

# Trauma-Informed Practice Training Level 1 Certificate



## **UPCOMING DATES:**

- June 20, 2020: <https://www.eventbrite.com/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-104794292550>
- July 26, 2020: <https://www.eventbrite.ca/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105648896694>
- August 16, 2020: <https://www.eventbrite.ca/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105651560662>
- September 13, 2020: <https://www.eventbrite.com/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105183689246>
- October 18, 2020: <https://www.eventbrite.com/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105186616000>
- November 1, 2020: <https://www.eventbrite.ca/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105651855544>
- December 6, 2020: <https://www.eventbrite.com/e/trauma-informed-practice-training-vancouver-level-1-certificate-tickets-105187011182>

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## **Workshop Details:**

This workshop will provide participants with tools, knowledge, and some expertise on how to assist clients with trauma and understand how trauma impacts the healing process. Research supports that knowledge of Trauma-Informed care is critical to helping clients move through barriers to healing.

## **Topics Covered:**

- The Neurobiology of Trauma
- Polyvagal Theory
- Signs and Symptoms of Trauma
- Creating a Safe Space for Trauma Healing and Attunement
- Brief Overview of Therapeutic Models that are Congruent with a Trauma-Informed Practice and Facilitate the Healing Process
- Experiential Exercises
- Example of a Trauma-Informed Somatic Approach
- Window of Tolerance
- How Embodied Emotion and Trauma Memory is Released from the Body
- Triggers and How to Release Core Beliefs
- Building Client Resilience and the Role of Lifestyle in Healing

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## Feedback received from participants who recently attended this workshop:

- I enjoyed the workshop very much. I used the concepts learned the day after, and the positive results were immediate.”
- "Being able to practice the Breathe and feel and metaphor and tapping and mindfulness/ breathing exercises was very helpful. Having Alyson as a resource during the exercises was also helpful".
- “I loved it! Thank you for sharing your valuable wisdom”.
- "I really appreciated the clinical experience and that it was research based.”

- “Great, clear delivery and presented at the perfect level. Excellent!”
- “The course was practical to a broad range of support industries”.
- “I really appreciated the integrative approach of the different interventions.”
- “Appreciated the experiential exercises, the real-life demo’s of sessions, and the language to use with clients. I also liked that the instructors addressed the audience’s questions and wonderings.”
- “It was a wonderful workshop! Will recommend to others! Thank-you for sharing your knowledge and experience.”
- “I really appreciated the anecdotal evidence from both of your practices – and the handout! I also appreciate all the tools, tricks and strategies that I am walking away with! “
- “I enjoyed this course immensely!!”
- “I really enjoyed the in-depth look at trauma.”
- “I really appreciated the info about trauma and the brain, EUT, and tapping – thank-you!”
- “I appreciated thinking of trauma in terms of the body and where trauma is held. I also appreciated moving the focus away from talking exclusively”.
- “Great workshop!! “
- “The opportunity to practice using the tools and applying the knowledge – being encouraged to connect with your own intuition and that it is essential to do this work more effectively – love having more tools to help my clients heal trauma and transform”.
- “Thank you! This is tremendously important work: uplifting and empowering for all”.

- “Thank-you for everything! It was a wonderful experience!”
  - “I enjoyed the practice and enjoyed the science based approach.”
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## Meet the Facilitators:

Alyson Quinn



Alyson has been an Adjunct professor at UBC’s School of Social work for 7 years, and will be teaching at UBC this year in the Department of Educational & Counselling Psychology. She has been a counsellor for 30 years specializing in group therapy, trauma therapy, and conflict resolution. She is a Clinical Counsellor with a Masters degree from the University of British Columbia and a Diploma in Conflict resolution from Royal Roads University. Alyson has taught students in a Trauma informed Counselling class, in a group work class and also in an Integrative Seminar and has a great deal of experience as an individual and couples counsellor. She is an author of 3 published books. Alyson’s Pedagogy for an Integrative Practice is published in the text book *Holistic Engagement: Transformative Social Work education in the 21st Century*. Her text book *Experiential Unity theory and model: reclaiming your soul* published in 2012 is aligned with the principles of a Trauma Informed Practice. Alyson has taught her model at both International and Canadian conferences. Alyson was born in Zimbabwe and trained as a Social worker in South Africa. She launched her Social work career in London, England and then emigrated to Vancouver, Canada. Her self help book *Reclaim your soul*

*your path to healing* published in 2014 also builds on Trauma informed principles. Her website is [alysonquinnwrites.com](http://alysonquinnwrites.com).

### Suzanne Ferera



Suzanne Ferera is a registered Occupational Therapist with 25 years of experience in mental health and is trained as a certified Calmer, Easier, Happier parenting practitioner. Her private practice work takes her into both families' homes to help with children who have behavioural difficulties, and also into schools where she teaches classroom management. She has worked as a Family Counsellor for the Vancouver Family Preservation and Reunification services, working with families who are at risk. Learning about a trauma informed theory and practice has long been a passion of hers and also her commitment to bringing a somatic oriented approach to her work with families. Her work is most often focused on the impact of triggers and how they impact relationships particularly parent/child relationships. Her work often involves facilitating increased awareness for parents around their own trauma triggers. This assists in contributing a deeper understanding to their interactions with their children in order to avoid reactivity, and maintain a close relationship. She helps parents, teachers and professionals who work with children explore ways of understanding and working with these triggers, using the Calmer, Easier, Happier, parenting and teaching strategies and trauma informed modalities.

