

# 2019 Attachment & Trauma Conference

Awareness • Regulation • Healing

March 29 – April 2, 2019 St. Catharines Golf Club



**Featuring Key Note Speaker: Dr. Rachel Yehuda Professor and Vice Chair of Psychiatry Professor of Neuroscience at the Icahn School of Medicine at Mount Sinai Mental Health Patient Care Center Director James J. Peters VA Medical Center: Intergenerational Effects of Trauma and Resilience: How Trauma and Resilience Cross Generations**

## This comprehensive conference will cover the following topics:

- Join us to learn about leading approaches for treating trauma and promoting post-traumatic growth. This comprehensive conference will cover a range of topics such as:
- Understanding the foundations (including neurological, social, physiological, and psychological implications of trauma and attachment dysregulation)
- Phase-based clinical applications to promote healing and integration of trauma and attachment dysregulation
- Trauma processing experiential
- Breathing techniques to regulate, stimulate, rebalance the brain and body and increase insight
- How to implement change and create new habits
- How to activate the Vagus nerve using Kundalini Yoga
- The use of music and sand tray in the treatment of trauma across the lifespan
- DBT skills effective for working with traumatized populations
- How to cultivate resilience and foster post-traumatic growth following trauma

## Conference Workshop Overview:

### Days 1 - 3 ~ March 29 - 31:

- o Day 1 Understanding the Foundations of Trauma and Attachment;
- o Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation;
- o Day 3 Trauma Processing Experiential.

### Days 1 - 3 ~ March 29 – 31: Advanced Stream (Ideal for those who have completed the above foundational training):

- o Day 1 Kundalini Yoga, Breath-work, and Sound Healing to Rebalance the Brain and Nervous System;
- o Day 2 Fostering Post-Traumatic Growth Following Trauma;
- o Day 3 DBT Skills to Promote Grounding, Shift Trauma States & Enhance Relationships.

### Day 4 AM ~ April 1: Music-Based Interventions in Trauma Work;

### Day 4 PM ~ April 1: Sandtray Therapy Across the Lifespan.

### Day 5 ~ April 2: Intergenerational Effects of Trauma & Resilience: How Trauma & Resilience Cross Generations with Keynote Speaker Dr. Rachel Yehuda.

## Day 1 -3 – March 29-31: Understanding the Foundations of Trauma; Attachment & Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation; Trauma Processing Experiential.

Presenter: Lori Gill, Founder and Lead Trauma Therapist, Attachment and Trauma Treatment Centre for Healing



**Lori Gill** is the founder and lead trauma therapist of the Attachment and Trauma Treatment Centre for Healing (ATTCH) [www.attch.org](http://www.attch.org). She is Certified Trauma Specialist (CTS), Consultant Supervisor, and Trainer, for the National Institute for Trauma and Loss in Children (TLC) and a former Psychology Professor with 16 years of clinical experience working with children, youth, and adults. Lori is an engaging and sought after presenter and clinical supervisor who provides trainings and consultations throughout Canada and the United States. Lori is honoured to have received an Award of Excellence in 2014 for her contributions to the trauma field and to have been qualified as an expert witness in the fields of trauma, attachment, and reconciliation therapy.

### Workshop Details:

This comprehensive three-day training will provide insight into current trauma, attachment, and neuroscience research at a deeper / integrative level ensuring an understanding of critical information and best practice strategies for working with trauma.

You will learn how trauma at different ages impacts patients a neurological, emotional and physiological level. This information will allow you to make connections to later life behaviours and health outcomes to create treatment plans that promote targeted integration.

This training will also help you to enhance your clinical skills and learn how you can add trauma regulation and attachment healing strategies to your repertoire.

Day 2 will focus on clinical applications. Through this training participants will learn how to make historical connections, complete initial assessments, engage in trauma processing, and formulate trauma-informed treatment planning. Participants will learn about various phase-based treatments for complex trauma and will review best practice and evidence-based approaches through an experiential format.

Day 3 will focus on putting it into practice. A live demo will be provided and participants will be guided through trauma processing as both the clinician and the client.

