

# 2020 Spring Attachment & Trauma Conference

Awareness

Regulation

Healing

March 30-April 3, 2020 Hilton Garden Inn, Niagara-on-the-Lake



**Gain insight into leading edge treatments including Kaiser's approach to healing trauma. Join us in learning proven, effective, concrete tools to help kids, teens and adults heal from trauma, grief & loss. Expand your trauma skills by learning new hacks that kids, teens and adults welcome in their recovery (including so called "resistant" clients). Strengthen your repertoire of tools for creating safety and rapport with children, teens and adults who have experienced trauma and learn new integrative approaches for working with grief and loss.**

## This comprehensive conference will cover the following topics:

- Trauma Processing using the ATTCH Integrative Trauma and Attachment Treatment Model (ITATM)\*
- Learn tips and techniques for working with works with immigrant and refugees/ asylum seekers.
- Learn evidence based one-time crisis intervention strategies that are effective in healing.
- Taking you through an experiential practice of evidence-based techniques to process unresolved grief with clients.
- Explore how trauma affects a child during the different developmental stages and how to invite parents to support their child's recovery.
- Deepen your knowledge and capacity to speak about neuroplasticity and the tremendous capacity for healing in terms parents and kids can hear.
- Recognize impact of Kaiser's ACEs study and significant health risks associated with unhealed trauma and effective tools to help mitigate risk and promote resilience.
- Augment your therapeutic tool kit within a research based expressive arts practice.
- Recognize the therapeutic power of group work in healing, opening, decreasing shame and building resilience.
- Acquire skills for supporting the trauma therapist to resource and decrease compassion fatigue.

## Conference Workshop Overview:

- **Pre-Conference Event ~ March 29, 2020 Drum Making Workshop. Make your own hand drum and learn about traditional Indigenous practices during the process**
- **Day 1**
- **Stream A: Healing Trauma: Cool Hacks for Kids, Teens, their parents, and Adults Part 1**
- **Stream B: Trauma Processing Demonstration and Applied Practice Part 2\***
- **Day 2**
- **Stream A: Healing Trauma: Cool Hacks for Kids, Teens, their parents, and Adults Part 2**
- **Stream B: Trauma Processing and Applied Practice Part 3\***
- **Days 3 & 4 ~ Strategies for Processing and Healing Grief with Anne-Marie Lockmyer (2 day training)**
- **Day 5 ~ When Words Fail: Expressive Arts Approaches to Grief and Loss with Cher Curshen**

**\* Pre-requisite: Must have completed core 3 day certification trainings in order to complete these trainings.**

# Drum Making Workshop



## Make Your Own Hand Drum Workshop

Join us for our hand drum making workshop on March 29, 2020. This is a full day workshop that will guide you through the process of making your own hand drum while learning a little about the Indigenous culture and practices during the process. Participants are guided through the process step-by-step and leave with their very own handmade drum. Advance registration is required, and limited spaces are available. Fee of \$125 includes materials, teachings, and lunch on site. Any remaining proceeds from this workshop will be donated to ATTCH Niagara. Contact [reception@attch.org](mailto:reception@attch.org) or (905) 684-9333 to register.

## Days 1 & 2 Stream A: Healing Trauma: Cool Hacks for Kids, Teens (their Parents), and Adults Featuring Guest Speakers: Christin Mullen, LMFT and Liliana Casas Hernandez, LMFT



