



2024 Training

Trauma Informed Practice Training Level 1

Trauma and the Body

Upcoming Training

Workshop runs from 9:30 AM – 4 PM via Zoom. [Register on Eventbrite:](#)

- January 21, 2024: [Registration](#)
- February 25, 2024: [Registration](#)
- March 24, 2024: [Registration](#)
- April 28, 2024: [Registration](#)
- May 26, 2024: [Registration](#)
- June 23, 2024: [Registration](#)
- August 25, 2024: [Registration](#)
- September 22, 2024: [Registration](#)
- October 20, 2024: [Registration](#)
- November 17, 2024: [Registration](#)

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.

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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”.

Consent and Waiver

EUM Trauma Informed Practice Institute (“**EUM**”) endeavors to create a safe place for the participants in the Trauma informed Practice training workshops. A critical part of safety is maintaining confidentiality. As a Participant, you agree to adhere to confidentiality, including not disclosing any personal information about other Participants, and not taking photos, screenshots or recording the workshop.

You also acknowledge and agree that, while participating in the Workshop, emotional and/or physical sensations may be triggered and may cause psychological or physical discomfort. You understand that your participation in the Workshop is voluntary, and you agree to assume and accept full responsibility for any known and unknown risks associated with your participation in the Workshop, including any psychological or emotional effects and trauma. You hereby agree to discharge and release EUM Trauma informed Practice Institute, its partners, employees, or agents (“**EUM Trauma informed Practice Institute Parties**”) from any and all claims and liability, including damage or injury, which you may incur at any time which arise out of, result from, occur during or are connected in any manner to your participation the Workshop. The workshop is not intended to replace professional therapy.

A list of crisis line resources will be included in a follow up email after the workshop to assist you if needed.

Facilitators

Alyson Quinn, MSW, RPC Director and Founder of TIPI



Alyson has been an adjunct professor at UBC School of Social work for a period of 8 years. Recently she has taught in the Faculty of Education Counseling Psychology in the Fall term of 2020 and in the Summer of 2022. She has been a counselor for over 30 years specializing in Group therapy, Individual trauma therapy, and Conflict Resolution. She is a clinical counselor with a Master's degree in Social Work from the University of British Columbia and a Diploma in Conflict Resolution from Royal Roads University.

Alyson has taught a Trauma informed practice approach to students in a Counselling class, a Group work class, in several Integrative Seminars and some courses on Interviewing skills. She is an author of 5 published books and a chapter in *Holistic Engagement: Transformative Social Work Education in the 21st Century*. Her textbook, *Experiential Unity Theory and Model* was first published in 2012 and a second edition published in 2022 *Experiential Unity Theory and Model: Treating Trauma in Therapy* is aligned with the principles of a Trauma Informed Practice.

Alyson has taught her model at both International and Canadian conferences and at a variety of workshops on Trauma informed Practice. She founded and is the Director of the Trauma Informed Practice Institute established in May 2021.

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, *Heal Trauma: How to Feel it, Unlock Patterns and Release it* was published in 2023 by Hamilton Books. Her website is alysonquinnwrites.com.

Taj Dhanoa, RCC, MA, BSc (Hons)



Taj is a Registered Clinical Counsellor (RCC), she is a member of the BCACC (British Columbia Association of Clinical Counsellors). Taj has 2 degrees in Psychology, as well as a background in neuroscience and has published several research papers in the world's top scientific journals. Taj has worked both independently and as a member of several interdisciplinary mental health teams within the health authorities, including the UBC Mood Disorders centre for over 10 years.

She provides a range of evidence-based psychotherapy and counselling services from a person-centred, strengths-based and trauma informed perspective.

Taj is engaged in therapeutic work as an individual and group therapist, a researcher as well as a clinical instructor. Her work focuses on chronic pain, anxiety, bipolar disorder, problems with emotion regulation, trauma and the many issues affecting quality of life.

Please visit www.mindmatterstherapy.ca for more information or contact: info@mindmatterstherapy.ca - Tel: (604) 690-6463

Trauma Informed Practice Training Level 2

Healing Trauma Experientially

Upcoming Training

Workshop runs from 10 AM – 4 PM via Zoom. [Register on Eventbrite:](#)

- February 11, 2024: [Registration](#)
- April 7, 2024: [Registration](#)
- June 2, 2024: [Registration](#)
- September 8, 2024: [Registration](#)
- November 24, 2024: [Registration](#)

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, 2022)
- 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

Upon completion, learners will be able to:

- Apply a variety of integrative mind-body techniques in order to engage and release embodied emotions (e.g., tapping, movement, breathing)

- Develop and expand metaphors to include traumatic material and track the history of emotions for clients
- Describe the importance of using visualizations to assist clients in accessing embodied emotions
- Utilize a variety of methods for resourcing clients (i.e., keeping clients within their window of tolerance)

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.”

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Trauma Informed Practice Training Level 3

Upcoming Training

Workshop runs from 1 PM – 5 PM via Zoom. [Register on Eventbrite](#):

- March 3, 2024: [Registration](#)
- June 9, 2024: [Registration](#)
- October 27, 2024: [Registration](#)

Workshop Details

This four-hour workshop provides participants an opportunity to practice, receive supervision and feedback regarding learning Experiential Unity model. It will include group discussion, break- out sessions and individual feedback when needed. Participants will consolidate their learning regarding mindfulness practice and engaging the body, metaphor development and clearing techniques to release trauma.

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 and Level 2 training.

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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. If it is less than 48 hours and you are unable to make the event due to unforeseen circumstances, we would be happy to offer you a future date of your choosing. 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

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