## Day 1: Advanced Stream ~ Lisa Scandolari ~ Devi Kirn Kaur: Kundalini Yoga, Breath-work, and Sound Healing to Rebalance the Brain and Nervous System



Lisa Devi Kirn Scandolari's approach to teaching is to use her experience, wisdom and positive upliftment in a safe and fun style to help people reach their goals and to empower themselves through Kundalini Yoga.

Lisa Devi Kirn is a 500 Hour Yoga teacher in Hatha and Kundalini Yoga traditions. Lisa Devi Kirn has studied with many top name international trainers and continues to deepen and expand her knowledge by taking courses each year in Canada and the United States.

Devi offers Kundalini classes in addition to her Hatha classes. She regularly holds Early Morning Sadhana's, amazing gong meditations, women's retreats internationally and has become the inspiration for many of her own students to become teachers themselves! Her warm, fun and inspiring classes aim to uplift and elevate. It is her desire that her students leave class with a stronger, more accepting and compassionate sense of themselves in an often changing and challenging world. She is a leader of the new generation of Kundalini

Yoga teachers, dedicated to helping people uplift themselves through the powerful technology of Kundalini Yoga and the transformational process of creating teachers. She is beginning an internship with the Aquarian Trainer Academy to become a Kundalini Teacher Trainer herself.

Lisa annually attends the 3HO Summer Solstice Celebrations in New Mexico where attendees from all countries and faiths learn and work together under the science of Kundalini Yoga as taught by Yogi Bhaajan, often having her students join her on this adventure.

### Workshop Description: Kundalini Yoga, Breath-work, and Sound Healing to Rebalance the Brain and Nervous System

The purpose of many Kundalini Yoga kriyas is to help rewire our response to life, so that we can quit reacting to every outside influence and begin living in creative collaboration with our inner wisdom. The reason the kriyas are effective is because they balance and renew the brain. We now understand we can take a proactive role in improving our brain health. Meditation is being used as a therapy. It is being taught to individuals suffering with PTSD, ADHD, sensory processing disorders, to those with drug and alcohol addictions, to victims of abuse, and even to those who are incarcerated in our prisons. The scientific community is now talking a lot about pranayama, the ancient art of breath control. We are just beginning to really recognize how important the breath is in regards to our physical, emotional and mental health. Meditation works in a way that allows the brain and glands to relax and recharge. Repetition and rhythm are the soothing balms that repair the glands, which allow for a core-level shift in the body and consciousness. Over time, the applied discipline of meditation can unweave the traumas embedded in the physical and subtle anatomy to allow for a renewed sense of health, radiance, and balance.

In addition to the introduction above this integrative workshop will blend science and practice to teach the learner:

- Breathing techniques to regulate, stimulate, rebalance the brain and body and increase insight
- How to implement change and create new habits
- How to activate the Vagus nerve using Kundalini Yoga

## Day 2 (9:00-4:00): Advanced Stream ~ Sarah Connelly Fostering Post-Traumatic Growth Following Trauma



From a young age Sarah was inspired by the transformative nature of the wilderness and adventure experiences in her own life as well as in the lives of others. This interest sparked a lifelong connection to nature and a commitment to fostering the health and resilience of individuals, families and communities. Inspired by the powerful and inherent nurturing force of nature through the connection of the body, self and others, she continues to be passionate about facilitating adventure experiences that cultivate personal discovery and social change. Sarah has spent the last 10 years leading and facilitating wilderness and adventure therapy experiences with youth with addiction and mental health concerns, and women who are survivors of violence. As an Aboriginal (First Nations, Metis, and Inuit) mental health counselor at White Owl Native Ancestry in Kitchener, Ontario, Sarah came to appreciate the value of a holistic approach in addressing issues connected to trauma, addiction and mental health and carries this forward in her work today. Sarah graduated with an undergraduate degree in psychology from the University of Guelph and has a Masters of Social Work from the University of Windsor.

Prior to her work as a trauma therapist at the Attachment and Trauma Centre for Healing (ATTCH), Sarah was the Outward Bound Canada Coordinator at Portage Ontario, a residential treatment centre for youth with addictions. During this time, Sarah facilitated wilderness and adventure experiences including multi-day dogsledding, canoeing, rock climbing, and hiking trips as well as day programs for groups of 4 to 40 people. Sarah also practices as a Therapist in the School-Based Program at Pathstone Mental Health in St. Catharines, Ontario. Sarah has been a sessional instructor at Brock University where she taught Adventure-Based Learning in Recreation. As a yoga instructor, Sarah finds the healing power of mind-bodywork and integrating sensory and somatic experiences to be an important part of her approach to therapy.