## Robbie Ruddell



Robbie completed a Master of Arts in Psychology and Italian at the University of St. Andrews, Scotland. Following this, he started his counsellor education at the University of Cambridge, UK where he attended specialized training in working therapeutically through using creative arts. From there he returned home to Vancouver, Canada where he is currently completing his Master of Arts in Counselling Psychology at the University of British Columbia (UBC).

His master's thesis is investigating the construct of self-esteem and how it is measured in the counselling field. Robbie completed part of his practicum degree requirements at the Adult Mental Health and Substance Use Services with the Fraser Health Authority. During this placement, Robbie had the exciting opportunity to work alongside Alyson Quinn, implementing her Experiential Unity Theory and Model to co-facilitate several crisis stabilization groups for individuals experiencing acute emotional distress. Robbie and Alyson are currently in the process of writing a book with the aim of supporting clinicians to integrate Quinn's model into their practices. Alongside his graduate program, Robbie has been working as a Career Advisor with the Centre for Student Involvement and Careers at UBC. He is also currently working as a Teaching Fellow in the Department of Psychology at UBC, supporting students with their multidisciplinary research projects and statistical analyses. He has further assisted teaching for courses on developmental, social, personality, and clinical psychology. In Robbie's clinical work with clients, he utilizes a trauma informed lens including right brain orientation of the clinician to the right brain orientation of the client, bottom up

processing, and an emphasis on integrative modalities that assist clients in relying on the inherent wisdom of their bodies to guide the therapeutic work.

# Trauma-Informed Practice Training - Level 2

## **UPCOMING DATES:**

- **June 28, 2020:** <https://www.eventbrite.com/e/copy-of-copy-of-trauma-informed-practice-training-level-2-tickets-102107103094?aff=erelexpmlt>
  - **August 23, 2020:** <https://www.eventbrite.com/e/trauma-informed-practice-training-level-2-tickets-105152770768?aff=ebdssbeac>
  - **October 25, 2020:** <https://www.eventbrite.com/e/trauma-informed-practice-training-level-2-tickets-105153372568?aff=ebdssbeac>
  - **December 13, 2020:** <https://www.eventbrite.com/e/trauma-informed-practice-training-level-2-tickets-105154461826?aff=ebdssbeac>
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## **Workshop Details:**

This workshop will build on Level 1 knowledge regarding Trauma Informed Practice. This experiential workshop will focus primarily on skills, and techniques, that adhere to Trauma Informed Practice indicators to assist clients in their healing process.

## **Topics Covered:**

- Role of Mindfulness
- Tracking feelings – tracing their history - i.e.: shame
- Linking emotion to "negative self talk", core belief systems and to 'patterns of behavior'.
- Metaphor development in EUT– bottom up processing and right brain orientation that focuses on core beliefs, key emotions and how to release stuck-ness. Developing intuition.
- Role of Tapping and other mind / body techniques in release of Trauma.
- Practice sessions: how to process a client's trauma whilst keeping within the 'window of tolerance' – noticing micro movements.
- Effective Resolutions in Individual Sessions - getting to the 'root of the issue' while maintaining client's Window of tolerance. Resourcing the client.

- Role of Visualizations

Feedback summary:

- Thank you Alyson! You have helped me achieve my goal of growing my practice and becoming a more informed clinician.
- Appreciated the practicality and concrete skills.
- I really enjoyed the experiential focus of this workshop. It was extremely helpful to practice in pairs and explore something new. I felt like I was challenged in ways that helped me grow and become more connected with myself.
- I loved the step-by-step walk through of how to identify and acknowledge trauma, and how to feel it and release it. WE had a great amount of practice time. Everything about this workshop was excellent.
- Thank you for the most fantastic workshop I have ever attended!
- The instructor was very skilled. Overall excellent. Learned a great deal of practical skills. Would love to learn more. Experiential – thank you! Loved it! Thank you Alyson!
- A safe place to practice and learn.
- Appreciated your honesty. That you didn't sugar coat things. That you adapted the tempo and material to match the energy in the room

## Meet the Facilitator:

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Alyson has been an Adjunct professor at UBC's School of Social work for 7 years, and will be teaching at UBC this year in the Department of Educational & Counselling Psychology. She has been a counsellor for 30 years specializing in group therapy, trauma therapy, and conflict resolution. She is a Clinical Counsellor with a Masters degree from the University of British Columbia and a Diploma in Conflict resolution from Royal Roads University. Alyson has taught students in a Trauma informed Counselling class, in a group work class and also in an Integrative Seminar and has a great deal of experience as an individual and couples counsellor. She is an author of 3 published books. Alyson's Pedagogy for an Integrative Practice is published in the text book *Holistic Engagement: Transformative Social Work education in the 21st Century*. Her text book *Experiential Unity theory and model: reclaiming your soul* published in 2012 is aligned with the principles of a Trauma Informed Practice. Alyson has taught her model at both International and Canadian conferences. Alyson was born in Zimbabwe and trained as a Social worker in South Africa. She launched her Social work career in London, England and then emigrated to Vancouver, Canada. Her self help book *Reclaim your soul your path to healing* published in 2014 also builds on Trauma informed principles. Her website is [alysonquinnwrites.com](http://alysonquinnwrites.com).