

# Trauma & Resiliency Program

## Trauma in the Mind's Eye

Mitigating and Eliminating Intrusive Thoughts,  
Flashbacks and Nightmares

Presented by Natalie Zlodre M.S.W., R.S.W.

### TORONTO

March 12 & 13, 2012

### THUNDER BAY

April 23 & 24, 2012

### SUDBURY

Nov 6 & 7, 2012

### LONDON

Nov 13 & 14, 2012

This workshop is designed for experienced front-line workers (shelter workers, nurses, clergy, social workers, residential workers, addiction counsellors) who provide short-term (non psychotherapy) counselling contact with vulnerable populations in community-based settings. In this workshop front-line workers and counsellors will learn effective strategies for how to who serve clients who are troubled by intrusive thoughts, flashbacks, nightmares and somatic responses.

Traumatic experiences that are frozen, stuck and unprocessed have the potential to exacerbate and generalize stress reactions. We will learn what causes certain memories to become traumatic. We will review the neurobiology of stress on memory systems and cognitive distortions that sear trauma responses in the nervous system.

Some memories are based on fear, helplessness and horror, and others memories are fortified by cognitive stuck points (guilt, shame, absorption of perpetrator messages, cultural/religious beliefs). Participants will learn effective interventions that target source traumatic memories. Participants will learn how to intervene effectively with clients given the scope of their practice such as phone lines, shelters, drop in centres, and mental health programs.

Participants will also learn about who to refer to what type of evidence based treatment for PTSD such as Prolonged Exposure Therapy, Eye Movement Desensitization and Reprocessing (EMDR) and Imagery

Rescripting and Reprocessing Therapy (IRRT).

We will also explore how we as workers are impacted by our clients' individual and collective trauma narratives and discuss approaches to maintaining our energy, compassion and hope in working with vulnerable populations.

*\*Please be advised: this program offers explicit video images of trauma reactions and frank discussions of trauma related images.*

#### Learning Objectives

You will learn:

- Manifestations of traumatic experiences
- Sources of stuck traumatic processes: cognitive distortions, neurobiological mechanisms,
- Key strategies utilized by front-line workers to mitigating and eliminating intrusive traumatic reactions (mediate hyper/hypoarousal, stabilize sleep, address cognitive distortions, responses to horror, helplessness and hopelessness, change embedded trauma narratives
- Review treatment approaches utilized by trauma specialists
- Strategies to maintain our resilience while engaging with clients/patients who suffer

**Natalie Zlodre, M.S.W., R.S.W.** is a trauma specialist. She is Head of the Trauma and Resiliency Centre and Associate Director of Training at the Gail Appel Institute, Hincks-Dellcrest Centre, Toronto, Ontario. Her professional focus is in the areas of: acute trauma, complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals in private practice and in agencies. She is a critical incident debriefer, providing trauma counselling and consultation to workplaces (suicide, homicide, work place violence, sudden death and violent crimes). Natalie has a private practice specializing in working with individuals who experience complex post traumatic stress reactions often intertwined with insecure attachment patterns.



**Natalie Zlodre, R.S.W**

**TORONTO**

March 12 & 13, 2012  
Hincks-Dellcrest Centre  
114 Maitland Street  
Toronto, ON  
(416) 977-4823

**THUNDER BAY**

April 23 & 24, 2012  
Nor'Western  
2080 Highway #61,  
Thunder Bay, ON  
1 (888) 473-2378

**SUDBURY**

November 6 & 7, 2012  
Travelodge Sudbury  
1401 Paris St.  
Sudbury, ON  
1 (866) 525-9155

**LONDON**

November 13 & 14, 2012  
Lamplighter Inn  
and Conference Centre  
591 Wellington Road,  
London, ON  
1 (888) 232-6747

*\*For special rates mention "Hincks-Dellcrest"*

# REGISTRATION

Certificate in Trauma Counselling  
for Front-Line Workers

[www.hincksdellcrest.org/gai-trauma](http://www.hincksdellcrest.org/gai-trauma)

**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](mailto:mvanrooyen@hincksdellcrest.org)

**REGISTER ON-LINE:** [www.hincksdellcrest.org/gai-trauma](http://www.hincksdellcrest.org/gai-trauma)

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:  
TRAUMA IN THE MIND'S EYE:**

**TORONTO March 12 & 13, 2012**

**THUNDER BAY April 23 & 24, 2012**

**SUDBURY November 6 & 7, 2012**

**LONDON November 13 & 14, 2012**

Early registration one month prior to seminar \$295  
Regular registration \$325

**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 8-8-11, any customer attending a training session at the Hincks-Dellcrest Centre will not be asked to pay a fee for the support person accompanying them to the training session.