



*Attachment and Trauma Treatment
Centre for Healing (ATTCH)
Healing life's hurts through awareness,
compassion, & self-care*

2013 Trauma and Attachment Conference

The Attachment and Trauma Treatment Centre for Healing (ATTCH) is holding its first annual Trauma and Attachment Conference on October 7 & 8, 2013.

Speakers include Dr. Daniel Siegel (author of the Whole Brained Child and Parenting from the Inside Out) & Dr. Cathy Malchiodi (author of Trauma-Informed Practices with Children and Adolescents and Creative Interventions with Traumatized Children).



Dr. Siegel - Resiliency and Neural Integration: Harnessing the power of relationships and reflection to cultivate and maintain well-being

This presentation will immerse participants in an intensive experiential and didactic overview of the power of relationships and reflection to promote the growth of integrative fibers of the brain. Seen through the lens of the interdisciplinary field called Interpersonal Neurobiology, resilience can be seen to reflect how a set of nine functions are cultivated including bodily regulation, compassionate communication, emotional balance, flexibility, fear modulation, insight, empathy, morality and intuition. These functions emerge from the integrative fibers of the prefrontal cortical areas that coordinate and balance a wide range of neural circuits. We will review how both secure parent-child relationships and mindfulness practices promote these functions, and how mental health in fact may emerge from the process of integration. We'll dive into a "wheel of awareness" reflective practice that can be used to promote both mindful states as well as neural integration. The benefit for clinicians and other care providers is to promote resilience for those working with highly stressed and traumatized individuals.

Participants will:

1. Designate at least 8 prefrontal functions that are shared by mindfulness traits and secure attachment
2. Identify how the "left" shift supports resilience
3. Outline how the Wheel of Awareness practice integrates consciousness

Quality trauma and attachment assessment, treatment, & evidence-based training

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[Cathy Malchiodi](#) will be presenting for a full day.

Resilience and Trauma-Informed Practice: Expressive Arts Approaches for Mental Health Counselors

This presentation covers the basics of trauma-informed practice and the importance of resiliency-building in addressing trauma and loss. It also introduces attendees to the foundations of trauma-informed expressive arts approaches as essential methods for addressing traumatic events, including mass tragedies and violence. The emphasis is on using these approaches to address the body's response to stress and the value of sensory-based intervention in work with children, adults and families. This presentation will include lecture, brief film clips and a short hands-on experiential to demonstrate key practices.

Participants will:

- 1) be able to identify five components of trauma-informed practice;
- 2) be able to identify at least four expressive arts methods used in trauma-informed intervention;
- 3) be able to define why sensory-based, arts interventions are essential in reducing the body's response to stress;
- 4) be able to define the role of resilience in trauma-informed practice.

Trauma-Informed, Sensory-Based Approaches to Safety and Self-Regulation

This presentation highlights why safety and self-regulation are essential to the early stages of trauma intervention and why these are essential components in reducing the impact of stress

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reactions. Examples of arts-based and body-mind approaches with children, adolescents and adults are presented with an emphasis on how these approaches can be applied to ameliorate posttraumatic responses. This presentation includes lecture, brief film clips and hands-on experiences.

Participants will:

- 1) be able to define the concept of safety as it relates to trauma-informed practice;
- 2) be able to define the importance of self-regulation as it relates to trauma-informed practice;
- 3) be able to identify at least three expressive arts methods to explore and enhance the body's sense of safety;
- 4) be able to identify at least sensory methods to support self-regulation.

Expressive and Sensory-Based Approaches to Enhance Resilience and Posttraumatic Growth

This session introduces participants to a variety of trauma-informed, expressive arts approaches that support resiliency and posttraumatic growth. Emphasis is on current best practices in the fields of resiliency and positive psychology that support trauma reparation and recovery. Participants will learn several expressive arts-based and sensory techniques to apply to resiliency-building in their work and how to adapt strength-based approaches to counseling with children, adults and families. This session includes lectures, group participation and in-depth hands-on experientials

Participants will:

- 1) be able to define the concepts of resilience and posttraumatic growth in relation to trauma recovery;
- 2) be able to identify at least five characteristics of resilience;
- 3) be able to identify at least five expressive arts approaches to support resilience and posttraumatic growth;
- 4) be able to describe why self-compassion is a key factor in trauma recovery.

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Dr. David Berceli – Trauma and Tension Releasing Exercises (TRE)

Re-attaching to one's self is often the primary step for many trauma survivors. When large-scale traumas such as natural disasters, poverty, violence or mass shootings occur, many people are left on their own to deal with their recovery process. This workshop will introduce a unique method for self-attachment, inner awareness and eventual self-healing that can be achieved when professional assistance is not available. Large-scale disasters often affect the disadvantaged or disenfranchised when more traditional therapeutic methods are unavailable. In these situations the attachment process can still be successfully achieved through familial and social relationships. This workshop will be didactic and experiential. All participants are asked to wear comfortable clothing to participate in the Tension & Trauma Releasing Exercises (TRE) www.traumaprevention.com that provide an experiential application of the theoretical foundation that will be presented.

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2013 Trauma and Attachment Conference: Awareness, Regulation, and Healing

Registration Form

Monday October 7 & Tuesday October 8, 2013
Four Points Sheraton, Niagara Falls, Ontario
8:30 – 4:30 (registration begins at 8:00)

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

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St. Davids ON
L0S1P0
Email: reception@attch.org
Phone: (905) 262-0303
Fax: (905) 262-0707

Name: _____

Address: _____

Phone: _____

**Email: _____

Registration = \$275.00

**(Correspondence and confirmation will be processed through email)

**Hotel reservations can be made by calling the toll free reservations line at 1-800-363-3255.
Please ask for the “ATTCH” group in order to receive the special group rate available.**

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