



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

come and sit together...

Trauma and the Body: 4 Key Somatic Skills to Support Self-Regulation in Our Clients and Ourselves

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

This workshop delivers solid, relevant information about trauma, the brain and the body. It covers skills, tools and strategies to work safely and productively with clients. There is space built in to the day for discussion and Q+A.

March 5th, 2013, 8:30 - 4:00

Best Western Cambridge (401 & Hespeler Rd)

\$88.50 + hst = \$100*

Register at: www.cast-canada.ca

* Premiere Event Special Price. Regular \$150+. Includes parking and hand outs

Do you love your work but find yourself overwhelmed and running at a high level of intensity most of the time?

This workshop will allow you to explore some core skills that can support you to find greater balance within yourself, that can also be used with clients. 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
- How mammals respond to stress and threat, and why animals in the wild rarely experience trauma

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

- Pausing and orienting to sensory information
- Using various grounding strategies
- Tracking skills to support greater self-awareness and attunement
- Containment skills to provide greater emotional safety

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Hello,

We invite you to join us on this premiere event 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 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, as well as ongoing professional development in somatic, mind-body and nature/equine-based approaches to healing. 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