

REGISTRATION FORM

One form per person. Please print clearly.

LEVEL 1 CERTIFICATE IN TRAUMA COUNSELLING FOR FRONT-LINE WORKERS

\$100 non-refundable deposit is required to hold your spot. Mark X next to your selection.

SUMMER COURSE: June 6, 7, 8, 20, 21, 22, 2011 Montreal, QC

FALL COURSE: September 12, 13, 14, 26, 27, 28, 2011 Thunder Bay ON

SUMMER COURSE: June 13, 14, 15, 27, 28 29 2011 Toronto, ON

WINTER COURSE: January 16, 17, 18, 23, 24, 25 2012 Toronto, ON

REGISTRATION FEES: Early Registration Fee \$875 – PAID IN FULL ONE MONTH PRIOR TO COURSE START DATE. Regular Registration Fee \$975. See cancellation policy on previous page.

LEVEL 2 ADVANCED CERTIFICATE IN TRAUMA COUNSELLING FOR FRONT-LINE WORKERS

Requirement: Level 1 PLUS any selection of workshops that total 5 days of training, for example, Workshop 1, 2, 5, totals 5 days.

Level 2 must be completed within two years of completing Level 1 to receive an Advanced Certificate in Trauma Counseling.

SELECT 5 DAYS OF TRAINING FROM THE LIST BELOW TO COMPLETE LEVEL 2 OF ADVANCED CERTIFICATE PROGRAM. WORKSHOPS MAY BE SELECTED INDEPENDENT OF THE CERTIFICATE PROGRAM.

For full workshop description go to www.hincksdellcrest.org

		EARLY REGISTRATION FEE one month before workshop date	REGULAR REGISTRATION FEE within one month of workshop date	
<input type="checkbox"/>	1. The Attachment Road Map	Ottawa – May 25, 2011	\$175	\$195
<input type="checkbox"/>	2. The Attachment Road Map	Thunder Bay – June 14, 2011	\$175	\$195
<input type="checkbox"/>	3. Buried in Treasures: Compulsive Hoarding	Toronto – May 31, 2011	\$195	\$225
<input type="checkbox"/>	4. Frontline Workers Trauma Assessment	Toronto – July 11, 2011	\$175	\$195
<input type="checkbox"/>	5. Prolonged Exposure in the Treatment of PTSD	Toronto – July 15, 2011	\$175	\$195
<input type="checkbox"/>	6. Engaging Traumatized Clients Who Avoid Attachment	Toronto – September 26, 2011	\$195	\$225
<input type="checkbox"/>	7. Engaging Traumatized Clients Who Avoid Attachment	Thunder Bay – November 14, 2011	\$195	\$225
<input type="checkbox"/>	8. Engaging Traumatized Clients Who Avoid Attachment	Ottawa – November 21, 2011	\$195	\$225
<input type="checkbox"/>	9. Engaging Traumatized Clients Who Avoid Attachment	Montreal – February 6, 2012	\$195	\$225
<input type="checkbox"/>	10. Dialectical Behaviour Therapy Skills Training	Toronto – October 17, 2011	\$175	\$195
<input type="checkbox"/>	11. Dialectical Behaviour Therapy Skills Training	Montreal – November 28, 2011	\$175	\$195
<input type="checkbox"/>	12. Cognitive Behavioural Therapy	Toronto – October 18, 19, 2011	\$295	\$325
<input type="checkbox"/>	13. Cognitive Behavioural Therapy	Ottawa – November 22, 23, 2011	\$295	\$325

HOTEL RECOMMENDATIONS

**For special rates mention "HINCKS-DELLCREST"*

TORONTO

Ramada Hotel and Suites,
300 Jarvis Street, 416-977-4823

MONTREAL

There are many hotels near the
conference venue we recommend
you check Expedia or Hotwire to
get the best value

THUNDER BAY

Western Nor'Wester Resort
2080 Highway 61
(807) 473-9123

OTTAWA

There are many hotels near the
conference venue we recommend
you check Expedia or Hotwire to
get the best value

TRAUMA-FOCUSED TRAINING FOR FRONT-LINE WORKERS

I HAVE READ THE FOLLOWING: Registration fee terms Cancellation policy Course pre-requisites

Name: _____

Organization: _____

Position: _____ Department: _____

Address: Home Business _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Fax: _____

e-mail: _____

METHOD OF PAYMENT

Payment may be made either 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 discount.

I wish to pay by: Cheque Visa MasterCard

Total Fee Enclosed: _____

Card Number: _____

Expiry Date: _____

Name On Card: _____

Signature: _____

Sponsored by

The
Hincks-
Dellcrest
Centre.