Sarah specializes in working with children, youth and families facing challenges connected to trauma, attachment, grief and loss, mental health and addictions. Sarah utilizes Narrative Therapy, Dialectical Behaviour Therapy (DBT) techniques, mindfulness-based Cognitive Therapy, self-compassion, attachment-focused therapy, ecotherapy and expressive art therapy. Her clients have characterized Sarah as compassionate, grounded, non-judgmental, engaging, calming and supportive in their

### Workshop Details:

This workshop focuses on cultivating post-traumatic growth following trauma. This workshop is ideal for those of you who have completed our core training and are established the foundational trauma processing . This workshop will introduce participants to research and a variety of effective techniques for promoting post-traumatic growth and healing. Some of the topics that will be covered include:

- The neurobiology of post traumatic growth
- Reframing techniques to shift clients out of self-blame and shame
- The role of relational connection in fostering post-traumatic growth
- Powerful strategies to reframe, form new associations, and form new meaning.

## Day 3 Advanced Stream (9:00-4:00): DBT Skills to Promote Grounding, Shift Trauma States and Enhance Relationships with Adriana King B.A Psy. MACP., RP., CTIC, Intensively Trained DBT Therapist



**Adriana King, MACP**

Adriana is a Registered Psychotherapist (RP), with Master of Arts Degree in Counselling Psychology, Bachelors of Arts Degree in Psychology. Intensively trained in Dialectical Behavioural Therapy (DBT) with Behavioral Tech, she is a Certified Trauma Integration Clinician (CTIC). Adriana has participated in research studying the effects of street-substances in behavioural learning, has worked with multicultural populations, adolescents and adults. Experienced working with emotion dysregulation, anxiety disorders, mood disorders, Borderline Personality Disorder, PTSD, self assaulting behaviours, trauma and attachment along with other life changing events.

Adriana is fluent in both English and Spanish, and is passionate about providing clients with a balance of evidence, somatic and experiential based treatments as well as using her studies of Pranic Healing TM., where she learned practice in a comprehensive structured system of energetic medicine to cleanse, energize and balance the body's bio-electromagnetic field. She concluded inner studies of Buddhism, 3 levels of Pranic healing techniques, including crystal healing, Super Brain Yoga TM, spiritual Loving-kindness/Bliss meditations, Arhatic Yoga and manifestation techniques such as Kryyashati and Pranic Feng shui. Adriana built in 2008 a program for mothers and babies to promote attachment, physical fitness and psychological wellbeing with the use of Latin American dancing movements and music. Adriana is currently in clinical practice at Design for A New Tomorrow and the Attachment and Trauma Treatment Centre for Healing (ATTCH).

### Workshop Details:

This workshop is based on the DBT(Dialectical behavioural Therapy)treatment model and DBT skills developed by Marsha Linehan. The DBT skills presented in this workshop will provide participants with practical exercises and will show them how to target emotional vulnerability after trauma, this workshop is specifically designed to treat clients that have developed difficulty-regulating emotions that interfere with their everyday life and their relationships.

The workshop will also explore the importance of establishing primary and secondary targets in sessions. These targets are designed to support clients in reducing traumatic stress and building capacities in safety, life-interfering behaviours, quality of life, avoidance of emotional experience and behaviours, and increasing personal goals and meaning.

The DBT skills will include some Mindfulness skills, Distress Tolerance skills, Interpersonal Effectiveness skills, Emotional Regulation skills and a basic understanding of Dialectical thinking and acting.

## Day 4 AM ~ Aksana Kavaliova-Moussi, Music Therapist (MTA - Accredited Music Therapist), Neurologic Music Therapist - Fellow, and International Presenter



### Aksana Kavaliova-Moussi

Aksana Kavaliova-Moussi is a Canadian certified music therapist (MTA-Accredited Music Therapist), Neurologic Music Therapist-Fellow, who completed her Bachelor of Music Therapy (Hons.) from the University of Windsor (Canada) and Master of Music in Music Therapy from Colorado State University. She is completing her graduate practicum for the Master of Arts in Counseling Psychology program, Yorkville University (Canada), at the Attachment and Trauma Treatment Center for Healing (ATTCH).

