4, 2014, Jan 2-3 & Feb 27-28, 2015)
- **Somatic Experiencing™ Training Assistant**
Beginning and Intermediate level modules (6 modules of 4 days each)
Montreal, QC (2013-2014) and London, ON (1 module, 2015)

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- **Connection: Deepen your relationship with yourself and others through the wisdom of the horse** (EquuSpirit: Healing with Horses trauma weekend retreat)
Co-facilitated with Anne Porteous, MScN, EPC (October 3-5, 2014)
- **Trauma-Informed Foster Care**
Satori Homes, Inc., staff and foster parent training, Guelph, ON (full day, July 24, 2014)
- **Working with Trauma and the Body (group case consultation for clinicians)**
The Refuge: Centre for Healing and Recovery (half day, June 16, 2014)
- **Walking the Edge of the Thin Blue Line: Managing the Effects of Frontline Work**
Wellington County OPP Wellness Day, Fergus, ON (May 27, 2014)
- **Introduction to Trauma-Informed Yoga**
Co-facilitated with Caroline Owen, BA, E-RYT500
Hosted by Sukha Yoga Studio, Guelph, ON (October 18-19, 2014)
Hosted by Wavelengths Yoga Studio, Norwood, ON (April 5-6, 2014)
- **Trauma-Informed Principles: The basics of psychophysiology and concrete tools for working with self-regulation in your scope of practice**
Community Addictions Services Team, Homewood Health Centre (half day, March 31, 2014)
- **Working with Trauma: The neuroscience behind self-regulation**
Hosted by Guelph CHC, Upper Grand FHT, CMHA WWD and Wellington Guelph Drug Strategy
Guelph and Fergus, ON (half-day workshops, December 4 & 11, 2014)
- **The Psychophysiology of Self-Regulation: Skills for therapists to stabilize trauma and emotional overwhelm in our clients and ourselves**
Hosted by CAST Canada in Burlington and Ottawa, ON (full day, August 16 & November 18, 2013)
- **The Principles of Trauma-Informed Practice**
Guelph Community Health Centre (September 17, 2013)
- **The Psychophysiology of Self-Regulation: 3 core skills for stabilizing trauma and emotional overwhelm in our clients and ourselves**
Hosted by CAST Canada, Brantford, ON (June 4, 2013)
- **Somatic Therapy and How Overwhelming Experiences Impact the Nervous System and Brain**
Guelph Community Health Centre (September 17, 2013)
- **Trauma and the Body: 4 key somatic skills to support self-regulation in our clients and ourselves**
Hosted by CAST Canada, Cambridge, ON (full day, March 5, 2013)
- **Trauma, the Body and Frontline Work: Discussion Forum**
Hosted by CAST Canada, Kitchener, ON (January 14, 2013)
- **Trauma-Informed Practice and Support Training**
Co-facilitated with Barb Peck, MSW, on behalf of the Victoria Sexual Assault Centre
Victoria Native Friendship Centre, Fernwood NRG Best Babies, Girls Alternative Program / Artemis Place, and other youth-serving agencies, Victoria, BC, various dates (2 day trainings, 2009)

