

Safe and Effective Use of Self Restorative Retreat

White Oaks Conference Resort & Spa, Niagara-on-the-Lake, Ontario

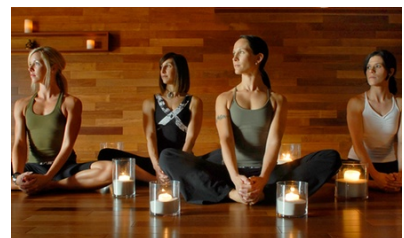


OCTOBER 3RD-5TH, 2017

WWW.WHITEOAKSRESORT.COM

Take the time to nurture yourself to strengthen your clinical practice. This rich and highly experiential workshop, focusing on the safe and effective use of self, will include guided practices and self-reflections, art response pieces, and restorative body movement and meditation practices to nourish your heart and calm your mind and body. Learn to connect with yourself at a deeper level and develop a variety of restorative tools to 'heal the helper' and prevent compassion fatigue.

Workshops will end at 2:00 to allow for quiet reflection and to allow participants full use of the amenities on property. White Oaks is a Four Diamond, Five Star property. Luxury awaits at their beautiful property which features many extra self-care activities for you to indulge in inclusive of their world renowned spa (Lori's favourite place to recharge), a comprehensive health club, yoga and pilates studios, and many comfortable areas inside and out to relax, reflect, and rejuvenate.



\$1400 per person (inclusive of taxes, morning snack and lunch) for the 4 day retreat and 3 nights accommodations. *Early registration rate until Sept 01, 2017.

[Learn more and register](#)

***Optional - All workshops below apply to our attachment and trauma certification program**

September

[Trauma Informed Youth Justice](#)

Applies to all certification levels

September 22, 9-12 in St. Davids (Niagara-on-the-Lake). This workshop will help participants develop a trauma-informed perspective regarding youth justice and identify the key features of a trauma-informed youth justice system. A review of TLC's evidence-based SITCAP-ART program as well as other best practice approaches will be included.

[An Introduction to Biofeedback and Neurofeedback for Treating](#)

Trauma Applies to all certification levels

Our awareness around the benefits of neurofeedback and biofeedback is growing rapidly. This workshop will provide an introduction to some of the available resources commonly used for the assessment and treatment of trauma, self-regulation, and attachment. How neurofeedback is being used for assessment, regulation training, report writing, and treatment of developmental trauma and many other areas will be discussed. Participants will have the opportunity to experiment with some neurofeedback tools used at ATTCH as well. This workshop is scheduled for September 22 from 1-4 in St. Davids, Ontario.

October

[Comprehensive Trauma Assessment](#)

6-Hour Training

Clinical stream - full day training

This training will provide an overview of various formal and non formal trauma assessment tools, review of administration, assessment strategies, and report writing will be reviewed. Standardized and non-standardized measures will be reviewed. Several experiential and applied components are included to ensure comprehension. This workshop is scheduled for October 18 from 9-4 in St. Davids, Ontario.

[Certified Trauma Integration Practitioner - Core / Foundational Training](#)

Applies to all certification levels

October 27, 9-4 in St. Davids (St. Davids, ON). This core 1 day training presents an in-depth introduction to understanding the foundations of trauma and attachment. This is the core course for the CTIP certification. This training is appropriate for anyone working in a helping profession (front-line workers, teachers, foster parents etc.) or anyone with a desire to learn more about trauma and attachment. There are no pre-requisites for this training.

November

[Core Training CTIP \(Day 1\) and CTIC \(Days 1 & 2\)](#)

Day 1: Understanding the Foundations of Trauma and Attachment November 20, 2017 9:00-4:00

Day 2 Phase-Based Clinical Applications to Promote Healing and Integration of Trauma and Attachment Dysregulation November 21, 2017 9:00 - 4:00

This comprehensive two-day training will provide insight into current trauma, attachment, and neuroscience research 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 putting it into practice. Through this training participants will learn how to make historical connections, complete initial assessments, 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.

*Note - this training applies as the foundational training for our trauma and attachment certification program.

[Healing the Hearts of Traumatized Children: Repairing Attachment Trauma](#)

Applies to clinical level (CTIC)

This workshop will provide an overview of an Attachment Regulation Program for healing and regulating attachment trauma. Comprehensive strategies for various ages will be discussed. This workshop will be held on November 22 from 9-12 in St. Davids.

[Building Trust and Repairing Attachment Relationships through Reconciliation Therapy](#)

Applies to certification - Certified Trauma Integration Clinician Stream

This training focuses on promoting a safe and authentic reconciliation process. This workshop will be held on November 22 from 1-4 in St. Davids. This training is appropriate for a wide variety of reconciliation circumstances inclusive of: separation and divorce, reconciliation with biological, adoptive, or foster parents/caregivers following separation, veterans etc. Participants will learn about key features for successful reconciliation therapy inclusive of:

- framework;
- assessment;
- reconciliation process;
- how to rebuild trust and connection;
- how to formulate outcome recommendations for court reports.

December

[Healing the Wounds of Sexual Abuse](#)

Applies to clinical level (CTIC)

This workshop will be held on December 1, 2017 from 9:00-12:00 in St. Davids. This training will provide insights into the far-reaching impacts of sexual abuse. An understanding of how this impacts neurological, emotional, behavioural, physiological, and relational responses will be explored. Techniques to discover associations and create new neuropathways will be included. Strategies to help form new meaning of intimacy, boundaries, and reconnection with our body as a resource will also be included.

Please contact reception@attch.org to learn more or to register for any of the trainings, online registration is also available at www.attch.org.