

TRAUMA CERTIFICATE COURSE

Working With Parts: Healing the Child(ren) Within

This workshop provides an introduction to understanding how trauma can result in varying degrees of dissociation and fragmentation of one’s inner experience. Drawing elements from different parts work / ego state models such as structural dissociation, transactional analysis, internal family systems, and others, the presentation will introduce:

- Helpful frameworks through which to help clients conceptualize their inner experience
- The self-protective roles of different parts or ego states, including shame
- Tools to support relationship with the fragmented parts of one’s inner world to foster greater integration, inner coherence, regulation and the capacity for self-soothing
- Specific interactive exercises for working with ego states / parts involving imagery, somatics, attachment, art, journaling and self-compassion
- Resources for further learning

<p>May 15, 2018 9am – 4pm Pricing: See website</p>	<p>Faculty of Social Work 120 Duke Street West Kitchener, ON N2H 3W8</p>
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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 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	
<p>Contact Information: Jade Squire – 519-884-0710 x5234 fswprofessionaldevelopment@wlu.ca</p>	<p>Website: Trauma Certificate Program</p>