

SARAH SCHLOTE

The Refuge: Centre for Healing and Recovery

338-5420 Highway 6 North, Guelph, ON N1H 6J2 | 519-591-7795 (cell) | sarah@healingrefuge.com

EDUCATION

University of Victoria, Victoria, BC, CANADA

Master of Arts, Counselling Psychology (trauma focus)

2006 - 2009

Thesis: Animal-assisted therapy and equine-assisted therapy/learning in Canada: Surveying the current state of the field, its practitioners and its practices.

Western University, London, ON, CANADA

Special Student, Psychology

2003 - 2006

Honours Bachelor of Arts, English and French (linguistics and literature)

1998 - 2002

AWARDS

Full Scholarship, Fondation Baxter et Alma Ricard

2005 – 2008

Gold Medal Recipient, Honours English and French, Western University

2002

Dean's List, Western University

1998 – 2002

PROFESSIONAL DEVELOPMENT – TRAUMA, SOMATICS AND ATTACHMENT

Kathleen Martin, LCSW

Treating Dissociation / Structural Dissociation Theory (13 hours, Toronto, ON)

2017

Treating Complex Trauma with EMDR and Structural Dissociation Theory (12 hours, webinar series)

2017

Kathy Kain, MA, SEP and Stephen J. Terrell, PsyD, SEP

Somatic Resilience and Regulation: Early Trauma (relational rupture/repair) (12 days, Victoria, BC)

2016-2017

Janina Fisher, PhD

Shame and Self-Loathing in the Treatment of Trauma (6 hours, Toronto, ON)

2017

Barbara Horne, MASc, RP, RMFT

Basic EMDR Training, including structural dissociation theory (60 hours, Kitchener and Toronto, ON)

2016

Kathy Kain, MA, SEP

Touch Skills Training for Trauma Therapists (15 days, Victoria, BC)

2015-2016

Jonathan Tripodi

Body Memory Recall Training, levels 1 and 2 (42 hours, Waterdown, ON)

2015

Peter Levine, PhD

The Psychology of the Body: Body Reading and Developmental Trauma (5 days, Dana Point, CA)

2015

Gabor Maté, MD

Mind-Body Approaches to Addictions Recovery (1 day, Owen Sound, ON)

2014

Deborah Marshall, MA, RCC

Integrative Equine-Facilitated Wellness, trauma and somatics focus (12 days, Nanaimo, BC)

2011-2012

Berns Galloway, MEd, CCC, SEP and Kathy Kain, MA, SEP

Somatic Experiencing® Practitioner Training (216 hours + consultations, London, ON, Texas, California)

2011-2013

Additional Continuing Education – Trauma, Somatics and Attachment

Bioenergetics Basics: Reading the Body (Adela Gorodzinsky, MEd, RP, CCC and Vicky Stevens, RSW, London, ON)

USABP Webinars: Working with Shame, part 1 and 2 (Bret Lyon, PhD, SEP and Sheila Rubin, MA, LMFT, 2016), Healing Developmental Disruptions (Anne Isaacs, LCSW and Joel Isaacs, PhD, 2016)

2015 Trauma and Attachment Conference: Sensory-Motor Arousal Regulation Treatment (Elizabeth Warner, PhD)

2013 Trauma and Attachment Conference: Interpersonal Neurobiology (Daniel Siegel, MD), Trauma Releasing Exercises (David Berceci, PhD), St. Catharines, ON

2012 Grounding Trauma Conference: Alliston, ON

2011 Humane Education Conference: Sanctuary Model of Trauma-Informed Care, Green Chimneys Children's Center, Brewster, NY

Hincks-Dellcrest Trauma and Resiliency Centre: Engaging Traumatized Clients Who Avoid Attachment, Closeness and Painful Feelings, (Robert T. Muller, PhD, Toronto, ON, 2013)

