38th Annual Conference & AGM

TRAUMA APPROACHES TO RECOVERY AND CHANGE

Speakers:
Paul Frewen, Bill Eddy,
Liana Lowenstein, Lori Gill, Susan Leopold and Laurene Winkler

September 22 - 24, 2016
Novotel Hotel North York
## Conference Program

### Thursday, September 22, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am - 4:00pm</td>
<td>Setting Up Shop: Starting and Maintaining a Private Psychotherapy Practice</td>
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<tr>
<td>6:00pm - 9:00pm</td>
<td>Learning Exchange</td>
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</tbody>
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### Friday, September 23, 2016

#### Morning Itinerary

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00am - 9:00am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>9:00am - 12:00pm</td>
<td>High Conflict Personality Disorders - Part 1</td>
</tr>
<tr>
<td>9:00am - 12:00pm</td>
<td>Healing the Traumatized Self: Assessment and Treatment - Part 1</td>
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<tr>
<td>9:00am - 12:00pm</td>
<td>Horses for the Health of It! - Powerful in Movement, Powerful in</td>
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#### Afternoon Itinerary

<table>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>12:00pm - 1:00pm</td>
<td>Lunch</td>
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<tr>
<td>1:00pm - 4:00pm</td>
<td>High Conflict Personality Disorders - Part 2</td>
</tr>
<tr>
<td>1:00pm - 4:00pm</td>
<td>Healing the Traumatized Self: Assessment and Treatment - Part 2</td>
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<tr>
<td>1:00pm - 4:00pm</td>
<td>Expressive Art Therapy</td>
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<tr>
<td>5:00pm - 7:00pm</td>
<td>President's Reception</td>
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### Saturday, September 24, 2016

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>8:00am - 9:00am</td>
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<tr>
<td>9:00am - 12:00pm</td>
<td>Creative Evidence-Based Techniques for Traumatized Children</td>
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<tr>
<td>9:00am - 12:00pm</td>
<td>Attachment, Trauma, and Integration: Sensory Regulation to Integrate and Calm The Brain, Mind, and Body</td>
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<tr>
<td>12:00pm - 1:00pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30pm - 3:00pm</td>
<td>OACCPP - Annual General Meeting</td>
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**Please note:** We apologize if your preferred workshop is no longer available when you register. Space is limited and will be allocated on a first come first served basis. If a seminar or workshop is cancelled due to speaker illness or injury, the OACCPP reserves the right to assign another seminar or workshop to replace the cancelled session.
Private psychotherapy practice can be very stimulating and rewarding. Private practice offers clinicians the opportunity to hone many talents including clinical expertise, organizational skills, and entrepreneurial savvy.

This one-day workshop is intended for experienced clinicians who are considering opening a private psychotherapy practice or who are early in private practice and would like support and ideas to enhance their practice experience. Topics to be covered include the joys and responsibilities of being your own boss, financial matters, documentation, working with third parties, and the importance of clinical supervision. All disciplines are welcome to attend this workshop, however, as the presenters are both Social Workers and Registered Psychotherapists, OCSSWSW and CRPO regulations will be highlighted where applicable.

Learning goals for the day include:

- Determining the type of practice that best suits you
- How to attract clients
- Fees and fee related issues
- Managing client files
- Professional relationship building
- How to keep yourself dynamic in solo practice

Group discussions and sharing, case examples, and example documents will be incorporated into this co-lead intensive workshop.

**Andrea Liss, MSW, RSW, RP** has been in private practice in Hamilton, Ontario at Locke Psychotherapy Group since 2005. Her clinical interests include exposure-based treatments for anxiety disorders and working with trauma in children and adults. Andrea is on faculty at McMaster University and is a member of the Credentialing Committee of the Canadian Association of Cognitive Behaviour Therapies.

**Trieneke Niemeyer, MSW, RSW, RP** is a senior partner at Locke Psychotherapy Group in Hamilton. She has over 35 years of clinical experience with a specialization in mental health, insight oriented psychotherapy and couple work. Trieneke is on faculty at the Department of Family Medicine, McMaster University. Trieneke has a special interest in clinical teaching and supervision.
Healing the Traumatized Self: Assessment and Treatment

Dr. Frewen will present on his research program investigating the neurophenomenology of trauma-related disorders including PTSD and its dissociative subtype. He will present on the 4-D model of the traumatized self and its implications for assessment and treatment, including Mindfulness & Metta-based Trauma Therapy (MMTT).

He will also present on his novel assessment approaches, including the Childhood Attachment and Relational Trauma Screen (CARTS) and his Perceived Causal Relations (PCR) methodology for investigating associations between trauma-related symptoms and other presenting problems including eating disorders and substance use. Attendees will learn a number of new intervention and assessment approaches that they may apply directly in their current practice.

