

## REGISTRATION INFORMATION

To register for our Trauma Practice:  
Tools for Stabilization & Recovery  
Training Program, please go to our  
website:  
[www.psychink.com](http://www.psychink.com)

Click on the registration link:  
'Register now for in-class training'

Set up your student account, choose  
your course, submit your registration  
and pay by credit card through PayPal,  
a secure payment site.

If you are unable to pay online, please  
contact us directly for assistance at  
[info@psychink.com](mailto:info@psychink.com).

**Confirmation:** Upon receipt of your  
registration and payment, you will receive  
an email confirming the time, date and  
location of the training workshop.

### **To contact us:**

Traumatology Institute  
45 Sheppard Ave E, Ste 419  
Toronto, Ontario M2N 5W9  
Phone: 416-229-1477 ext 335  
Fax: 416-229-9882  
Website: [www.psychink.com](http://www.psychink.com)  
E-mail: [info@psychink.com](mailto:info@psychink.com)

## GENERAL INFORMATION

### **Fees:**

Workshop fee: \$475.00 plus tax  
Workshop fee includes a copy of 'Trauma  
Practice' and a Certificate of Completion  
\*This course is included in the course fees for  
those signed up for the Core Clinical  
Traumatologist Curriculum

**Payments:** All fees are payable in advance  
through our on-line registration system. We  
suggest you register early as spaces are  
limited.

**Cancellation Policy:** Cancellations received  
up to 14 days prior to the workshop are  
refundable less an administration charge of  
\$100.00. Substitutions may be made for any  
other TI training course. If TI cancels a  
workshop, fees are fully refunded.

**Waiting List:** We cannot always  
accommodate everyone who wishes to  
register. Please contact the Training  
Coordinator if the course is full and you  
would like to be placed on the waiting list.  
We will notify you if a space becomes  
available in the workshop.  
We convene additional workshops as required.

### **FACULTY Traumatology Institute**

**Dr. Anna B. Baranowsky**, Ph.D. C.Psych. is  
the Executive Director of The Traumatology  
Institute. She is the co-developer of the  
Accelerated Recovery Program (ARP). She  
has published and presented internationally on  
Secondary Traumatization; Compassion  
Fatigue; Trauma Treatment and Therapeutic  
Relationships

## **THE Traumatology Institute PRESENTS**

### **Trauma Practice: Tools for Stabilization & Recovery A Cognitive Behavioral Approach**



**DATE:**  
**February 12 & 13, 2011**  
**9:30 am- 4:30 pm**

90 Sheppard Ave. E.  
Conference Room, Main floor  
Toronto, Ontario

## **Trauma Practice: Tools for Stabilization & Recovery**

### **OBJECTIVES:**

Trauma Practice will provide both the novice and advanced trauma therapist with the knowledge and skills necessary to begin utilizing Cognitive Behavioral Therapy (CBT) in their treatment of trauma survivors.

In addition to presenting a strong foundation for understanding of the theory behind Cognitive Behavioral Therapy, this course will provide experiential training in many of the most popular and effective techniques of CBT.

Interventions include:

- Reciprocal Inhibition
- Trigger Lists
- Layering
- Systematic Desensitization
- Exposure Therapy
- Cognitive Processing Therapy
- Behavioral Rehearsal and Relaxation Training.

Treatment applications will be framed within a Tri-Phasic model.

1. Stabilization
2. Remembrance & Mourning (or trauma processing) &
3. Reconnection to activities in daily living

### **PARTICIPANTS WILL LEARN ABOUT:**

- Addressing post-trauma responses of the Body, Mind, Behavior and Emotion using CBT
- Over 20 CBT interventions for trauma recovery
- Underlying principles of CBT, and the development of Behavioral, Cognitive and CBT approaches
- Application of CBT toward fulfilling each stage of the Tri-Phasic treatment model
- Practical applications of CBT among trauma survivors
- Hands on approaches for working with trauma survivors on their journey to recovery through community reconnection

### **WHO WILL BENEFIT FROM PARTICIPATION?**

This course will benefit psychologists, psychiatrists, social workers, master's level counselors and other skilled mental health professionals who work with trauma survivors or wish to gain skills to do so. Participants will enhance their practice specialty in the area of trauma recovery.

### **COURSE EVALUATION:**

Students are required to attend all sessions or complete make-up assignments in order to successfully complete this program.

### **COURSE READINGS:**

Trauma Practice: Tools for Stabilization & Recovery (Provided at the beginning of the program).

**PREREQUISITE:** 1) A graduate degree in a related clinical/counseling field; OR current enrolment in a graduate program at a recognized university; OR 4 years counseling experience with ongoing supervision. AND  
2) Current work or volunteer position in a related field or enrolment in a clinical placement/ internship.

**Permission of the Director is needed for those who do not meet these requirements.**