



MAY 28, 2018

MAY 29, 2018

TRAUMA IN THE MIND'S EYE

FACING THE PAIN

NATALIE ZLODRE, M.S.W., R.S.W.



Natalie Zlodre M.S.W., R.S.W. was Head of the Trauma and Resiliency Centre and Associate Director of Training at the Hincks-Dellcrest Centre. She is currently the Director of Community Resources and Initiatives, a trauma-informed consulting firm. Her professional focus is in the areas of: acute trauma, developmental/complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals and organizations. Her theoretical framework is trauma-informed and strength-based.

MAY 28, 2018

TRAUMA IN THE MIND'S EYE: MITIGATING AND ELIMINATING INTRUSIVE THOUGHTS, FLASHBACKS AND NIGHTMARES

Traumatic experiences that are frozen, stuck and unprocessed have the potential to exacerbate and to 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.

MAY 29, 2018

FACING THE PAIN: ENHANCING RESILIENCE IN FRONT-LINE WORKERS

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 4 key strategies for enhancing and maintaining our capacity to be a conscious and resilient professional.

Dates: May 28 and 29, 2018

Location: St Paul University
233 Main St.
Ottawa, ON K1S 1C4

Time: 9:00 am - 4:30 pm

Cost:

SINGLE DAY

Early Bird
(until April 29, 2018)
\$199 + HST

Regular Admission
\$225 + HST

TWO DAYS

Early Bird
(until April 29, 2018)
\$375 + HST

Regular Admission
\$400 + HST

Group & student rates available

- **CCPA Accredited Seminar 6 CEU**
- **CACCF Accreditation (pending)**

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- 5) **Téléphone** – Appelez-nous au 613-702-0339 ou 1-877-895-2867

YOUR INFORMATION | VOS COORDONNÉES

*One form per person. Please print clearly. | Un formulaire par personne. Prière d'écrire clairement et en lettres majuscules.**

Training title | Nom de la formation Cost | Prix 13% HST | TVH Total

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Telephone | Téléphone Cellular | Cellulaire Fax | Télécopieur Email | Courriel

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