

## The Psychophysiology of Self-Regulation:

Skills for Therapists to Stabilize Trauma and Emotional Overwhelm  
In Our Clients and Ourselves

***A Full Day with Sarah Schlote, MA, CCC, SEP***

*The Albert on Bay Hotel – Ottawa, Ontario*

*November 18, 2013 • 8:30am – 4pm • \$190 + HST*

Back by popular demand!

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:

- Why animals in the wild rarely experience trauma
- The impact of stress and trauma on the nervous system, brain and attachment
- How to view mental health, addictions and trauma through a somatic lens
- The importance of working safely with the body within a window of tolerance
- Why solution-focused, cognitive-behavioural approaches, as well as venting and catharsis, can sometimes be ineffective or harmful
- Why meditation and yoga can be triggering without the proper skills in place



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

Approved for **6 Continuing Education Credits** with the Canadian Counselling and Psychotherapy Association (CCPA) and the Canadian Addiction Counsellors Certification Federation (CACCF)

To register: [www.cast-canada.ca](http://www.cast-canada.ca)

*Sarah has a wonderful, open and comfortable way of presenting her material. Everyone attending this workshop will come away with valuable information.*

Cathy Middleton, Director  
YWCA Waterloo, ON

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

David Woods, MEd, art therapist  
London, ON

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 our Grounding Trauma 2012 conference where she was extremely well received. We have since worked hard to develop a full day of relevant, productive material, holding pilots and getting feedback from working professionals like yourself.

We look forward to seeing you there.

*Tom Regehr & Becca Partington*  
CAST Canada

**Sarah Schlote, MA, CCC, SEP\*** is a fluently bilingual psychotherapist (français - English), with experience in workshop facilitation, resource development and health service coordination. Originally from Hawkesbury, Ontario, she completed her master's degree in Counselling Psychology from the University of Victoria. Her education 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 National Association for Equine-Facilitated Wellness. *\*As of September 2013, she will have completed the requirements for Somatic Experiencing™ Practitioner certification through the Somatic Experiencing Trauma Institute in Boulder, CO.*



Her private practice offers both in-office and nature-based programs. Private psychotherapy and case consultation sessions are available in person or by phone/Skype, with equine-facilitated therapy sessions offered at a serene farm located off the 401 between Guelph and Milton. For more information, visit [www.equuspirit.com](http://www.equuspirit.com)