

Trauma-Informed Principles:

The basics of psychophysiology and concrete tools for working with self-regulation within your scope of practice

Understand how to work more safely and effectively with clients with trauma, addictions and emotional dysregulation!

Whether you are a therapist, a frontline worker, admin staff, a nurse, or other health or helping professional, becoming trauma-informed is a core part of being more effective in your work. It can be challenging to work within a system that often requires you to do more in less amount of time, which can leave you depleted and clients frustrated or ashamed when they are not better by the expected timeframe. Understanding the principles of trauma-informed care, as well as ways to work with the neurobiology and dysregulation beneath most acute mental health and addictions issues, can provide a different lens through which to view your work, set more realistic goals and identify client efforts towards change that are often overlooked.

This half-day introductory workshop will focus on:

- The basic principles of trauma-informed care in relation to the stages of change process
- Adopting a self-regulation lens through which to view diagnoses, client challenges and progress
- The concept of the Window of Tolerance as a therapeutic framework to gauge stress levels in both the client and you as the professional
- Tracking activation cycles as a way to modulate your own arousal in sessions and help the client to modulate theirs
- Using orienting to sensory information and resourcing as a way to get settled and create safety

Trainer: Sarah Schlote, MA, CCC, SEP is a bilingual psychotherapist (français - English) and Somatic Experiencing Practitioner in Guelph, with experience in delivering trainings, 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. She is certified through the Canadian Counselling and Psychotherapy Association and has completed a specialization in Somatic Experiencing™, a body-oriented trauma therapy training offered through the Somatic Experiencing Training Institute in Boulder, CO. For more information, visit www.healingrefuge.com



To register: Contact Patti Duguid at dugupatr@homewood.org
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In-service for Homewood staff
Riverslea Conference Centre
March 31, 2014
12:30-4:30pm

Suggested Readings:

Handouts will be provided for review prior to the workshop. Additional suggested **optional** resources include:

- *"In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness"* by Dr. Peter Levine
- *"In the Realm of Hungry Ghosts: Close Encounters with Addiction"* by Dr. Gabor Maté.