### Christin Mullen, LMFT

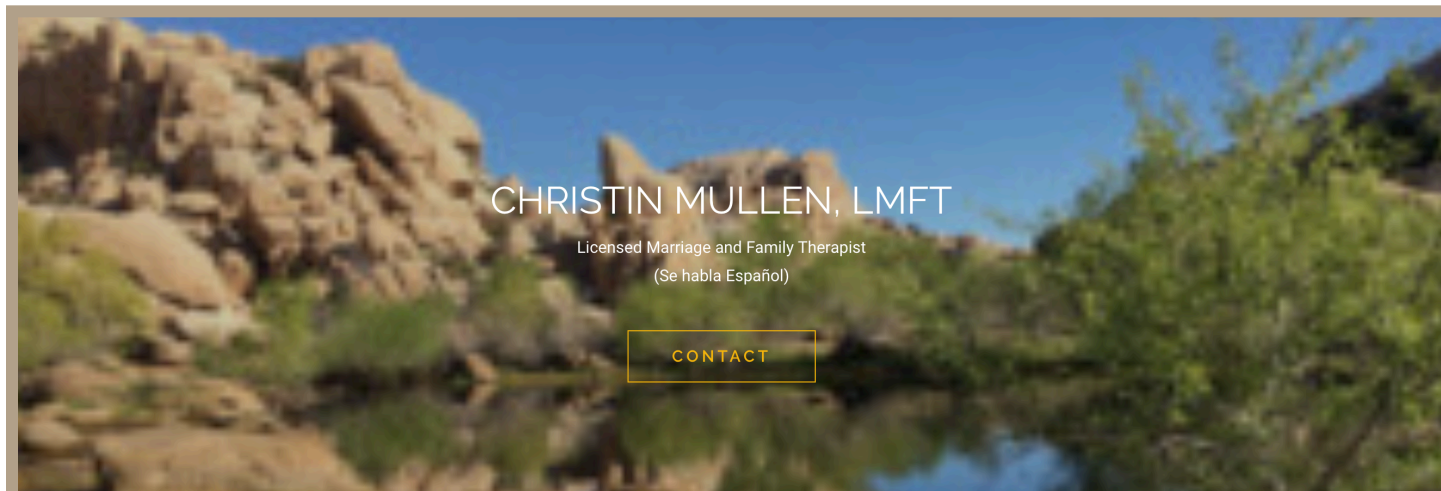
Christin has extensively worked and specialized in treating trauma and attachment. She is a Certified Eye Movement Desensitization Reprocessing (EMDR) therapist with advanced training in attachment based EMDR. She has completed certification in HeartMath biofeedback and flash technique and practices experiential play therapy with children and families who have experienced trauma and grief and loss.

Christin has over 20 years of clinical experience working with youth and families. A broad range of clinical experience informs her work. She has worked in a range of settings, including child abuse treatment programs, public schools, a family support center, a transitional housing program, child welfare and for many years at Kaiser Permanente in the department of outpatient psychiatry. Also she has a private psychotherapy practice and provides trainings to teachers, clinicians and para-professionals in trauma informed healing.

She completed her graduate studies at New York University in Applied Psychology. Her areas of academic and training include: Parent Child Interaction Therapy (PCIT), drama and expressive arts therapy, assertiveness training, and multicultural and cross cultural counseling.

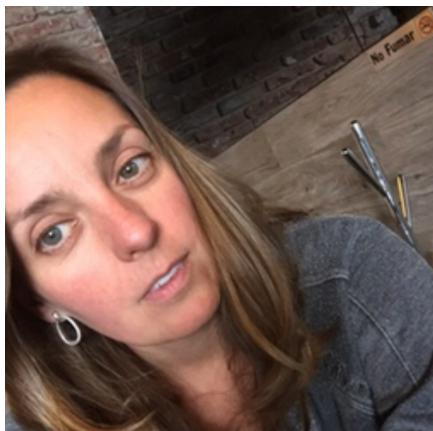
She is eager to bring a holistic approach to psychotherapy to her clients -integrating the mind, body and spirit into the healing process. Christin particularly enjoys incorporating a sensorimotor approach and enriching her work with training in neuropsychology. She consistently brings in experiential play therapy, EMDR resourcing, creative arts, breath work, yoga/ movement and mindfulness exercises into her practice. She has worked with clients from many backgrounds and identities. She is trained in gender identity and expression, LGBTQ, transracial families and Latinx. She is bilingual English-Spanish therapist and works with immigrant and refugees/ asylum seekers.

Christin lives in California in the San Francisco Bay Area with her husband who is an educator and with their two young children. <https://christinmullen.com>





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### Liliana Casas Hernandez, LMFT

Liliana considers it a great honor to be able to serve kids, children, teens, parents as well as educators. She has worked for the past 15 years providing counseling to kids, teens and their parents as well as offering trainings, classes, conferences and workshops to parents and educators.

She has extensive experience in providing comprehensive counseling services to children and teens (ages 2-18), families and groups from diverse cultural backgrounds in different settings. This includes all levels of education from preschool to high school, hospital settings, non-profits, outpatient programs and victims of crime

Liliana has extensive experience working collaboratively with doctors, psychiatrists, social workers, psychologists and teachers with a focus on coordination of care and the provision of socio emotional well being and support for young children and teens.