Aksana had a private practice in the Kingdom of Bahrain for 10 years, being the only music therapist in the country, working primarily with children and adolescents with various difficulties. In July this year, she moved to Niagara region, where she started her private practice while doing her graduate placement.

Aksana is a published author and an international presenter: she presented on various topics on music therapy development, education, neuroscience of music and autism in Russia, Japan, Austria, Bahrain, Canada.

Aksana is a founding member and a Co-Chair of the Online Conference for Music Therapy ([www.onlineconferenceformusictherapy.com](http://www.onlineconferenceformusictherapy.com)). She served as the Eastern Mediterranean Regional Liaison for the World Federation of Music Therapy-WFMT (2011-2017), is a member of the Education and Training commission at the WFMT since August 2017, and a member of the editorial board for the "Music and Medicine" journal of the International Association for Music in Medicine.

### Workshop Details:

In this interactive presentation participants will learn about:

- Neuroscience of music
- Benefits of music in therapy for a broad range of ages and populations, with a particular focus on trauma
- Use of movement for moving through restriction or immobilization
- Appropriate ways of using music interventions, and understanding how music can become a trigger
- Learn from audio and video excerpts of music therapy and trauma work.

Participants will get a hands-on experience playing various instruments individually and in a group, using their voices, and moving to music. No previous music experience is required! This workshop will provide you with a variety of new tools and techniques to help clients move from a state of immobilization to empowerment in a non-intrusive manner.

## Day 4 PM - Sandtray Therapy Across the Lifespan April 1, 2019 with Kelly Smith



### Kelly Smith BSW, MSW

After many years as a children's librarian, Kelly returned to her first love – the therapeutic world. She has completed all three levels of play therapy training offered through the Canadian Association of Play Therapy, has both a Bachelor of Arts (psychology) and a Bachelor of Social Work from the University of Waterloo, and a Master of Social Work from the University of Windsor. She has completed six levels of training in Sandtray-Worldplay with Gisela Schubach De Domenico.

Kelly offers play therapy and sand tray therapy across the lifespan. This includes using Theraplay with families, training parents in Filial Therapy, using child-centred therapy with young children, and sand tray therapy with teens, individuals, couples, and families. She also provides play therapy and sand tray therapy for adults with moderate to severe dementia and Alzheimer's disease. Special areas of interest for Kelly include trauma-informed practices, the 5 Rhythms, DBT, mindfulness, and somatic work.

Kelly's private practice, Beyond Words: Sand and Play therapy is in Barrie, Ontario. She works with Child Therapy Toronto where she uses play therapy with children and their families, as well as Abilities Rehab, where she provides trauma-informed counselling for motor vehicle accident victims and their families. She is president of her local social work association board, OASW Huronia Highlands. She loves sharing her passion for sand tray therapy with whomever will listen.

### Workshop Details:

This interactive workshop will introduce participants to how sandtray can be used in therapy across the lifespan.

Sand tray is a sensory experience that promotes integration and helps resolve inner conflicts. It allows for the subconscious or things that we have no words for to be expressed in a manner that is titrated and regulating through the sensory aspects of the sand. When we are able to share and have others bear witness this aids with integration. It also allows us to reflect and resolve inner conflicts, unlinked, or dichotomous aspects of ourselves.

Participants will:

- Learn about key elements of sand tray therapy and the types of sand trays that can be created
- Bear witness to narratives of how individual figures have been used in the sand
- Gain insights as to how sand tray can be used to work with all ages, and with groups, couples, and families
- case study using the sand tray and figures
- The group witnessing the building of a tray by a workshop participant
- An opportunity to participate in a group sand tray experience as a "builder" and as a "witness"

**Day 5 (9:00 - 4:00) All Streams ~ Keynote Presentation**  
**Intergenerational Effects of Trauma and Resilience: How Trauma and Resilience**  
**Cross Generations with Dr. Rachel Yehuda**



