



offering workshops and speeches
for a better understanding of
trauma and addiction

come and sit together...

For All Service Providers, Health and Helping Professionals.

The Psychophysiology of Self-Regulation:

3 Core Skills for Stabilizing Trauma and Emotional Overwhelm in our Clients and Ourselves

A Full Day With Sarah Schlote, BA, MA, CCC

June 4th, 2013, 8:30 - 4:00

Brantford: Best Western, 403 & Wayne Gretsky Dr.

\$150.00 + hst = \$169.50

Register at: www.cast-canada.ca



**Approved for 6 CEC credits
with the CCPA**

Do you find yourself easily triggered and overwhelmed, and are unsure about how to support clients who are experiencing this as well?

Grounded in the principles of somatic psychotherapy, neurobiology and mindfulness, the workshop will provide theoretical and practical knowledge about physical and emotional regulation to support you and the people you work with.

You will leave with a greater understanding of:

- The impact of stress and trauma on the nervous system and brain
- How to view mental health, addictions and trauma through a somatic lens
- The importance of working within a window of tolerance
- Why venting and catharsis (as well as mindfulness) can be dangerous without the proper skills
- How mammals respond to stress and threat, why animals in the wild rarely experience trauma

You will gather tools to support your clients and yourself to find balance through emotional regulation:

- Pausing and orienting to sensory information
- Using various grounding strategies
- Containment skills to provide greater emotional safety.

***" 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

Registration, details and video about Sarah www.cast-canada.ca

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Hello,

We invite you to join us as CAST Canada partners up with Sarah Schlote. We first met Sarah when she delivered a workshop at Grounding Trauma 2012 which was extremely well received. We have since worked hard to develop a full day of relevant, productive material. Thank you to the folks who gave us feedback at the pilot in Kitchener, your ideas were integrated into the content and approach. Sarah's passion and energy around somatic work, the body and self regulation are inspiring, and her work is informative and applicable to your work.

We look forward to seeing you there.

Tom Regehr & Becca Partington

CAST Canada

"I am very excited about the information. Sarah's presentation skills are exceptional, fantastic!"

David Woods, Art Therapist, London, ON



Sarah Schlote, B.A., M.A., CCC is a fluently bilingual counsellor and psychotherapist, with experience in workshop facilitation, presentations, resource development and service coordination. Her master's degree in Counselling Psychology from the University of Victoria is supplemented by over 10 years of experience in two provinces. She is currently in the advanced year of training through the Somatic Experiencing Trauma Institute in Boulder, Colorado, and also has completed training in Integrative Equine-Facilitated Wellness. Passionate, dynamic and genuine, she is committed to helping people get unstuck and grow in their capacity to know, accept, honour and be themselves. She currently has a private counselling, coaching and consulting practice in Guelph, ON. For more information, visit www.satoria.ca

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