Paul Frewen, PHD, C.PSYCH joined the departments of psychiatry and psychology at the University of Western Ontario in London, Ontario, Canada in September 2008. He completed his doctorate in clinical psychology at Western and his post-doctoral residency at the Royal Ottawa Mental Health Centre. He is currently chair of the Traumatic Stress Section of the Canadian Psychological Association (CPA). He received the President’s Early Research Award from the CPA in 2010, Early Career Awards from the Traumatic Stress sections of the American and Canadian Psychological Associations in 2013 and 2014, and the Scientist-Practitioner Early Career Award from the CPA in 2014. He has authored over 50 peer-reviewed articles on the subjects of trauma, affect regulation, mindfulness, dissociation and the self, primarily utilizing functional neuroimaging, experimental social cognition, and psychometrics approaches. His text Healing the Traumatized Self: Consciousness, Neuroscience & Treatment co-authored with Dr. R. Lanius, was published within the Norton Series in Interpersonal Neurobiology in 2015. He currently has a clinical psychology practice in London, Ontario where he primarily sees adults with PTSD, dissociative disorders, and/or chronic pain disorders and principally utilizes emotion-focused and mindfulness-based approaches to psychotherapy.
High Conflict Personality Disorders

High-conflict disputes are increasing in all aspects of society, especially in close relationships in families and at work. They often involve one or more parents, family members, friends and/or professionals with high-conflict behavior, characterized by:

- All-or-nothing thinking
- Unmanaged emotions
- Extreme behavior
- Preoccupation with blaming others
- Prolonged, unresolved conflict
- Drawing in many other people
- Draining energy, time and resources

Many of these individuals meet the criteria for one or more personality disorders or have traits of these disorders. Yet their high-conflict behavior can generally be addressed by understanding their personality-disordered dynamics and using skills which are often different from ordinary counseling methods. This one-day program will first focus on understanding and managing high conflict clients in the morning. In the afternoon, we will focus on methods for counseling parents and children involved in high-conflict separation and divorce. Lastly, we will address common issues when families are involved in family courts, including domestic violence, alienation and prolonged conflicts.

Bill Eddy, LCSW, Esq. is a lawyer, therapist, mediator and the President of High Conflict Institute. He developed the “High Conflict Personality" theory (HCP Theory) and has become an international expert on managing disputes involving high conflict personalities and personality disorders. He provides training on this subject to lawyers, judges, mediators, managers, human resource professionals, businesspersons, healthcare administrators, college administrators, homeowners’ association managers, ombudspersons, law enforcement, therapists and others. He has been a speaker and trainer in over 25 states, several provinces in Canada, Australia, France and Sweden. He is also the developer of the “New Ways for Families” method of managing potentially high conflict families in and out of family court. He is currently developing a method for managing potentially high conflict employees titled “New Ways for Work.”
**Horses for the Health of It!**

**Powerful in Movement, Powerful in Healing**

In this experiential workshop, we will investigate the common physiology between horse and human behaviour. Using videos and exercises, we will discover the shared species connections of the Autonomic Nervous System, survival defense mechanisms, and Porges' Polyvagal Theory. You will receive key concepts of how to explore boundaries, discern sensation and notice attachment behaviour. Emotions are coupled with sensory experience and procedural/body memory as they drive our behaviour. Equine psychotherapy uses free unbridled horses to explore both verbal and nonverbal communication. Horses can be an effective witness to parts of the self that a client avoids or represses. They mirror what is enacted in extraverted forms and reflect back in the present moment how experience is managed through behavioural patterns.

Learn how to use mindful awareness to begin healing trauma.

Horse and human interconnectedness is a gentle path to a grounded sense of self, increased capacity and resilience to face life’s challenges.

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**Laurene Winkler, H.B. Mus.B.Ed, SEP, SET** has spent her life examining the synchronous relationship between humans and animals. She works as a trauma and somatic therapist using the connection between people and horses as a conduit for healing. Laurene was a competitor and trainer in equestrian dressage and endurance riding as well as a music teacher and education consultant for the past 40 years. She is a certified Equine and Mental Health Specialist. Her commitment and passion that grew from this experience led her to becoming a Somatic Experiencing Practitioner. She assists at Somatic Experiencing™ professional training's throughout North America. Dawning Vista farm near Stirling, Ontario, hosts equine therapy to re-negotiate trauma and attachment patterns to promote personal agency and growth.
Attachment, Trauma, and Integration: Sensory Regulation to Integrate and Calm The Brain, Mind, and Body

This comprehensive training will provide introductory insight into current trauma, attachment, and neuroscience research allowing for an understanding of critical information and best practice strategies for working with trauma.

This training will also help you to enhance your clinical skills and learn how you can add trauma regulation and attachment healing strategies to your repertoire.

