



## 2021 Training

# Trauma Informed Practice Training Level 1

## Trauma and the Body

### Upcoming Training

*Workshop runs from 9:30 AM – 4 PM via Zoom*

- May 15: <https://tipi-level1-may.eventbrite.ca>
- June 27: <https://tipi-level1-june.eventbrite.ca>
- July 18: <https://tipi-level1-july.eventbrite.ca>
- August 8: <https://tipi-level1-august.eventbrite.ca>
- September 19: <https://tipi-level1-september.eventbrite.ca>
- October 17: <https://tipi-level1-october.eventbrite.ca>
- November 14: <https://tipi-level1-november.eventbrite.ca>
- December 12: <https://tipi-level1-december.eventbrite.ca>

### Learning Objectives

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 Practice (TIP) is critical to helping clients move through barriers to healing. The Level 1 training includes how embodied emotion and trauma memory is stored in the body and ways it can be released. The workshop provides both didactic and experiential exercises to facilitate deeper integration of knowledge.

### Topics Covered

- Neurobiology of Trauma
- Polyvagal Theory
- Signs and Symptoms of Trauma
- Window of Tolerance
- Creating a Safe Space for Trauma Healing and Attunement
- Overview of Therapeutic Models consistent with Trauma Informed Practice
- Live Demonstrations of a Trauma Informed Somatic Approach
- Trauma Triggers and How to Release Core Beliefs
- Experiential Exercises for Working with Disconnected Clients

### Intended Audience

Anyone with an interest in Trauma Informed Practice, both professionally and personally, is invited to attend the training. This program is designed to assist individuals with no, little, or substantive expertise in the content area, as well as graduate students in relevant disciplines.

### Continuing Education Credits (Optional)

This workshop is approved for **6 CE** credits from the Canadian Psychological Association upon completion of the final quiz with a grade of at least 80% and declaration of full attendance.

*CPA Disclaimer: "The Trauma Informed Practice Institute is approved by the Canadian Psychological Association to offer continuing education for psychologists. The Trauma Informed Practice Institute maintains responsibility for the program."*

For further inquiries, please contact: [tipi.training@gmail.com](mailto:tipi.training@gmail.com)

**Feedback received from past participants of this training:**

"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 breath 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 demos 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 appreciated thinking of trauma in terms of the body and where trauma is held. I also appreciated moving the focus away from talking exclusively".

"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".

# Trauma Informed Practice Training Level 2

## Healing Trauma Experientially

### Upcoming Training

*Workshop runs from 10 AM – 4 PM via Zoom*

- July 4: <https://tipi-level2-july.eventbrite.ca>
- August 29: <https://tipi-level2-august.eventbrite.ca>
- October 24: <https://tipi-level2-october.eventbrite.ca>
- December 5: <https://tipi-level2-december.eventbrite.ca>

### Learning Objectives

This workshop builds on the knowledge acquired during Level 1 regarding Trauma Informed Practice (TIP). This experiential workshop focuses primarily on the acquisition and demonstration of skills and techniques that adhere to TIP indicators which assist clients in their healing process.

### Topics Covered

- Role of Mindfulness
- Tracking the History of Emotions
- Connecting Emotions to Negative Self-Talk, Core Beliefs, and Patterns of Behavior
- Metaphor Development in Experiential Unity Model (Quinn, 2012)
- Role of Tapping and Other Mind-Body Techniques in the Release of Trauma
- Practice Sessions: How to Process a Client's Trauma Whilst Keeping Within the Window of Tolerance (e.g., noticing micro movements).
- Effective Resolutions in Counselling Sessions (i.e., getting to the root of the issue while maintaining client's Window of Tolerance)
- Resourcing Clients
- Role of Visualizations

### Intended Audience

Anyone with an interest in Trauma Informed Practice, both professionally and personally, is invited to attend the training. This program is designed to assist individuals with some expertise in the content area, as well as graduate students in relevant disciplines. Therefore, prior training in the theoretical foundation of TIP is required. We strongly recommend attending the Level 1 training; however, prior academic training on this topic may also be suitable.

### Continuing Education Credits (Optional)

This workshop is approved for **5.5 CE** credits from the Canadian Psychological Association upon successful demonstration of mindfulness, metaphor, and tracking the history of emotions within dyad work.

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### **Feedback received from past participants of this training**

“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.”

## Facilitators

### ***Alyson Quinn, MSW, RPC***



Alyson has been an adjunct professor at UBC School of Social work for 7 years and is presently teaching 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 master's 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 textbook,

*Holistic Engagement: Transformative Social Work Education in the 21st Century*. Her textbook, *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).

### ***Robbie Ruddell, MA, RCC***



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 the use of creative arts. From there he returned home to Vancouver, Canada where he completed his Master of Arts in Counselling Psychology at the University of British Columbia. 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 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. Previously, Robbie worked as a Career Advisor with the Centre for Student Involvement and Careers at UBC. He also worked as a Teaching Fellow in the Department of Psychology at UBC, supporting students with their multidisciplinary research projects. He has further assisted teaching for courses on developmental, social, personality, and clinical psychology. In Robbie's clinical practice, he utilizes a trauma informed lens with an emphasis on integrative modalities that assist clients in relying on the inherent wisdom of their bodies to guide the therapeutic work. He is deeply informed by the works of Carl Rogers, the field of interpersonal neurobiology, and somatic-based modalities and healing practices.

## ***Neringa Dainaraviciute, MSW, RPC***



Neringa was born in Lithuania, where she pursued her Master of Social Work. Her clinical practice includes 20 years of experience in mental health, both in inpatient and community settings. She presently works as a social worker at Vancouver Coastal Health. In her work, Neringa integrates the Experiential Theory and Model to assist individuals healing from trauma and experiencing grief and anxiety. Neringa is also completing her Ph.D. in Social Work and Psychology, while working as a researcher in the Child Study Lab at UBC. Her primary area of interest is resilience and vulnerability in the context of multiculturalism, oppression and historical trauma. Her scholarly contributions include a number of publications in peer-reviewed journals, as well as presentations at national and international conferences on the topics of resilience, global perspectives on trauma and healing, and life transitions in early childhood and older adults. She has taught at the departments of social work at a university in Vilnius, and later at the University of British Columbia.

## **Cancellation Policy**

If you need to change and/or cancel your registration for any reason, please feel free to reach out to us directly at least 48 hours before the event to receive a full refund. Please note, Eventbrite's fee is non-refundable. Cancellation requests made following the event will not receive a refund. Please submit all requests to [tipi.training@gmail.com](mailto:tipi.training@gmail.com).

Please do not hesitate to reach out if you have any questions and/or concerns, we will be happy to help!