



TRAUMA CERTIFICATE COURSE

**Integrative Trauma Treatment:
Somatics, Attachment and Neuroscience Approaches**

This two-day workshop will introduce students to trauma therapy approaches that incorporate varying degrees of attachment and neuroscience when working with individuals and couples. A review of psychophysiology, polyvagal theory and procedural memory will be provided as context for the rationale of integrating bottom-up approaches with more traditional top-down therapy. Students will learn about Somatic Experiencing, Sensorimotor Psychotherapy, Emotion-Focused Couples Therapy, the Psychobiological Approach to Couples Therapy, EMDR, Brainspotting, touch work and equine-facilitated therapy as additional modalities to round out one's toolkit.

June 5-6, 2018 9am – 4pm \$275 (\$137.50 for students)	Faculty of Social Work 120 Duke Street West Kitchener, ON N2H 3W8
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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 12 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. For more information: www.healingrefuge.com

TO REGISTER	
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