

EXCEPTIONAL HEALING TECHNIQUES IN THE TREATMENT OF POST-TRAUMATIC CONDITIONS

From Surviving to Thriving

VANCOUVER | THURSDAY, NOVEMBER 30 & FRIDAY, DECEMBER 1, 2017 | 9:00 AM – 4:00 PM
Jewish Community Centre, Wosk Auditorium | 950 West 41st Ave

Among the most challenging problems related to trauma are emotional and physical pain, addiction as an unhealthy attempt at self-regulation, and fragmentation of the self due to dissociation and internalization of outer conflict. This workshop will offer Ego-State Parts Therapy as a method that can help to resolve these issues and promote self-integration and wellbeing. Emphasis is on developing a powerful toolkit that can enrich your current orientation to trauma therapy.

Day one will focus on strategies for stabilization, safety, strengthening, and empowerment that can also bring symptom relief while through work with the conflict-free self. Day two brings an emphasis on finding and working with ego states that can serve as powerful resources as well as those burdened by trauma.

The workshop format includes interactive lecture and discussion, group practice, live demonstrations, dyad skills practice, and clinical case consultation for complex trauma and dissociative clients.

TOPICS INCLUDE:

- » Definitions of Ego States and Ego-State Parts Therapy
- » How to find and work with the conflict-free self
- » The importance of secure attachment and developmental repair
- » Working with ego states linked to survival responses
- » Resolution of emotional and physical pain, addiction issues, and internal self-conflicts
- » Moving towards positive engagement with self and others
- » Building bottom-up somatic interventions as well as top-down
- » How to identify and work with the dissociation spectrum
- » Fostering communication, cooperation and integration within the self as well as in relationships with others

WORKSHOP AGENDA – KEY TOPICS COVERED

Why Ego-State Therapy is Essential to Heal Trauma

- » Definitions of ego states and different parts models
- » The neurobiology of ego states
- » 3 kinds of ego states and how to find them
- » How ego states are at the heart of self-division, inner and outer conflict, symptoms, and syndromes
- » How Ego-State Therapy helps achieve successful self-regulation: The SARI model & principles of EST

How Ego States Assist in Survival from Trauma

- » Linking ego states to survival responses: Brief dyad
- » Discovering and working with the resources in the ego state system
- » Group Practice: Finding the Land Beyond Fear
- » Demonstration: Moving Beyond Survival
- » Dyad Practice and Debriefing

Building the Foundation for Thriving

- » Experiencing the conflict-free self: Group demonstration
- » Strengthening the self from a place of safety
- » Strategies to find and work with conflict-free experience: Demonstration & Practice
- » Methods to nurture resilience
- » How to detect conflict free ego states
- » Connecting trauma-burdened states with the center core (conflict free) self and other resources
- » Finding the beginning of symptom relief: Trauma, addiction, and pain

Polyvagal Theory:

Approaching Positive Engagement

- » Regulating survival responses: Trauma, addiction, and pain
- » Ventral vagal engagement: The language of “we”
- » Building internal and external alliances: Mutual connectedness
- » Fostering communication, cooperation and integration

The Importance of Secure Attachment & Developmental Repair

- » Forming secure attachments from the inside out
- » Repairing attachment trauma
- » Somatic interventions with pre-verbal and nonverbal states: Exploring sensory experience

Working with the Dissociative Spectrum & Complex Trauma

- » Fragmentation and dissociation
- » How to diagnose complex PTSD and DD
- » Utilizing fight, flight, freeze ego states as well as states of connection

Case Consultation and Clinical Discussion

- » Diagnostic and theoretical orientation issues
- » How and when to use different parts models
- » Expanding Ego-State Therapy through EMDR, hypnosis, Energy Psychology, and other methods



MAGGIE PHILLIPS, PH.D.



AUTHOR
Freedom From Pain

Maggie Phillips, Ph.D. is a licensed psychologist in full-time private practice in Oakland, California. She is director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis. She has served on the faculties of the American Society of Clinical Hypnosis (ASCH), American and European Congresses of Ericksonian Hypnosis and Psychotherapy, the Eye Movement Desensitization and Reprocessing International Association (EMDR), the Esalen Institute, the European Society of Hypnosis in Psychotherapy and Psychosomatic Medicine, the International Society of Hypnosis (ISH), The Professional School of Psychology, and the Society for Clinical and Experimental Hypnosis (SCEH). Dr. Phillips has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and uses of energy therapies in mindbody healing.