Regarding trauma, she has the following certifications: EMDR , EFT, trauma CBT for preschoolers, PTSD evidence based CBT and parent child relational treatment. She has also attended workshops on making EMDR developmentally appropriate for kids.

Liliana has numerous certifications for working with children, teens and parents. She is certified in Parent Child interaction and has been a trainer of therapists in this modality. She maintains Triple P accreditation, Parent project, kimoichis usage in the clinical setting, Mindfulness self compassion, Heartmath. She has taken and completed both the girls circle and boys council training.

She holds a masters in Psychopedagogy and a Masters in Counseling psychology

Liliana uses and is inspired by humanistic psychology. "All actual life is Encounter" Martin Buber

She believes that encounters between each other invites the possibility of growth, learning, healing and discovery of who we are and what we can bring to this world.

It is through encounters with others that we find ourselves and it is through self-understanding that we can truly connect with others.

Liliana believes in the potential of all people to connect with their inner resources and strengths and to overcome obstacles. She has seen the power of relationships to support each other. Her focus is on helping kids/teens discover their strengths and heal in a safe, fun loving and creative environment

She draws from the following evidence-based treatment approaches: Family therapy, CBT, EMDR.

She grew up in Mexico City and moved to California 17 years ago. Her family is originally from Spain and Ireland



## Days 1 & 2 Stream A: Healing Trauma: Cool Hacks for Kids, Teens (their Parents), and Adults Featuring Guest Speakers: Christin Mullen, LMFT and Liliana Casas Hernandez, LMFT

Gain insight into leading edge treatments including Kaiser therapist's approach to healing trauma. Join us in learning proven, effective, concrete tools to help kids, teens and adults heal from trauma. Expand your trauma skills by learning new hacks that kids, teens and adults welcome in their recovery (including so called "resistant" clients). Strengthen your repertoire of tools for creating safety and rapport with children, teens and adults who have experienced trauma. Participants will:

- Learn tips and techniques for working with works with immigrant and refugees/ asylum seekers.
- Learn evidence based one-time crisis intervention strategies that are effective in healing.
- Develop creative ways of resourcing kids and teens and helping them connect with their inner strengths.
- Experience rich, useful examples for working with kids, teens and their parents.
- Explore how trauma affects a child during the different developmental stages and how to invite parents to support their child's recovery.
- Deepen your knowledge and capacity to speak about neuroplasticity and the tremendous capacity for healing in terms parents and kids can hear.
- Provide a concrete way of working with the child parent dyad to create safety, strengthen the relationship and enhance emotional well being.
- Recognize impact of Kaiser's ACEs study and significant health risks associated with unhealed trauma and effective tools to help mitigate risk and promote resilience.
- Recognize the therapeutic power of group work in healing, opening, decreasing shame and building resilience.
- Develop a practice of using hacks for self recovery to decrease compassion fatigue.
- Aquire skills for supporting the trauma therapist



Look insideKP Northern California

Our People

Total Health

Community Caring

Quality

Our Business

Press Room



## Day 1 & 2 Stream B – March 30 & 31: Integrative Trauma & Attachment Treatment Model Trauma Processing Experiential Parts 2 & 3 \*Pre-requisite: Must have completed core 3 day certification trainings in order to complete these trainings

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 workshop takes participants through the trauma processing practices introduced in the core training. This workshop takes participants through experiential of our Integrative Trauma and Attachment Treatment Model (ITATM) from start to finish and includes various techniques (from brief assessment, grounding, trauma processing, somatic discharging using our integrative / layers approach and shifting affect for completion of session in an emotionally regulated manner). Participants will experience various experiential activities inclusive of a live demonstration and opportunities to practice trauma processing (as both the counsellor and the client) in a partner format with guidance from the facilitator. This experiential days allow for discussion, questions and reflections from participants at a deeper level as it is facilitated in a small group format. Various adaptations for integrative parts work, grief and loss work, and crisis intervention will be included.

All days will be rich with research, practical examples, case studies, experiential activities, and opportunities for self-reflection.

\* Pre-requisite: Must have completed core 3 day certification trainings in order to complete these trainings. See here for details.

