



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

come and sit together...

A Full Day Workshop for Therapists

Psychophysiology of Self-Regulation: Therapist Skills for Stabilizing Trauma and Emotional Overwhelm in our Clients and Ourselves

With Sarah Schlote, BA, MA, CCC

August 16, 2013

The Waterfront Hotel, Burlington, ON

\$190.00 + hst

Includes parking, lunch with a lake view & handouts

cast-canada.ca/SarahSchloteAug2013



Approved for 6 CEC credits
with the CCPA

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 yourself and the people you work with in a gentle, non-pathologizing way.

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 are not always helpful
- Why meditation and yoga can be triggering without the proper skills in place
- How mammals respond to stress and threat, and why animals in the wild rarely experience trauma

Geared specifically for therapists who support clients who have experienced trauma or struggle with emotional overwhelm, this workshop will provide opportunity to:

- Learn about the importance of orienting to sensory information
- Explore tracking in relation to self-regulation and attunement
- Discover the difference between "why" questions and "how" questions
- Learn about titration and containment as therapeutic skills
- Discuss your questions and case examples from a somatic lens

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

David Woods, Art Therapist, London, ON

CAST canada - CAST Canada Website

Registration, details and video about Sarah cast-canada.ca/SarahSchloteAug2013

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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

" 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



Sarah Schlote, BA, MA (C Psych), CCC

Sarah Schlote is a fluently bilingual psychotherapist (Français - English), with experience in workshop facilitation, resource development and health 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 and ongoing professional development. She is certified through the Canadian Counselling and Psychotherapy Association, and is working towards certification with the Somatic Experiencing Trauma Institute and the National Association for 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.

Her private practice, [EquuSpirit: Recovery and Healing for Trauma and Addictions](#), offers both in-office and nature-based programs. Private psychotherapy sessions are available in person or by phone/Skype, with equine-facilitated therapy and ecotherapy sessions and workshops offered at a serene farm located off the 401 between Guelph and Milton.

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