

The  
Hincks-  
Delcrest  
Centre.

THE GAIL APPEL INSTITUTE

# Trauma & Resiliency Centre

CONTINUING EDUCATION CREDITS  
Ontario Psychological Association

## Engaging traumatized clients who avoid attachment, closeness, and painful feelings

Robert T. Muller, Ph.D.

THUNDER BAY Nov 14, 2011

OTTAWA Nov 21, 2011

MONTREAL Feb 6, 2012

TORONTO April 30, 2012

Recent years have seen advances in the treatment of intra-familial trauma. Yet, surprisingly little has focused on specific intervention strategies to help the traumatized individual who is avoidant of attachment. Many of our clients cope with traumatic attachment experiences by minimizing painful feelings, by becoming emotionally distant, and by devaluing interpersonal closeness, intimacy, and feelings of vulnerability. With individuals who adopt a self-protective, help-rejecting stance, psychotherapy can prove very challenging for client and therapist alike.

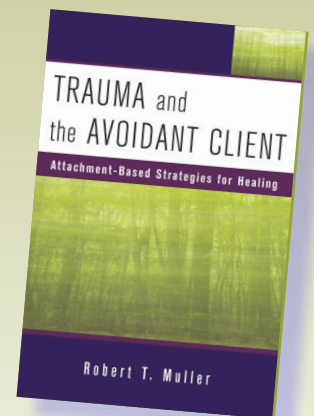
Dr. Muller will focus on therapeutic techniques he has developed specifically for this population, many of which he has included in his new book, *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*.

Drawing on attachment theory and research, and upon a wealth of clinical experience, Dr. Muller will show how to work with such hard-to-treat clients, how to find points of entry and ways to make contact. Using a relational, psychodynamic approach, he will consider strategies to develop the therapeutic relationship in order to help the client regain a sense of trust in others. The individual is encouraged to take interpersonal risks, to mourn losses, and to face vulnerabilities. The challenges that arise to the therapeutic relationship are used as a productive force in the treatment.

This workshop will focus on practical clinical technique. Theory is complemented by case examples and segments from treatment sessions. Role playing exercises will be used for skill building purposes.

### You will learn:

- How to recognize characteristics of avoidant attachment
- How to productively use trauma-related symptoms
- How to maximize client engagement throughout the process
- How to work with affect
- How to recognize and use client transference
- How to effectively manage and use therapist counter-transference
- How to plan for the termination phase



Dr. Robert Muller's book:  
***Trauma and the Avoidant Client:  
Attachment-Based Strategies for Healing***  
will be included in your registration package.

**Robert T. Muller, Ph.D., C.Psych.** completed his clinical fellowship at Harvard University, after which he joined the faculty of the University of Massachusetts, and started a trauma assessment service that was oriented toward helping under-served members of the community. Throughout his professional career, Dr. Muller has been practicing, teaching, and supervising in the areas of trauma, attachment, and psychotherapy. He is the author of the newly released, *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*, published by Norton Press. In addition, he has authored numerous scholarly articles, book chapters, and grants, and is currently lead investigator in a provincially-funded, multi-site program for the assessment and treatment of intra-familial trauma. He is on faculty as Associate Professor of Clinical Psychology at York University, as a member of the Women's College Research Institute at the University of Toronto, and as a clinical supervisor at the Hincks-Dellcrest Treatment Centre. He has over twenty years of clinical experience in the field, and maintains an active private practice in downtown Toronto.



**THUNDER BAY Nov 14, 2011**  
Best Western Nor'Wester Resort Hotel  
2080 Hwy #61, Thunder Bay

**OTTAWA Nov 21, 2011**  
Saint Paul University  
223 rue Main, Ottawa  
Ampitheatre, Room 1124  
Guigues Pavillion

**MONTREAL Feb. 6, 2012**  
McGill Faculty Club and Conference Centre  
3450 McTavish Street, Montreal

**TORONTO April 30, 2012**  
Hincks-Dellcrest Centre – Gail Appel Institute  
114 Maitland Street, Toronto

# REGISTRATION

## REGISTER BY MAIL, PHONE, FAX E-MAIL OR ON-LINE

Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

**TELEPHONE:** 416-972-1935 x 3233 **FAX:** 416-924-9808

**E-MAIL:** mvanrooyen@hincksdellcrest.org

**REGISTER ON-LINE:** [www.peopleware.net/2323](http://www.peopleware.net/2323)

One form per person. Please print clearly.



Name: \_\_\_\_\_ Position: \_\_\_\_\_

Department: \_\_\_\_\_ Organization: \_\_\_\_\_

Address:  Home  Business \_\_\_\_\_

Phone: \_\_\_\_\_ fax: \_\_\_\_\_ e-mail: \_\_\_\_\_

I wish to be on the mailing list.

### I WISH TO REGISTER FOR: ENGAGING TRAUMATIZED CLIENTS

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Workshops before December 31, 2011:

Early registration one month prior to seminar \$195  
Regular registration \$225

Workshops after January 1, 2012:

Early registration one month prior to seminar \$210  
Regular registration \$240

**Time: 9:00 am - 4:00 pm**

### Method of Payment

Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.

I wish to pay by:  Cheque  Visa  Mastercard

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Total fee enclosed: \_\_\_\_\_

### CANCELLATION POLICY:

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing two weeks prior to the workshop date. After that time you may elect to receive a credit which may be applied to a future workshop of the same value used within one year of date of issue. A colleague may be substituted for attendance. No credit or refund will be given if you do not notify us in advance of the workshop date. The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

### GROUP AND STUDENT RATES:

Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

### CONTINUING EDUCATION CREDITS:

Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association.

### ACCESSIBILITY STANDARDS FOR CUSTOMER SERVICE (AODA) - SUPPORT PERSONS

The Hincks-Dellcrest Centre strives to create barrier free training to all persons and therefore welcomes support persons accompanying persons with disabilities. As per our Operational Procedure Number 8-3-11, any customer attending a training session at the Hincks-Dellcrest Centre will not be asked to pay for a support person accompanying them to the training session.