THE GAIL APPEL INSTITUTE
TRAUMA AND RESILIENCY PROGRAM



CERTIFICATES IN TRAUMA COUNSELLING FOR FRONT-LINE WORKERS

LEVEL 1 CERTIFICATE IN TRAUMA COUNSELLING FOR FRONT-LINE WORKERS

A SIX DAY COURSE

SUMMER COURSE: June 6, 7, 8, 20, 21, 22, 2011 Montreal, QC

SUMMER COURSE: June 13, 14, 15, 27, 28, 29 2011 Toronto, ON

FALL COURSE: September 12, 13, 14, 26, 27, 28, 2011 Thunder Bay ON

WINTER COURSE: January 16, 17, 18, 23, 24, 25, 2012 Toronto, ON

TORONTO

THUNDER BAY

MONTREAL

The Certificate in Trauma Counselling program is designed for experienced front-line workers (nurses, clergy, social workers, residential workers, addiction counsellors) who provide short-term (non psychotherapy) counselling contact with vulnerable populations in community-based settings such as hospitals, schools, community health centres, sexual assault centres, battered women's shelters, homeless shelters, addiction services, crisis phone lines, ACT teams and short-term mental health centres.

The trauma issues experienced by clients/consumers may include: early childhood trauma (emotional/physical/sexual), violent crime (rape, domestic violence), work related trauma (assaults, sudden death, industrial accidents), motor vehicle accidents and chronic and terminal illness.

Participants will be given the most current information on the biopsychosocial phenomenon of trauma, and training in how to assess and respond ethically and appropriately to clients, given the parameters of the workplace. We will also examine how workers and organizations are affected by and respond to working with traumatized individuals and develop approaches to work that enhance personal and professional resilience.

Given the richness of professional and personal experience front-line workers bring to these trainings, the sessions will be small in size in order to maximize small and large group work learning and processing.

Natalie Zlodre, M.S.W., R.S.W. is a trauma specialist. She is the Head of the Trauma and Resiliency Centre and Associate



Director of Training at the Gail Appel Institute - a division of the Hincks-Dellcrest Centre. 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, where she provides trauma counselling and consultation to workplaces (homicide, suicide, industrial accidents, 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 disorganized attachment patterns.

LEVEL 1 CERTIFICATE IN TRAUMA COUNSELLING FOR FRONT-LINE WORKERS

Faculty: Natalie Zlodre M.S.W., R.S.W.

FUNDAMENTALS OF TRAUMA: Key Stress Reactions and Interventions

THE FUNDAMENTALS OF PSYCHOLOGICAL TRAUMA

Identification

Participants will have a comprehensive examination of the biopsychosocial phenomenon of psychological trauma. With the use of videos of real and fictional individuals, participants will learn to identify and understand the range of reactions traumatized individuals may experience such as:

- Common stress reactions
- Acute Post-Traumatic Stress Disorder
- Post-Traumatic Stress Disorder
- Grief Reactions
- Complex Post-Traumatic Stress Disorder
- Borderline Personality Disorder
- Chronic frustration and misery
- Dissociative Reactions
- Anxious and Disorganized Attachment Patterns

Risk Factors

Participants will learn risk factors that make individuals vulnerable to developing PTSD

- Peri-Traumatic Risk Factors
- Nature of Trauma Experience
- Post-Traumatic Risk Factors

COMPREHENSIVE OVERVIEW OF TREATMENT APPROACHES

Assessment

The key to effective interventions of vulnerable clients is thorough assessments. Participants will learn key questions to ask clients in acute situations to assess and guide interventions. An overview of key assessment instruments (APTS, PTSD, dissociation, DID) used by specialized trauma clinics will be presented.

COURSE PREREQUISITES

1. This course is designed for experienced front-line workers. The course pre-requisite is that participants have a minimum of 2 years of full-time employment working with vulnerable and or traumatized populations. The majority of previous course attendees have had between 5 and 10 years experience while 25% have over 15 years of experience.
2. The program offers explicit video images of trauma reactions and frank discussions of treating clients with trauma presentations. If you are currently recovering from a trauma (MVA, assault, stress leave) please be aware that some of the course material may exacerbate your symptoms. Please consider the timing and nature of this course and its impact on your healing process.

Psychoeducation & Interventions

Participants will learn psychoeducational information and clinical interventions that will assist clients in adaptive coping and overcoming the debilitating effects of:

- Sleep dysregulation
- Affect dysregulation
- Hypo/hyperarousal
- Guilt, shame, blame
- Intrusive imagery/flashback/nightmare management

Resources and Treatments for Clients: Learning who to refer for what kind of treatment

Participants will have an overview of effective Rapid PTSD Treatments.

