

Mental Health and Pinewood Centre Program of Lakeridge Health  
is hosting a one-day workshop:

# Healing Trauma through the Emotional Brain

Presenter: Courtney Armstrong, LPC/MHSP

DATE: Friday April 15, 2016

TIME: Registration 8:30am, Workshop 9:00am to 4:30pm

LOCATION: Tosca Banquet and Conference Centre, 800 Champlain Ave, Oshawa, ON L1J 7A6

**REGISTRATION FEE: \$195** Includes continental breakfast, lunch, refreshments and "The Therapeutic "Aha!: 10 Strategies for Getting Clients Unstuck and Transforming Traumatic Grief" book.

**CACCF Core CEU Credit Hours: 6.5**

**INTENDED AUDIENCE:** This workshop will be of interest to Mental Health and Addictions Counsellors, Psychotherapists, Social Workers, Nurses, Community Health Professionals, Educators, Psychologists, Psychiatrists, and Physicians.

**PRESENTER:** Courtney Armstrong is a Licensed Professional Counsellor with over 20 years' experience and is also a Board Certified Fellow in Clinical Hypnotherapy. She is a bestselling author of the book, *The Therapeutic "Aha!: 10 Strategies for Getting Clients Unstuck and Transforming Traumatic Grief*; she contributes to publications such as the *Psychotherapy Networker*, *Counseling, Today*, and *The Neuropsychologist*; and has been featured as a trauma and grief expert on national television and radio programs. Courtney is the owner/director of Tamarisk: A Center Mind-Body Therapy in the state of Tennessee and has trained thousands of mental health professionals nationally and internationally in creative strategies for healing trauma.

**PURPOSE:**

Surprising neuroscience discoveries have revealed essential keys for healing traumatic memories that are changing the way therapists treat trauma. In this workshop, participants will receive up-to-date information regarding these exciting brain science discoveries and learn how to apply them within the 3-phase model of trauma treatment. More specifically, participants will learn a simple 5-step protocol they can use to safely and painlessly resolve traumatic memories while uplifting and empowering their clients. This protocol can also be used to reduce drug cravings and promote substance abuse recovery for individuals with substance abuse concerns as it affects the same neurological areas that hold traumatic memories.

**AGENDA:**

**You will learn:**

- Describe how emotional trauma is processed in the brain.
- Explain why exposure techniques alone are not enough to relieve post-traumatic stress symptoms such as flashbacks, nightmares, and hyperarousal states.
- Name the 3-phases of trauma informed treatment.
- Describe the recent neuroscience discoveries regarding memory reconsolidation and its implications for treating both trauma and substance abuse.
- List the 5-steps that all evidence-based trauma therapies have in common and how to apply them safely and painlessly to reconsolidate traumatic memories.
- Demonstrate at least 2 experiential techniques that can be used to resource, uplift, and empower clients and diminish feelings of shame and helplessness.

PLEASE FAX 905-985-4723 OR EMAIL: [ghouse@lakeridgehealth.on.ca](mailto:ghouse@lakeridgehealth.on.ca)

YOUR REGISTRATION AND PAYMENT INFORMATION

IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT GAIL ROBINSON-HOUSE AT THE ABOVE EMAIL ADDRESS.

REFUNDS WILL NOT BE ISSUED AFTER April 8, 2016

**Registration Form:** Please complete this form and return it with your payment for \$195 payable to Pinewood Centre.

**Attention:** Gail Robinson-House, 200 King St E, Bowmanville, ON L1C 1P3 or Fax to 905-985-4723

**Register by: April 8, 2016**

Name: (PLEASE PRINT) \_\_\_\_\_

Agency/Organization: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Cheque # : \_\_\_\_\_ LHC Functional Centre #: \_\_\_\_\_

Credit Card(full name on Card, Visa/MC/Amex, Card Number and Expiry Date) \_\_\_\_\_

FOR HOTEL RESERVATIONS PLEASE CONTACT: Quality Suites, 1700 Champlain Avenue, Whitby ON L1N 6A7 (905-432-8800)



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