

Trauma in the Mind's Eye: Mitigating and Eliminating Intrusive Thoughts, Flashbacks and Nightmares

Presented by Natalie Zlodre, MSW, RSW

Workshop Details

May 24, 2019

9am – 4pm

Location

**The Festival Inn
1144 Ontario Street
Stratford, Ontario**

Fees:

Early-Bird Rate: \$199 + HST

After April 23: \$219 + HST

*Fee includes lunch, morning and
afternoon refreshments.*

**Discounted rates are available for
groups of 5+ people registering
together OR for individuals
registering for more than one
workshop**

Registration

Register online at
missionempowerment.ca



About the Workshop

This workshop is designed for experienced front-line workers who provide short-term counselling and support to vulnerable populations in community-based settings.

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 To:

- Understand how fear hijacks cognition
- Understand why people do what they do when they are overwhelmed
- Understand how people get 'stuck' and how to get them 'unstuck'
- Apply 3 techniques for processing 'horror'
- Process 5 cognitive 'stuck' points

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

About the Presenter

Natalie Zlodre, MSW, RSW, is the Director of Community Resources and Initiatives, a trauma-informed consulting firm that provides clinical consultation and supervision to mental health professionals and organizations. Previously, she was Head of the Trauma and Resiliency Centre and Associate Director of Training at the Gail Appel Institute, Hincks-Dellcrest Centre. She is known for her direct and lively style and her ability to translate complex theories about traumatic responses into relevant practices for post-traumatic growth in vulnerable populations.

mission: empowerment!

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