- Prolonged Exposure Therapy
- EMDR
- Cognitive Processing Therapy
- Contraindicators will be discussed

Participants will have an overview of effective treatments for clients who have Complex PTSD and clients who experience life-long frustration and misery

- Dialectical Behavioural Therapy
- Complex PTSD Treatment

FACING THE PAIN

Working with human suffering on a daily basis and being sensitive to the despair, frustration and fear embodied in our clients does have an impact on us as workers. In order to be effective in our work we need to be grounded, hopeful and focused. In this session we will discuss strategies for enhancing and maintaining our capacity to be a conscious and resilient professional.

You will learn

- Grounding, metabolizing and containment techniques to assist in facing, tolerating and being with human suffering
- How to work effectively with metapsychological phenomena
- Organizational strategies for enhancing professional resiliency

LEVEL 2 ADVANCED CERTIFICATE IN TRAUMA COUNSELLING

Requirement* **Level 1 PLUS** any selection of workshops that total 5 days of training. Must be taken within 2 years of completing Level 1. Workshops may be taken independent of the Certificate Program

Full Workshop Descriptions, Faculty Biographies and workshop locations are available on line at www.hinckdellcrest.org/gai-trauma

The Attachment Road Map Assessing and treating Parent-child relationships as primary intervention

Mary Rella

- 1) Ottawa May 25, 2011
- 2) Thunder Bay. June 14, 2011

Buried in Treasures: The Nature and Treatment of Compulsive Hoarding

Dr. David F. Tolin

- 3) Toronto May 31, 2011

Frontline Workers Trauma Assessment

Natalie Zlodre M.S.W.

- 4) Toronto July 11, 2011

Prolonged Exposure in the Treatment of PTSD

Dr. Hester Dunlap

- 5) Toronto July 15, 2011

Engaging Traumatized Clients Who Avoid Attachment, Closeness and Painful Feelings

Robert Muller Ph.D

- 6) Toronto September 26, 2011
- 7) Thunder Bay. November 14, 2011
- 8) Ottawa November 21, 2011
- 9) Montreal February 6, 2012

Dialectical Behaviour Therapy Skills Training

Dr. Shelley McMain

- 10) Toronto October 17, 2011
- 11) Montreal November 28, 2011

Cognitive Behavioural Therapy for Direct Service Workers: The Essential for Anxiety, Depression and PTSD

Dr. Eilenna Denisoff

- 12) Toronto October 18, 19, 2011
- 13) Ottawa November 22, 23, 2011

GENERAL INFORMATION

FOR COURSE REGISTRATION & ADMINISTRATION CONTACT:

Mary Anne at 416-972-1935 x 3233, fax: 416-924-9808 or email: mvanrooyen@hincksdellcrest.org

FOR COURSE CONTENT CONTACT: Natalie Zlodre M.S.W., R.S.W. 416-972-1935 x 3235 or email nzlodre@hincksdellcrest.org

WORKSHOP TIME: 9:00 am to 4:00pm

CANCELLATION POLICY The Institute reserves the right to cancel workshops 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.

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

GROUP/STUDENT RATE-WORKSHOPS Registrations of 5 or more individuals mailed in one envelope with one cheque will receive a 10% discount with one receipt. Students in a university or college program will receive a 10% discount. Copy of student I.D. must accompany registration.

LEVEL 1 COURSE LOCATIONS:

Toronto:

Winter course location

Hincks-Dellcrest Centre
114 Maitland Street, Toronto, ON

Summer course location:

Oakham House, Ryerson University
63 Gould Street, Toronto, ON

Montreal: McGill Faculty Club and Conference Centre
3450 McTavish Street, Montreal, PQ

Thunder Bay: Best Western Nor'Wester Resort Hotel
2080 Hwy #61, Thunder Bay, Ontario

HOTEL RESERVATIONS: Please see back page for hotel information.

LEVEL 1 CANCELLATION

This is a specialized course with a small class size. You may cancel the Certificate in Trauma Counselling and receive a refund minus a \$100 deposit, or transfer to another course if we receive your request in writing ONE MONTH prior to the course start date. Please note that refunds or transfers to another course will not be accepted within one month of the course.

LEVEL 2 COURSE LOCATIONS:

Toronto:

Hincks-Dellcrest Centre
114 Maitland Street, Toronto, ON

Montreal: McGill Faculty Club and Conference Centre
3450 McTavish Street, Montreal, PQ

Thunder Bay: Best Western Nor'Wester Resort Hotel
2080 Hwy #61, Thunder Bay, Ontario

Ottawa: Saint Paul University
223 rue Main, Guigues Pavillion, Ottawa, Ontario

HOTEL RESERVATIONS: Please see back page for hotel information.

LEVEL 2 CANCELLATION

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.

WORKSHOP SELECTION CHANGES

Please choose your workshop selections carefully. An administrative fee of \$40 will be applied to each workshop selection change.