## What People Are Saying About Our Trainings and Certification Program

**\*More feedback is available on our website**

Danielle Alexandria, Toronto, Ontario: "I'm currently completing my certified trauma integration practitioner training through ATTCH. Lori Gill, the director, is an incredibly gifted teacher. Her knowledge, intelligence, integrity, and compassion make her a rare and very bright light in the industry. I have been blown away by what I've learned! If you're interested in learning the latest and most effective trauma therapies, I recommend their courses and programs without hesitation!"

Jennifer Bolt Bauline, NL - Very informative, excellent take away and a wonderful presenter.

Shannon Vanderveen, St.Anns - Really grateful for this learning opportunity, networking with others and taking time to grow as a young student! Thank you!!!

Valerien Lannan, Placentio NL - What an amazing week. I have learned so much for both myself and the children + youth i serve. i am very grateful for this experience. Thank you!

Seema Sharma, Ontario - Thank you so much for your warm and engaging presence and sharing your expansive knowledge with us. This training has been amazing, I have learned so much as a practitioner and about myself. This lens has truly shifted the way i understand those I serve and hope to support. It feels so right. Thank you so much for the opportunity to do the live demo. It was so experiential and different than I've ever experienced. Thank you for creating a space and presence to make me feel comfortable enough to try and engage in it. All the best.

Carol Cowan, St. Catharines, Ontario - The Trauma and Attachment Certification provided by Lori Gill is essential to any practitioner in the field today. The solid foundation and framework provided in the certification is fundamental to understanding many of our clients struggles in their lives today. The certification also provides great tools and techniques that can be used with our clients to provide the profound levels of healing that are required. The conference itself is also a wonderful opportunity to network with other professionals in the field. I look forward to the conference every year and have used the skills and knowledge gained almost daily in my social work practice.

Christine - Attended the 5 day trauma and attachment certification training and truly loved every minute. the information and psycho education was very helpful and the live demos of clinical process and experiential/role play was extremely powerful and helpful in integrating the new information and trauma processing. Thank you again Lori and the ATTCH team, Sue, and Lisa. A very healing and inspiring experience.

### **General comments from some of our conference evaluations:**

"Looking forward to tomorrow."

"Doing the role-play was eye-opening and fast."

"An incredibly valuable learning experience. Each session with Lori I leave with extended resources, practice, and theoretical knowledge."



## Woven throughout the Conference ~ Lisa Scandolari ~ Devi Kirn Kaur: Kundalini Yoga, Breath-work, and Sound Healing to Rebalance the Brain and



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 Bajan, 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.

Lisa's healing and regulatory techniques will be woven throughout the training bringing a 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

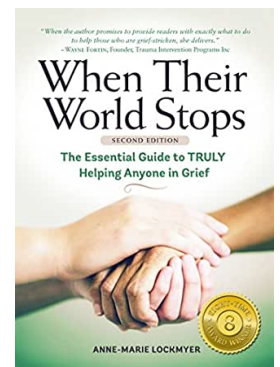
## Days 3 & 4 ~ Strategies for Processing and Healing Grief with Anne-Marie Lockmyer (2 day training)



Anne-Marie Lockmyer is an advanced certified grief recovery specialist, certified in critical incident stress debriefing, a certified trauma-integration practitioner, the award-winning author of the best-selling book, *When Their World Stops: The Essential Guide to Truly Helping Anyone in Grief*, and the founder of the Grief and Trauma Healing Network.

As a widow herself, Anne-Marie knows the pain and devastation that grief and loss can wreck on a survivor. She serves as an educational catalyst to bring hope and healing to those suffering from loss through grief recovery programs, conference and retreat speaking and consulting.

I have had the opportunity to work with Anne-Marie in various capacities as a teacher to her in our trauma and attachment certification program; as a participant learning about the grief and loss model she uses; and as a participant personally working through the grief and loss model. I highly recommend her as a skilled and engaging presenter grief and loss model she uses and as a participant working and as a kind authentic healer! The grief and loss model that she uses helps people to form meaning of their experiences and to step into and fully feel what they have been holding in their bodies, nervous systems and hearts! She has a deep compassion that is felt in the support she provides to participants. As a speaker she is engaging and highly effective at inviting people to explore their losses and life hurts. She truly does help to heal broken hearts! Lori Gill, Founder and Clinical Director of the Attachment and Trauma Treatment Centre for Healing.