**Rachel Yehuda, Ph.D.,**

Rachel Yehuda, Ph.D. is a Professor and Vice Chair of Psychiatry, and Professor of Neuroscience at the Icahn School of Medicine at Mount Sinai. She is also the Mental Health Patient Care Center Director at the Bronx Veterans Affairs. She has published several hundred scientific papers and compiled over 10 books examining diverse aspects of traumatic stress, and has studied PTSD and resilience in combat veterans, survivors of genocide, interpersonal violence and terrorism, as well as in animal models. Her work has focused on neuroendocrinology, neuroimaging, genomic and molecular biological studies of trauma, experimental therapeutics (pharmacological and psychotherapy trials), biomarkers, genetic and epigenetic heritability, gender differences, and suicide.

**Workshop Details:**

Recent advances in molecular biology, genomics, and epigenomics, has now provided paradigms for understanding long term effects of stress. This presentation will focus on intergenerational transmission of trauma as a particularly enduring effect of stress. Most of the research has been conducted on adult children of Holocaust survivors, but has now generalized to include children of other trauma survivors such as children born to pregnant women who survived the world trade center attack on 9/11. The research has evolved into one that explains the contribution of early environmental experiences-including parenting-on highly conserved molecular and genomic processes. These changes in and of themselves do not signify pathology, but provide a paradigm for understanding long term effects of profoundly important events. The work has already led to a better understanding of biological risk factors for PTSD, and predictors of outcome in response to trauma.

*“For decades, the field of stress research did the first thing: What is the effect of a stressor? What I’m interested in is how people fundamentally transform themselves, because this is not such an easy thing to do.”*

Rachel Yehuda PhD  
Professor and Vice Chair of Psychiatry Professor of Neuroscience at the  
Icahn School of Medicine at Mount Sinai Mental Health Patient Care Center Director James J. Peters VA  
Medical Center



# 2019 Attachment and Trauma Conference ~Registration Form

March 29 – April 2, 2019 St. Catharines Golf Club, St. Catharines, ON



Please send registration form and payment cheque or money order made payable to:

Attachment & Trauma Treatment Centre for Healing (ATTCH)  
95 Niagara Street St. Catharines, ON L2R 4L3

Transfer payment: [reception@attch.org](mailto:reception@attch.org)

Email: [reception@attch.org](mailto:reception@attch.org)

Phone: (905) 684-9333 Fax: (905) 684-6217

## Please choose from the following options:

- Full 5-Day conference. Foundational Stream\* Early registration: \$700 + HST. After February 15, \$800.00+ HST \*Required for certification as trauma specialist
- Full 5-Day conference. Advanced Stream Early registration: \$700 + HST. After February 15, \$800.00+ HST \*Recommended for those who have previously completed above core training
- Days 1 & 2 only Foundational Stream\* Early registration: \$360 + HST. After February 15, \$460.00+HST \*Required for certification as trauma specialist
- Days 1 & 2 only Advanced stream Early registration rate: \$360.00 + taxes. After February 15, \$460.00 + taxes \*Recommended for those who have previously completed above core training
- Days 1 -3 only Foundational Stream\* Early registration: \$520 + HST. After February 15, \$620.00+HST \*Required for certification as trauma specialist
- Days 1 -3 only Advanced Stream\* Early registration: \$520 + HST. After February 15, \$620.00+HST \*Recommended for those who have previously completed above core training
- Day 3 only Trauma Processing Experiential\* (\*must have completed our core training to register):  
\$250.00 + HST. After February 15, \$300 + HST
- Day 3 only DBT Skills: \$250.00 + HST. After February 15, \$300 + HST
- Day 4 only: \$250.00 Music & Sandtray Therapeutic Approaches for Treating Trauma + HST. After February 15, \$300 + HST
- Day 5 only Intergenerational Impacts of Trauma & Resilience with Dr. Rachel Yehuda: Early registration: \$250.00 + HST. After February 15, \$300 + HST

**\*Price is inclusive of morning and afternoon refreshment breaks and a light lunch.**

\*Group rates available for 4+. A limited number of subsidized spaces are available. \*\*Correspondence and confirmation will be processed through email.

Website: [www.attch.org](http://www.attch.org) Phone: (905) 684-9333 Fax: (905) 684-6217

95 Niagara Street St. Catharines, ON L2R 4L3