2 DAYS | CLINICAL FOCUSED | 12 CEUs

Early Bird Deadline: November 16, 2017

LEARNING OBJECTIVES

1. Define “ego state”
2. Identify the four-stage model used with Ego-State Therapy that can guide self-regulation
3. Apply conflict-free imagery to strengthen the self and bring symptom relief
4. Describe three important principles of Ego-State Therapy
5. Discuss how the conflict-free self provides a powerful platform for movement into thriving

YOGA SKILLS FOR THERAPISTS

Clinical Applications for Anxiety & Depression (No Mat Required)

VANCOUVER | THURSDAY, NOVEMBER 2 & FRIDAY, NOVEMBER 3, 2017 | 9:00 AM – 4:00 PM
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Practice your clinical specialty more effectively when you offer clients simple, evidence-based LifeForce Yoga practices to self-regulate, experience self-efficacy and build resilience. Learn clinically appropriate yoga skills that complement and enhance the work you currently do, helping clients focus, relax, and have greater access to feeling states.

LifeForce Yoga has been successfully utilized in health care settings with diverse populations, demonstrating its usefulness in relieving emotional distress and dysregulation. In the process of learning Yoga practices to help clients increase self-efficacy and self-compassion and enhancing the therapeutic relationship between you, you will be giving yourself the gift of self-care.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - THURSDAY, NOVEMBER 2, 2017

Creating a Therapeutic Setting for the Practice of Yoga

- » Describe the utility of Yogic strategies to create a safe environment for on-going therapeutic work with clients and identify trust-building Yogic exercises for therapeutic alliances

Scientific Evidence of the Benefits of Yoga Skills

- » Explain and practice the application of yoga practices for mood regulation and emotional balance
- » Explain and describe the evidence-based biochemical changes in the brain as a result of Yoga and meditation

Yoga Philosophy of Mental Health

- » Describe Yogic strategies appropriate in a clinical setting for obtaining optimum mental health

Comparison of Yoga Principles to Western Psychological Concepts

- » Define the three Yogic philosophical principles that support optimum mental health and compare to Western clinical concepts of mental health and illness

Breathing Exercises for Depressed Mood

- » Describe and practice 3 Yoga breathing exercises that meet and regulate the depressed mood

Yogic Tools Using Sound and Mudras (Hand Pressure Points) to Energize

- » Describe and practice universal tones that elevate mood and are secular and appropriate in a clinical setting
- » Explain the integration and demonstrate the application of simple hand gestures to deepen lung capacity and elevate mood

Dyad Practice

- » Participants will gain experience in leading yoga breathing exercises with each other

DAY 2 - FRIDAY, NOVEMBER 3, 2017

Breathing Exercises for Anxiety

- » Identify predominate mood through analysis of current breathing patterns
- » Describe and lead 2 Yogic breaths and a simple meditation to calm and focus the anxious mind

Visual Imagery as a Remedial Measure for Anxiety and Depression

- » Understand and apply the technique of visual imagery as a Yoga tool of deep relaxation for body, mind and spirit, activating parasympathetic nervous system
- » Identify and discuss strategies to incorporate and integrate the use of visual imagery (with and without sound) in clinical work

Yogic Tools Using Sound and Mudras (Hand Pressure Points) to Calm

- » Explain the integration and demonstrate the application of audible toning as a calming technique, reducing limbic activity
- » Explain the integration and demonstrate the application of simple hand gestures to stimulate the parasympathetic nervous system for a calming effect

Applying Yoga Strategies to the Treatment of Panic Attacks

- » Explain and discuss a Yoga protocol for clients suffering with panic attacks
- » Explain and discuss a yoga breathing practice appropriate for preventing a panic attack

Apply Yoga-based Meditation to Appropriate Diagnosis with Emphasis on Obsessive Compulsive Disorder & Major Depressive Disorder

- » Discuss and practice an evidence-based meditation technique that stimulates the right parietal lobe and elevates mood
- » Discuss and practice a meditation technique that interrupts obsessive thinking



AMY WEINTRAUB, MFA



AUTHOR
Yoga Skills for Therapists
Yoga for Depression

Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP, founder of the LifeForce Yoga Healing Institute, the author of *Yoga for Depression* (Broadway Books, 2004) and *Yoga Skills for Therapists: Effective Practices for Mood Management* (W.W. Norton, 2012), has been a pioneer in the field of yoga and mental health for over twenty years. She offers the LifeForce Yoga Practitioner Training for Mood Management to health and yoga professionals and offers workshops for every day practitioners. The LifeForce Yoga protocol is being used in residential treatment centers, hospitals and by health care providers around the world.



WITH ASSISTANCE FROM
OCEAN LUM, MA

Ocean Lum, MA, RYT-500, LFYP, is Registered Clinical Counsellor, meditation instructor and yoga teacher. She has been teaching yoga since 2002 and is a Level 2 LifeForce Yoga practitioner.

2 DAYS | CLINICAL FOCUSED | 12 CEUs

Early Bird Deadline: October 19, 2017

LEARNING OBJECTIVES

1. Yogic tools to foster the therapeutic alliance and client self-acceptance
2. A review of current scientific literature supporting Yoga as a treatment in mental health care
3. Three evidence-based Yogic breaths and a simple meditation to calm and focus the anxious mind
4. Three evidence-based Yogic breaths and two simple meditation techniques to clear the mind and lift the mood
5. A Yogic technique to interrupt panic attack