

September 22-24, 2017

At The Ignatius Jesuit Centre
Guelph, ON

Integrating principles drawn from neuroscience, attachment theory, somatics and trauma-informed care to increase safety, embodiment, choice, voice and empowerment for trauma survivors

VENUE

Ignatius Jesuit Centre
Orchard Park Building
Room 236 (via East Entrance)

TRAINER

Sarah Schlote, MA, RP, CCC, SEP

Early bird rate:

\$595 + tax

Regular rate: \$675 + tax

TO REGISTER

Contact:

sarah@healingrefuge.com

or call 1-855-7REFUGE



Sarah Schlote, MA, RP, SEP is a Registered Psychotherapist, Somatic Experiencing Practitioner and trauma and attachment specialist operating at The Refuge (3rd floor Orchard Park at Ignatius): www.healingrefuge.com

Trauma-Informed Mindfulness Training

Mindfulness has become a popular tool in many clinicians' toolkits, and the research behind it is overwhelmingly positive. Trauma survivors often seek out mindfulness or other forms of meditation or spirituality, such as yoga, to support them in their healing journey, or have been "prescribed" these by a professional. However, without the proper awareness or safeguards in place, these practices can be activating and re-traumatizing for some people, especially those with early developmental trauma, leading to many adverse effects, such as anxiety, panic, psychotic breaks, terror, dissolution of ego boundaries, flashbacks, repressed material resurfacing, and uncomfortable physical sensations associated with unresolved trauma responses. Others turn to contemplative practices as a form of spiritual bypassing, a way to dissociate and avoid or disconnect from distressing symptoms. As is true with other approaches, no one modality is a panacea and recognizing when a tool is the right fit or not is important. This East meets West workshop will review the shadow side of spirituality, and introduce practical principles to adapt mindfulness in a trauma-informed way. The workshop will focus on:

- Integrating a trauma lens of polyvagal theory, attachment theory and psychophysiology into mindfulness
- Adverse effects and benefits of contemplative practices
- Body memory, the biological cycle of stress activation, defensive responses and completion, and how thwarted self-protective efforts can manifest during meditation
- Frameworks and principles to support a more nuanced approach to mindfulness, in alignment with staged models of trauma treatment
- Caveats around breath work practices for trauma
- Ways to adapt mindfulness to support client safety, choice, voice and empowerment

www.traumatrainings.com