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PAST CONFERENCE SPEAKING ENGAGEMENTS ON TRAUMA

- **Empowered Boundaries: Somatic Exercises for Healthy Anger, Assertiveness and Personal Agency**
2016 Trauma and Attachment Conference: Awareness, Regulation and Healing
Niagara Region (full-day conference seminar, April 12, 2016)
- **Trauma and the Body: Somatic Principles for Self-Regulation**
St. Leonard's 2016 Mental Health and Addictions Forum: Breaking the Silence of Trauma
Brantford, ON (February 19, 2016)
- **Full-Day Pre-Conference Event: Trauma-Informed Mindfulness, Meditation and Yoga**
Canadian Counselling and Psychotherapy Association – annual national conference
Niagara Falls, ON (May 19, 2015)
- **Reducing the Risks of Abstinence Through Emotional Regulation**
St. Leonard's Addictions and Mental Health Forum, Brantford, ON (February 20, 2015)
- **Speaker Panel: Best Practices in Trauma-Informed Support**
Distress Centres Ontario Spring Conference: Trauma-Informed Care
Cambridge, ON (April 24, 2014)
- **Harm Reduction Through a Trauma-Informed Lens**
Harm Reduction Forum, Guelph, ON (March 20, 2014)
- **Full-Day Pre-Conference Event: Bodywork – Exploring the connection between trauma and the body, and the role of somatic therapies and yoga in supporting safety and stabilization**
Co-facilitated with Caroline Owen, BA, E-RYT500
Grounding Trauma 2013 Conference, hosted by CAST Canada (May 9, 2013)
- **Beyond Safety and Stabilization: Understanding the body's response to trauma to foster self-regulation and healing**
Grounding Trauma 2012 Conference, hosted by CAST Canada (May 10, 2012)
- **Keynote Speaker (healing trauma), International Women's Day**
Célébrons femmes: Force du monde
Centre communautaire francophone de Cambridge (March 9, 2012)
- **Looking at Mental Health and Addictions Through a Trauma Lens**
Co-facilitated with Barb Peck, MSW, on behalf of the Victoria Sexual Assault Centre
Trauma and Healing: Choice, Change and Empowerment Through Recovery Conference
REES Network / Cool Aid Society, Victoria, BC (2009)

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ADDITIONAL CONTINUING EDUCATION IN TRAUMA

Post-Advanced Private Case Consultations

Berns Galloway, MEd, CCC, SEP and Dr. David de Rosenroll, EdD, SEP
Somatic Experiencing Trauma Institute Senior Faculty Members (2013-present)

Body Memory Recall Training (levels 1 & 2)

Jonathan Tripodi, Freedom from Body Memory (Sedona, AZ) – Waterdown, ON (June 19-24, 2015)

Sensory Motor Arousal Regulation Treatment (SMART) Workshop

Dr. Elizabeth Warner, The Trauma Centre (Brookline, MA) – St. Catharines, ON (April 2-3, 2015)

Live Presentation of a Demo Client to Dr. Peter Levine

Master Class – Dana Point, California (March 18, 2015)

The Psychology of the Body: Body Reading and Developmental Trauma

Master Class Series with Dr. Peter Levine – Dana Point, California (March 19-23, 2015)

Mind-Body Approaches to Addictions Recovery

Dr. Gabor Mate, Owen Sound, ON, June 2014

2013 Attachment and Trauma Conference

Presentations by Dr. Dan Siegel (Resiliency and Neural Integration) & Dr. David Berceli (Trauma Releasing Exercises) – Niagara Falls, ON (October 8, 2013)

Grounding Trauma 2012 Conference

Hosted by CAST Canada, Alliston, ON (May 10-11, 2012)

Integrative Equine-Facilitated Wellness Training (trauma, somatics and mindfulness)

Deborah Marshall, MA, RCC, Generation Farms – Nanaimo, BC (110 hours, 2011-2012)

Sanctuary Model of Trauma-Informed Care (Humane Education Conference)

Green Chimneys Children's Centre, Brewster, NY (April 29-30, 2011)

Engaging Traumatized Clients Who Avoid Attachment, Closeness and Painful Feelings

Dr. Robert T. Muller, The Hincks-Dellcrest Trauma & Resiliency Centre – Toronto, ON (Nov. 1, 2010)

Thinking Outside the Box with Men Who Use Violence in Their Relationships

Dr. Michael P. Johnson, Brampton, ON, June 3, 2010

Somatic Experiencing Workshops

Dr. David de Rosenroll (University of Victoria), Magee Miller, MSW (USTAT Clinic), 2007, 2008

Introduction to Integrated Practices in Mental Health & Addictions (trauma-informed training)

The Vancouver Island Health Authority, Victoria, BC (2009)

PAR Men's Group Facilitation Training

Changing Ways, Inc. – London, ON (6 weeks, April 2005)

Understanding Vicarious Trauma

Coordinating Committee on the Needs of Adult Survivors of Child Sexual Abuse
London, ON, (May 2004)

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SPEAKING TESTIMONIALS

"I've attended many healing related workshops, that have included a wide variety of modalities. While all of them have been very helpful, I have to say that this weekend was very easily the best, most profoundly powerful, and immediately useful workshop that I have ever experienced." – Carol F., trauma therapist (Connection Workshop, October 3-5, 2014)