### Workshop Details:

- Grief is often misunderstood in our society and many of the problems clients present with can be grief-related. This 2-day interactive workshop causes you to be grief informed and teach you how to process grief and loss by:
- Increasing your awareness of the many losses and hurts in life that can cause grief. Many client problems and issues are loss related.
- Educating you regarding the myths and misinformation we have received as a society regarding grief and the problems created because of this misinformation.
- Providing you with information, resources and tools to interact and respond to clients dealing with loss and grief to be more effective and supportive.
- Taking you through an experiential practice of evidence-based techniques to process unresolved grief with clients.

## Day 5 ~ When Words Fail: Expressive Arts Therapy Approaches to Loss and Grief Featuring Guest Speaker: Cher Curshen



### Cher Curshen, Registered Psychotherapist,

Cher is currently offering individual psychotherapy, expressive arts therapy, groups and trainings through her downtown Toronto private practice and at West End Mamas, a Prenatal and Postnatal clinic in Toronto and York region.

Cher completed training in expressive arts therapy at Create, Toronto and has over 19 years experience working with families, children, youth and adults.

She has experience working broadly across the GTA within health and social service agencies and in school settings supporting individuals living with life limiting illness, trauma, complex and

traumatic grief, anticipatory grief and loss and mental health issues such as depression and anxiety and addictions. Cher has provided consultation, program development, trainings, group facilitation, and therapy services to the following agencies: Dorothy Ley Hospice, Toronto East General Hospital, Native Child and Family Services, Aids Committee of Toronto (ACT), Sherbourne Health Centre, Casey House Hospice, Hospice Toronto, Trillium Health Centre, Bereaved Families of Toronto, Bereaved Families of Halton Peel, Gildas Club, Wellspring, Alzheimer's Society, Rexdale Community Health Centre, Toronto's Ronald McDonald House and ATTCH. Learn more at: [bigheartstudio.com](http://bigheartstudio.com)

### Workshop Details:

This one day workshop will provide participants with expressive arts interventions for therapeutic work with children, adults and families, as well as an understanding of these interventions.

When words fail us, expressive arts therapy cultivates curiosity and openness and the possibility to discover something new and unexpected, making visible what is often invisible and beyond words. Carl Jung stated that, "Often the hands will solve a mystery that the intellect has struggled with in vain" (Jung, 1989). It points to the use of expressive arts therapy and creative outlets to shift the focus from problem to the realm of imagery, narrative, sound and movement where our creativity and hands may help us to find a way forward towards healing.

In this workshop, you'll experience a highly interactive content including demonstration and practical application of expressive art interventions known to activate healing from grief, anticipatory grief and loss.

After participation in this workshop, participants will be able to:

Augment their therapeutic tool kit within a research based expressive arts practice.

Identify at least four expressive arts interventions

Articulate the basic premise behind the healing power of expressive arts therapy



# 2020 Attachment and Trauma Conference ~Registration Form

**March 30 - April 3, 2020 Hilton Garden Inn, Niagara-on-the-Lake, 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

Etransfer 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 Stream A. \$800.00+ HST
- ☐ Full 5-Day Conference Stream B. \$800.00+ HST \*Required for certification as trauma & attachment specialist (\*must have completed our days 1, 2 & 3 to register)
- ☐ Days 1 & 2 only Stream A: \$520.00+HST
- ☐ Days 1 & 2 only Stream B: \$520.00+HST \*Required for certification as trauma & attachment specialist (\*must have completed our days 1, 2 & 3 to register)
- ☐ Days 3 & 4 only: Days 3 & 4 ~ Strategies for Processing and Healing Grief Featuring Guest Speaker: Anne-Marie Lockmyer \$520.00+HST
- ☐ Day 3 - 5 only \$700 + HST
- ☐ Day 5 only Day 5 ~ When Words Fail: Expressive Arts Therapy Approaches to Loss and Grief Featuring Guest Speaker: Cher Curshen \$300 + HST
- ☐ Drum making workshop \$125+HST

**\*Please note pre-requisite: Days 1- 3 must be completed before engaging in Trauma Processing Demonstration and Applied Practice Part 2 and 3.**

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

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Organization: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\*Group rates available for 4+. A limited number of subsidized spaces are available. \*\*Correspondence and confirmation will be processed through email please ensure you include the email of the person you are registering.

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

95 Niagara Street St. Catharines, ON L2R 4L3