SPEAKING ENGAGEMENTS – CONFERENCES AND FORUMS

Trauma and Attachment Conference – Niagara Falls, ON (March 19) Working with Parts: Healing the Child(ren) Within (full-day seminar)	2018
Natural Lifemanship Conference – Brenham, TX (October 18-20) Somatic Experiencing®, Attachment and Touch in Equine-Assisted Practice (seminar and breakout sessions)	2017
International Symposium for Equine Welfare and Wellness – Wartenberg-Rohrbach, Germany (July 11-13) Integrating Somatic Experiencing® and Attachment in Equine-Facilitated Therapy Equine Welfare Through a Trauma Lens	2017
Trauma and Attachment Conference – St. Catharines, ON (April 12) Empowered Boundaries: Somatic Exercises for Health Anger, Assertiveness and Agency (full-day seminar)	2016
St. Leonard’s Mental Health and Addictions Forum: Breaking the Silence of Trauma – Brantford, ON (Feb. 19) Trauma and the Body: Somatic Principles for Self-Regulation	2016
National Conference, Canadian Counselling and Psychotherapy Association – Niagara Falls, ON (May 19) Pre-Conference Event: Trauma-Informed Mindfulness, Meditation and Yoga (full day seminar)	2015
St. Leonard’s Addictions and Mental Health Forum – Brantford, ON (February 20) Reducing the Risks of Abstinence Through Emotional Regulation	2015
Distress Centres Ontario Spring Conference – Cambridge, ON (April 24) Speaker Panel: Best Practices in Trauma-Informed Support	2014
Harm Reduction Forum – Guelph, ON (March 20) Harm Reduction Through a Trauma-Informed Lens	2014
Grounding Trauma Conference – Alliston, ON (Co-Facilitated with Caroline Owen, BA, E-RYT, May 9) Pre-Conference Event: Bodywork – Exploring the Connection Between Trauma and the Body, and the Role of Somatic Therapies and Yoga in Supporting Safety and Stabilization (full day seminar)	2013
Grounding Trauma Conference – Alliston, ON (May 10) Beyond Safety and Stabilization: Understanding the Body’s Response to Trauma to Foster Self-Regulation and Healing	2012

SPEAKING ENGAGEMENTS – TRAININGS AND SEMINARS

Gateway Housing and Support Services – Niagara Falls, ON Trauma-Informed Supportive Housing (April 10-11)	2018
Upper Grand Family Health Team – Guelph, ON Trauma-Informed Mindfulness Training (full day, February 14)	2018
Halton Prevention and Intervention Committee / Halton Region Child and Youth Serving Agencies Introduction to Trauma-Informed Care (full day, January 25) Trauma-Specific Treatment (February 14-15, April 5-6)	2018
The Refuge: Centre for Healing and Recovery – Guelph, ON Trauma-Informed Mindfulness Training (September 22-24)	2017
Co-Facilitated with Victoria Poe, MSW, RSW – Damascus, ON Introduction to EQUUSOMA™ and Trauma-Informed Equine-Assisted Practice (September 16-17, Dec. 1-2)	2017
Trauma Certificate Program, Wilfrid Laurier University – Kitchener, ON Empowered Boundaries: Somatic Exercises for Assertiveness and Attachment (full day, November 27) Integrative Trauma Treatment: Somatics, Attachment and Neuroscience Approaches (June 20-21)	2017
Co-Facilitated with Caroline Owen, BA, E-RYT – Halifax, NS Trauma-Informed Yoga Training (June 8-11)	2017
Webinar Series for MA in Counselling Psychology, Yorkville University Trauma-Informed Mindfulness: Understanding Procedural Memory and Activation in Meditative Practice (June 15) Trauma-Informed Mindfulness: Somatic Skills for Present Moment Body Awareness (August 31)	2016
Trauma Services Initiative of Waterloo Region – Kitchener, ON Trauma-Specific Competencies Training for Therapists, Counsellors and Clinicians (May 16-17, June 20-21)	2016

Certificate Program in Couple and Family Therapy Studies, University of Guelph – Guelph, ON Therapy Interventions for Trauma, Abuse and Violence Course Guest Speaker, Integrating Somatics and Attachment into Couples Therapy (March 4 / April 22)	2016 / 2017
Co-Facilitated with Caroline Owen, BA, E-RYT Trauma-Informed Yoga Training (October 22-25 / November 19-22)	2015 / 2016
Attachment and Trauma Treatment Centre for Healing – St. David's, ON Somatic Therapies: Working with the Body to Heal Trauma and Chronic Stress (August 7)	2015
Mindfulness Training: A Novel Approach to Intervention in Aboriginal Communities – Richmond, BC Aboriginal Training and Consulting Services / Zarchikoff & Associates Trauma-Sensitive Mindfulness Seminars (June 17)	2015
Re-adaptation Officers Team, Cree School Board – Val d'Or, QC Foundations of Trauma and Attachment Training (May 26-28)	2015
Addiction Services Team, House of Friendship – Kitchener, ON Trauma-Informed Safety and Stabilization Training (January 13-14)	2015
Distress Centre Niagara – Thorold, ON Trauma Lifeline Training: Skills for Crisis and Distress Line Workers (Dec. 3-4 / Jan. 2-3 and Feb. 27-28)	2014 / 2015
Satori Homes, Inc. – Guelph, ON Trauma-Informed Foster Care (full day, July 24)	2014
The Refuge: Centre for Healing and Recovery – Guelph, ON Working with Trauma and the Body: Workshop and Consultation (half day, June 16)	2014
Wellness Day, Wellington County Ontario Provincial Police – Fergus, ON Walking the Edge of the Thin Blue Line: Managing the Effects of Frontline Work (May 27)	2014
Co-Facilitated with Caroline Owen, BA, E-RYT – Norwood, ON / Guelph, ON Introduction to Trauma-Informed Yoga (April 5-6 / October 18-19)	2014
Community Addictions Services Team, Homewood Health Centre – Guelph, ON Trauma-Informed Principles: The Basics of Psychophysiology and Skills for Self-Regulation (half day, March 31)	2014
Community Training: Hosted by Guelph Community Health Centre, Upper Grand Family Health Team, Canadian Mental Health Association – Waterloo Wellington Dufferin, and Wellington Guelph Drug Strategy Working with Trauma: The Neuroscience Behind Self-Regulation (Guelph and Fergus, December 4 & 11)	2014
CAST Canada – Kitchener, ON / Cambridge, ON / Brantford, ON / Burlington, ON / Ottawa, ON The Psychophysiology of Self-Regulation: Skills for Therapists to Stabilize Trauma (full day, Aug. 16 / Nov. 18)	2013
The Psychophysiology of Self-Regulation: Core Skills for Stabilizing Trauma (full day, June 4)	2013
Trauma and the Body: Key Somatic Skills for Self-Regulation (full day, June 4)	2013
Trauma, the Body and Frontline Work (half day, January 14)	2013
Co-Facilitated with Barb Peck, MSW for the Victoria Sexual Assault Centre – Victoria, BC Hosted by: Victoria Native Friendship Centre, Fernwood NRG Best Babies, Girls Alternative Program / Artemis Place, and other youth serving agencies (series of 2-day trainings) Trauma-Informed Practice and Support Trainings	2009

