

Working with Trauma:

The Neuroscience Behind Self-Regulation and How to Be More Effective With Clients

Trainer: **Sarah Schlote, MA, CCC, SEP**

Whether you are a therapist, a frontline worker, admin staff, a nurse, or any other helping or medical professional, becoming trauma-informed is a core part of being more effective in your work and of preventing vicarious trauma and compassion fatigue.

This introductory workshop will focus on:

- Understanding how the body and brain respond to stress and trauma
- Adopting a trauma lens through which to understand mental health and addictions issues
- Exploring the concept of Window of Tolerance as a therapeutic framework to gauge stress levels in both the client and you as the professional
- The basic principles of trauma-informed care
- Learning how to better read body posture, gestures and movements
- Tracking your own body response to foster greater attunement with yourself and your client
- Recognizing the difference between empathy and merging/rescuing and how to cope
- Using orienting to sensory information and resourcing as a way to get settled and create safety



Workshop is FREE but pre-registration is required*

Pick your preferred location and time:

GUELPH

Wednesday, December 4, 2013
9am – 1pm
Community Room, Lower Level
Guelph CHC – 176 Wyndham St. N

FERGUS

Wednesday, December 11, 2013
12pm – 4pm
Aboyne Hall, Wellington County Museum
536 Wellington Rd 18

To Register:

Contact Rafael Silver
519-821-6638 x350
rsilver@guelphchc.ca

***Pre-registration deadline for Guelph is Nov. 29 and Fergus is Dec. 6**

Refreshments will be served; please bring your own lunch

Sarah Schlote, MA, CCC, SEP is a bilingual psychotherapist (français - English) in private practice 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 and ongoing professional development. She is certified through the Canadian Counselling and Psychotherapy Association and has completed a specialization in Somatic Experiencing™, an advanced, body-oriented trauma therapy training offered through the Somatic Experiencing Training Institute in Boulder, Colorado. For more information, visit <http://www.healingrefuge.com>

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