

TRAUMA CERTIFICATE COURSE

**Empowered Boundaries: Somatic Exercises for
Assertiveness and Attachment**

An integral part of trauma treatment involves working with boundaries. For some, boundaries that are too porous can be linked with difficulty engaging a fight response, a collapsed state of defeat or submission that results in passivity, shame, fear, or chronic frustration when trying to stand up for oneself to step up in the world. For others, boundaries can be overly rigid as the system learns to shut out anything that might be construed as a potential threat. And still others find the most activation occurs around arrivals and departures, especially if there were relational ruptures without repair resulting in a desire to bond too quickly, a slowness to warm up or fear of closeness, or distress when leaving. Drawing from trauma neuroscience, psychophysiology, somatic therapies, attachment theory and polyvagal theory, this hands-on workshop will introduce participants to clinically relevant principles and experiential practices to consider when working with boundaries, including:

- The importance of understanding procedural / body memory when treating trauma
- The cycle of activation of defense responses and the role of thwarted self-protective efforts in boundary experiences
- The principles of titration and embodied containment when working with survival energies and impulses
- Practices to safely explore self-protective movements and build capacity to mobilize a more empowered sense of oneself
- Boundaries practices that support the renegotiation of attachment dynamics in the therapeutic relationship

November 27, 2017

9am – 4pm

Pricing: See website

Faculty of Social Work

120 Duke Street West

Kitchener, ON N2H 3W8

The Trauma Certificate will provide you with a comprehensive understanding of what trauma is, how it affects the body, the brain and the memory and how trauma differs from crisis and other distress. The program will also explore various types of trauma, such as interpersonal violence and refugee/war experiences, and how other issues, such as addictions, can interact with trauma.

**You can take this course without registering for the WLU Trauma Certificate
Pre-approved for 6 CECs with the Canadian Counselling and Psychotherapy Association**

Instructor: Sarah Schlote, MA, RP, CCC, SEP

Sarah is a trauma specialist and founder of The Refuge: Centre for Healing and Recovery in Guelph, an integrative facility focusing on top-down and bottom-up trauma and attachment treatment approaches, including the EquuSpirit: Healing with Horses program. Her 15 years of clinical experience are supported by a trauma-focused master's degree and training in the Somatic Experiencing trauma resolution method, Body Memory Recall, the Touch Skills Training for Trauma Therapists, the Somatic Resilience and Regulation – Early Trauma Training, EMDR, and trauma-focused equine-facilitated therapy and ecotherapy. A practitioner of mindfulness since 2003, she weaves mindfulness and DBT skills as well as psychodynamic therapy, ego state/parts work, attachment-oriented psychotherapy, Gestalt therapy, animal-assisted therapy, and indigenous principles into her practice. She has also been involved in the field of animal-assisted interventions since 2003, including the development of standards of practice. Fluent in English and French, she is a sought-after trainer and frequently delivers trainings and workshops throughout the province and Canada. www.healingrefuge.com

TO REGISTER	
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