

# Trauma Informed Practice Workshop Hosted by CLBC

## Registration Information

<p><b>Learning Objectives</b></p> <ul style="list-style-type: none"> <li>✓ Gain an appreciation for the deep impact that trauma has upon brain development, relational skills, coping strategies and behaviour</li> <li>✓ Identification of the red flags in behaviour that are suggestive of relational trauma, and complexities when coupled with developmental disability</li> <li>✓ Develop skills of Attunement and “holding space” as a force for regulation, healthy brain rewiring, reflection, self-esteem and learning</li> <li>✓ Develop practical scripts and skills related to compassionate communication</li> <li>✓ How to support others with trauma in any setting</li> <li>✓ Understand how, as a professional, your awareness and mindfulness can open the door for improved connection with clients who live with these challenges</li> </ul>	<p><b>Location:</b> Coast Kamloops Hotel &amp; Conference Centre 1250 Rogers Way Kamloops, BC V1S 1N5</p> <p><b>Date:</b> November 15, 2017</p> <p><b>Time:</b> 9:00 am – 4:30 pm (Registration: 8:00 am)</p> <p><b>Registration Fee:</b> \$25.00</p> <p><b>RSVP November 3, 2017</b></p> <p><b>Refund Policy:</b> A full refund can be issued with notification at least 7 days prior to the workshop.</p> <p><b>Schedule for the Day</b></p> <table border="0"> <tr> <td>9:00 AM</td> <td>The impact of trauma on brain development and the body, relational skills and behaviour</td> </tr> <tr> <td>10:45</td> <td>Understanding the signs and features of stress - in trauma, developmental disability and mental health in various contexts</td> </tr> <tr> <td>12:00</td> <td>lunch</td> </tr> <tr> <td>1:00</td> <td>Attunement skills: verbal and non-verbal compassionate Communication</td> </tr> <tr> <td>2:30</td> <td>Transferable tools to strengthen secure relationships and encourage professional collaboration</td> </tr> <tr> <td>3:45</td> <td>Mindfulness: Understanding yourself as a therapeutic piece of the puzzle</td> </tr> <tr> <td>4:30 PM</td> <td>end of day</td> </tr> </table> <p><b>Refreshments and lunch included. Vegetarian choices, dairy free options and gluten free options will be available at lunch.</b></p>	9:00 AM	The impact of trauma on brain development and the body, relational skills and behaviour	10:45	Understanding the signs and features of stress - in trauma, developmental disability and mental health in various contexts	12:00	lunch	1:00	Attunement skills: verbal and non-verbal compassionate Communication	2:30	Transferable tools to strengthen secure relationships and encourage professional collaboration	3:45	Mindfulness: Understanding yourself as a therapeutic piece of the puzzle	4:30 PM	end of day
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CLBC Employees register to [Ann.Lewis@gov.bc.ca](mailto:Ann.Lewis@gov.bc.ca) by November 3, 2017.  
Registrants who are not CLBC employees please Register online at

<https://www.eventbrite.com/e/trauma-informed-practice-workshop-kamloops-tickets-37958517949>



For more information contact Ann Lewis at 250 377-4454

## Trauma Informed Practice

Trauma is a universal experience yet generally speaking, it is an uncommon component of people's daily conversation. Thankfully, and appropriately, trauma informed practice is becoming an increasingly common topic of conversation in the social services sector of BC. This is essential if we want our clients to be receiving the most effective levels of support needed for them to thrive. Community Living British Columbia would like to build our capacity in trauma informed practice. This event is the Kick Off to building our capacity and we want our community partners to learn with us.

An individual's experience of their life's trauma impacts every area of human functioning: physical, mental, behavioural, social and spiritual. Circumstances such as domestic violence, abuse, neglect and addiction are examples of what is happening within families that dramatically affects a child's development, and it significantly impedes their capacity to function. But the understanding of "trauma" is frequently misinterpreted, misunderstood and minimized - leaving people responding repeatedly from wounded places, without awareness.

When combined together with developmental disability or substance abuse, the challenges are compounded enormously.

We are most effective as practitioners when we understand how our clients' personal trauma experiences influence their overall function and healing processes. Whether we work in the fields of social work, child protection or education, and whether we are counselors, police officers or care givers, this mental health workshop will help us develop new skills in working mindfully and effectively with other people, the people we support and colleagues included. For any of us participating in this workshop, the upside is that we'll become a more effective supporter to the people we care for, and the spin-off is that we're highly likely to understand ourselves more too.

**Kim Barthel, OTR** is a mental health occupational therapist and co-author of the book "Conversations with a Rattlesnake". Kim has a gift of putting complex information into normal-speak, making sense of neurobiology, attachment, developmental disorders and healing. Theo Fleury calls her "the Wayne Gretzky of Therapy and probably the best speaker I've ever heard", and she is passionate about this topic because of the impact this information has on creating change.

Kim's workshop presentation style will include a combination of lecture, video analysis, and small and large group discussions.

