

Principles and Practices of Trauma-Informed Care

Presented by Sarah Schlote, MA, RP, CCC, SEP

Workshop Details

October 18-19, 2018
9am – 4pm

Location

The Festival Inn
1144 Ontario Street
Stratford, Ontario

Fees:

Early-Bird Rate: \$349 + HST
After Sept 17th: \$379 + 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 practical, interactive workshop will provide a foundation of principles and skills to integrate in clinical and community settings that do not necessarily provide trauma treatment but that nonetheless strive to be trauma informed. The workshop will cover:

Day 1: Fundamentals of Trauma and Attachment

- The impact of various types of trauma and chronic stress on development and functioning
- Signs of traumatic stress in children and adults
- Findings from the Adverse Childhood Experiences study, demonstrating that stressful experiences throughout development are associated with a number of mental health and physical health problems across the lifespan
- Risk and resiliency factors
- A trauma lens: reframing symptoms and behaviours as adaptations for survival

Day 2: Trauma-Informed Care Principles & Skills

- The core trauma-informed principles of safety, consent, choice, voice, control/empowerment, trust, collaboration, compassion and trauma awareness
- Staged models of trauma treatment, and ways to support clients in the safety and stabilization phase, even if not providing trauma therapy
- Practical skills for presence and self-regulation for professionals to hold space for clients, manage personal triggers and maintain boundaries
- Recognizing the limits of one's scope of practice, knowing when to refer, and what options exist
- Resources for further exploration, including organizational self-assessment tools

About the Presenter

Sarah Schlote, MA, RP, CCC, SEP is a trauma specialist and founder of *The Refuge*, an integrative facility focusing on trauma and attachment treatment approaches, including EquuSpirit: Healing with Horses program. Her 15 years of clinical experience are supported by a trauma-focused master's degree and numerous additional post-graduate trainings in various trauma treatment approaches including Somatic Experiencing, EMDR, and trauma-focused equine-facilitated therapy. Sarah is a sought-after trainer and frequently delivers trainings and workshops throughout the province and Canada.

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