"Brilliant workshop! I highly recommend this to my colleagues, whether a seasoned professional or new practitioner. Sarah is a natural presenter. She is gifted with a wonderful way of infecting us all with her passion for learning and the power of somatic therapy. Her workshop is engaging, clear, and full of information to enhance our own practices immediately." –Tressa Porter, MA, RP, psychotherapist (Psychophysiology of Self-Regulation Workshop, March 5, 2013)

"I am very excited about the information. Sarah's presentation skills are exceptional!" –David Woods, MEd, art therapist (Psychophysiology of Self-Regulation Workshop, March 5, 2013)

"Sarah has a wonderful, open, and comfortable way of presenting her ideas. Everyone attending this workshop will come away with valuable information." –Cathy Middleton, director, YWCA Kitchener-Waterloo (Trauma, The Body, and Frontline Work Forum, January 14, 2013)

Additional testimonials can be found on www.traumainformedyoga.ca

ANONYMOUS FEEDBACK FORMS

Feedback and ratings from more recent trainings and conference presentations can be provided by request.

Connection Workshop (equine-assisted therapy – Oct. 3-5, 2014)

- "The unexpected insights into my real life and realizations that arose during interaction with the horses were so profound. The group setting was very beneficial as well. Experiential learning at its finest. Outstanding experience and I want to continue with equine therapy."

Working with Trauma Workshop (two half-day presentations, December 4 & 11, 2013)

- "Sarah is an excellent instructor, organized, knowledgeable, capable. All the information was relevant."
- "Very animated and knowledgeable speaker. Excellent work."
- "It was really all very good. A lot more than I expected in terms of content and depth. Well done!"
- "I find that all components of this workshop were valuable. Would be beneficial to have a full-day workshop because this workshop is valuable and should not be rushed."
- "A great, enthusiastic, engaging speaker."
- "Presentation style was superb."

The Psychophysiology of Trauma and Self-Regulation (August 16, 2013)

- "Sarah has an amazing teaching ability. Her way of discussing neurobiology and linking it back to a personal experience helped me understand the concepts. I would like a more in depth training with Sarah. Most one day workshops I have not taken away as much as I did with this one!"

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- “Great presenter. Like her realness, vulnerability and examples used.”
- “Sarah’s presentation style is very engaging and I appreciated her humour and candor. I was disappointed that the original two-day retreat was scaled back to one day. A second day would be great to do more hands-on practice/demonstrations.”
- “I am going to recommend to my agency that Sarah provide a front line worker (not therapist) focused training to increase awareness and understanding for workers.”
- “Please do another day – “Day 2” to be able to practice this!”

The Psychophysiology of Trauma Self-Regulation (March 5 and June 3, 2013)

- “Dynamic speaker! Very engaging, uses a variety of learning styles. Takes the time to explain things in many different ways so participants could get a thorough understanding.”
- “Great presenter! Easy to listen to, easy to participate.”
- “The most valuable part of the day was Sarah’s gifted ability to communicate! Engaging speaker – fantastic metaphors.”
- “Sarah is an excellent presenter. She is knowledgeable, compassionate and passionate and communicates clearly.”
- “Overall well done! Sarah is a great presenter and her knowledge along with passion makes it easier to understand and learn. Comfortable environment – a lot of information to pass along to co-workers and carry out into personal life.”
- “Today was a fantastic and exciting workshop that while effortful is also exhilarating, invigorating and rejuvenating, stimulating curiosity and a desire to know more.”
- “Sarah is very approachable, welcoming, soothing and real. Keeps your attention.”
- “Speaker is very engaging. Perhaps this training should be 2 days as I would have liked more.”

PROFESSIONAL AFFILIATIONS

Registered Psychotherapist

College of Registered Psychotherapists of Ontario (CRPO)

Somatic Experiencing Practitioner, Training Assistant and Registered Member

Somatic Experiencing Trauma Institute (SETI), Boulder, CO

Canadian Certified Counsellor

Canadian Counselling and Psychotherapy Association (CCPA)

Clinical Member

United States Association of Body Psychotherapy (USABP)