

REGISTRATION FORM

Name: _____

Agency/Organization: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

E-Mail: _____

Phone (h/c): _____

Phone (w): _____

Please note lunch is NOT included in this conference.

**Please consider registering online at www.marymound.com
Online invoicing and payment available.*

CONFERENCE PRICING: (check one)

- Earlybird until Jan. 31**.....\$225.00/ea
- Regular from Feb 1- March 1**..... \$250.00/ea
- Student (with valid Student ID)**.....\$200.00/ea
- Group (10 or more)**.....\$200.00/ea
(one payment for all attendees must be made)

PAYMENT METHOD

Cheque Invoice* Credit Card Cash

TOTAL: \$ _____

Card Number: _____

Expiry Date: _____

**Invoices will be emailed to email address provided above.
Please ensure your invoice reaches the appropriate person
for remittal of payment**

Would you like to be kept informed on further
professional development opportunities by us?

Would you like to be kept informed on fundraisers
and events put on by us?

CONFERENCE OBJECTIVES

Participants will:

- Understand the what happens in the brain when someone has had traumatic experiences
- Understand how trauma manifests in physical symptoms
- Understand the effect of trauma on relationships
- Understand how addiction, depression, anxiety and other related disorders are often the consequences of early trauma.
- Identify how early childhood experience provides the template for memory and interpretation throughout the lifetime.
- Learn techniques of helping clients based on the mind-body-spirit connection.

TWO-DAY AGENDA

Two-Day Conference: March 5-6, 2018

*Restoring Wholeness: The Connection between
Neuroscience and the Treatment of Trauma*

- 8:00 - 9:00am.....Registration & Continental Breakfast
- 9:00am.....Morning Session
- 10:30 - 10:45am.....Refreshment Break
- 11:30 - 12:00pm.....Q & A
- 12:00 - 1:15pm.....Lunch, Book Signing, & Networking
- 1:15pm - 2:30pm.....Afternoon Session
- 2:45 - 3:00pm.....Refreshment Break
- 3:00 - 3:30pm.....Q & A
- 3:30 - 4:00pm.....Wind-up to the day

REGISTRATION INFORMATION

Cheques made out to Marymound, 442 Scotia St.
Winnipeg, MB R2V 1X4

Contact Dawn Isaac at disaac@marymound.com

Registration form may be faxed to 204-334-1496

To register online, visit www.marymound.com

RESTORING WHOLENESS: The Connection between Neuroscience and the Treatment of Trauma

PRESENTERS:

**Dr. Gabor Maté
& Dr. Ruth Lanius**



TWO-DAY CONFERENCE: March 5-6, 2018

Restoring Wholeness: The Connection between Neuroscience and Treatment of Trauma

Day One: *Dr. Ruth Lanius* - Healing The Traumatized Self: *Working with the Brain and Body to Reverse the Effects of Psychological Trauma*

"Never lose hope...there is always a light at the end of the tunnel." - **Dr. Ruth Lanius**

Post-traumatic stress disorder (PTSD) can develop after any traumatic experience in a person's life that causes physical or psychological harm. People suffering from PTSD become both emotionally and physically isolated, and disconnected from people. Trauma impacts all of a person's basic psychological needs and takes away our sense of safety and control, our ability to trust others, and diminishes our sense of self-esteem and values which causes difficulty forming intimate relationships. Trauma affects the brain at any age, but when a child endures trauma, the result is profoundly tragic – it sets in motion a pattern of changes in the brain that can be devastating in adult life.

"Trauma survivors cannot recover until they become familiar with and befriend the sensations in their bodies. Being scared means that you live in a body that is always on guard. Angry people live in angry bodies. The bodies of child abuse victims are always tense and defensive until they find a way to relax and feel safe. In order to change, people need to feel aware of their sensations and the way that their bodies interact with the world around them. With practice they can learn to connect their physical sensations to psychological events and slowly become reconnected with themselves".

~Dr. Bessel van der Kolk

Day Two: *Dr. Gabor Maté* - Neurobiology of Trauma: The Mind, Body, Spirit Connection

"Not every story has a happy ending, ... but the discoveries of science, the teachings of the heart, and the revelations of the soul all assure us that no human being is ever beyond redemption. The possibility of renewal exists so long as life exists. How to support that possibility in others and in ourselves is the ultimate question." - **Dr. Gabor Maté** in an excerpt from *In The Realm of Hungry Ghosts*

Experience shapes the brain throughout our lifespan... our experience is our biology. Interpersonal neurobiology shows us the importance of human connection in shaping our brain. Early childhood trauma wires a child's brain to be exquisitely tuned into danger. At the slightest threat, their hearts race, their stress hormones surge and their brains anxiously track the nonverbal cues that might signal the next attack. This altered brain development can lead to problems in adulthood with developing or maintaining healthy relationships, the inability to foster healthy attachment with others, difficulties with stress and coping, chronic self-destructive behaviours like self-harm, substance abuse, and suicidal behaviours, as well as increased propensity to physical ailments and disease. The effects of being traumatized are very individual, and people who have experienced trauma are impacted physically, emotionally, behaviorally, cognitively, spiritually, neurobiologically and relationally.

Insights into interpersonal neurobiology and trauma work have shown us that trauma affects the whole person; mind, body and spirit. Therefore a multi-system approach to recovery and healing has to take into consideration the person as a whole.

ABOUT *Dr. Gabor Maté*

A renowned speaker, and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development. Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves



together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

For more information visit:
www.drgabormate.com

ABOUT *Dr. Ruth Lanius*

Dr. Ruth Lanius, MD, PhD, is Professor of Psychiatry and the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program, both services that specialize in the treatment and research of Post traumatic Stress Disorder (PTSD) and related comorbid disorders.



For more information visit:
<http://publish.uwo.ca/~rlanius/>

Participants will understand trauma's impact, what it does to the brain and how it affects the body. As helpers we can work toward bringing wholeness and healing to people who are most affected.