PROFESSIONAL EXPERIENCE

Associate , Dr. Julianna Switaj and Associates – Guelph, ON	2018-present
Associate , Dr. Shari Geller and Associates – Guelph, ON	2013-2018
Training Assistant and Approved Session Provider (all levels) , Somatic Experiencing® Trauma Institute	2015-present
Director and Trauma Therapist , The Refuge: Centre for Healing and Recovery (private practice) – Guelph, ON	2011-present
French Language Health Services Coordinator , Central West Local Health Integration Network – Brampton, ON	2010-2012
Individual, Couple and Family Therapist , Catholic Family Services Peel Dufferin – Brampton / Mississauga, ON	2009-2010
PAR Men's Group Facilitator , Catholic Family Services Peel Dufferin – Brampton / Mississauga, ON	2009-2010
Mental Health Clinician , Urgent Short-Term Assessment and Treatment, Island Health / VIHA – Victoria, BC	2009
Relief Crisis Line Support Worker , Victoria Sexual Assault Centre – Victoria, BC	2009
Crisis Counsellor and Group Facilitator , Victoria Sexual Assault Centre – Victoria, BC	2008-2009
Relief Case Manager , Victoria Mental Health Centre, Island Health / VIHA – Victoria, BC	2007-2008
Graduate Teaching Assistant , Theories of Counselling and Psychotherapy, University of Victoria	2007
Career Counsellor and Group Facilitator , ACFO de London-Sarnia – London, ON	2001-2005

PUBLICATIONS AND PAPERS

- Integrating Somatic Experiencing® and Attachment Theory Into Equine-Assisted Trauma Recovery*
In K. Trotter and J. Baggerly (Eds.), *Equine-Assisted Mental Health for Healing Trauma*. Routledge. In press, 2018
- Treating Structural Dissociation Through Equine-Assisted Trauma Therapy: Working with the Parts System*
Co-authored with Ilka Parent
In K. Trotter and J. Baggerly (Eds.), *Equine-Assisted Mental Health for Healing Trauma*. Routledge. In press, 2018
- Healing with Horses: Equine-Assisted Trauma Recovery*
In L. Watson (Ed.), *Equine Leadership*, 3rd Edition. 2018
- How Somatic Experiencing® and Attachment Principles Can Increase Safety and Welfare in Equine-Assisted Interventions and Horsemanship Approaches*
In I. Parent (Ed.), *Compendium from the First International Symposium of Equine Welfare and Wellness*. 2017
- Applying a Trauma Lens to Equine Welfare*
In I. Parent (Ed.), *Compendium from the First International Symposium of Equine Welfare and Wellness*. 2017

DESIGNATIONS AND MEMBERSHIPS

- Registered Psychotherapist (#3402), College of Registered Psychotherapists of Ontario (CRPO)
Somatic Experiencing® Practitioner, Approved Assistant and Session Provider (all levels), Somatic Experiencing® Trauma Institute
Canadian Certified Counsellor (#0476), Canadian Counselling and Psychotherapy Association (CCPA)
Clinical Member, United States Association of Body Psychotherapy (USABP)
Member, International Society for the Study of Trauma and Dissociation (ISSTD)
Member, Equine-Facilitated Wellness Canada

LANGUAGES

- English and French