Lori Gill, B.A., M.A. is the founder and lead trauma therapist of the Attachment and Trauma Treatment Centre for Healing (ATTCH). She is a Registered Psychotherapist, Certified Trauma Specialist (CTS), Consultant Supervisor, and Trainer, for the National Institute for Trauma and Loss in Children (TLC) and a former Psychology Professor. Lori maintains membership with the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP) and has over 16 years of clinical experience working with children, youth, and adults. Lori has held various professional positions working with addictions, mental health, child welfare, access to services, school counselling, and eating disorders. Her breadth of clinical experience contributes to the trainings she provides that are rich with practical case examples. Lori is honoured to have received an Award of Excellence in 2014 for her contributions to the trauma field and to have been qualified as an expert witness in the fields of trauma, attachment, and reconciliation therapy. Lori is an engaging and sought after presenter who facilitates a variety of trainings and workshops across Canada.
Expressive Art Therapy

Workshop participants will learn how Expressive Arts Therapy and a multi-modal treatment approach may be of use with traumatized clients. Often traumatized clients benefit from modes of treatment such as art therapy that allow a nonverbal approach to access feelings and experiences that go beyond words.

The first part of the workshop will include an introduction to the expressive therapies continuum (ETC). ETC is a model of creative functioning used the field of art therapy that is applicable to creative processes both within and outside of an expressive therapeutic setting. This model provides a framework for understanding how different art materials may be used safely and appropriately with clients.

The second half of the workshop will be an opportunity to engage in an experiential exercise where participants can engage directly with materials and through their own creative process, learn simple techniques that they can use in the clinical setting. Participants are asked to bring notebook and pen, as journaling will be part of the experiential exercise.

Susan Leopold, Creative Art Psychotherapist, MPS, R.P., (Cert.) OACCPP is a Registered Creative Art Therapist, MPS, MSW, Registered Psychotherapist, College and University Instructor, and an award winning Creative Artist. Susan received degrees at Pratt Institute Creative Art Therapy and Smith College of Social Work. Her specialization is in creative therapies, creative development and the use of a variety of expressive art therapy modalities. Susan has devoted her career to working with children, youth, and adults affected by trauma. Her extensive clinical experience includes the Hincks Dellcrest Centre for Children’s Mental Health, UHN, York University Personal Counselling Services, and Catholic Services Toronto. Her current research is focused on familial relational responses to chronic stress. Her website is www.susanleopold.com
Creative Evidence-Based Techniques for Traumatized Children

There have been a number of treatments developed and tested in recent years specifically geared to treating traumatized children. These approaches share many of the same core components: Engaging clients; conducting a systemic assessment; providing psychoeducation; addressing children and families’ traumatic stress reactions; enhancing emotional regulation; facilitating adaptive coping; completing and processing a trauma narrative; enhancing safety skills; and strengthening parenting skills. The effectiveness of trauma-treatment with children is enhanced by integrating playful, developmentally appropriate interventions so clients will engage in treatment. This workshop presents innovative techniques for each of the core components of evidence-based trauma treatment. Participants will come away with many new and creative interventions they can use with clients from preschoolers to teens.

Learning Objectives:

- Describe the core components of evidence-based trauma treatment
- Discuss the benefits of integrating playful approaches in trauma treatment
- Apply at least three techniques to engage and assess traumatized children
- Implement at least five new interventions in therapy sessions with traumatized children and youth

Liana Lowenstein, M.S.W., R.S.W. is a Registered Clinical Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who has been working with children and their families since 1988. Liana presents trainings across North America and abroad. Recent speaking engagements include South Africa, Israel, England, and New Zealand. Liana provides clinical supervision to mental health practitioners, runs a play-therapy internship program, and consults to several mental health agencies. Liana has authored and published numerous best-selling books including: Paper Dolls and Paper Airplanes, Therapeutic Exercises for Sexually Traumatized Children, Creative Interventions for Children of Divorce, Creative Interventions for Bereaved Children and Cory Helps Kids Cope with Sexual Abuse. She will be launching a new book in the fall titled: Creative CBT Interventions for Children with Anxiety. She is winner of the Monica Herbert award for outstanding contribution and dedication to child psychotherapy and play therapy in Canada.
PRECONFERENCE WORKSHOP

Setting Up Shop: Starting and Maintaining a Private Psychotherapy Practice

Presented By: Andrea Liss & Trieneke Niemeyer

Thursday, September 22, 2016
9:00am - 4:00pm
The OACCPP Learning Exchange Networking Event is a platform to share ideas and best practices from the mental health industry.

Come and network and develop long term business relations. The event acts as an ideal platform to promote the welfare, interest, education and professional development of people directly or indirectly associated with the mental health industry.
Conference Location

Novotel Hotel North York
3 Park Home Ave, Toronto, ON
M2N 6L3

For participants planning to book a hotel room during the conference, the Novotel Hotel North York is offering a special rate for conference attendees.

- Call hotel reservations directly at 416.733.2929 x 1 or 2 and mention group name "OACCPP" or BLOCK ID#224613,
- By email: novotel.northyork@accor.com
- Reserve before August 26, 2016
Donors

GoodLife FITNESS

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# 2016 Annual Conference Registration Form

**September 22 - 24, 2016**

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<th>Member</th>
<th>Student Member</th>
<th>Non-Member</th>
<th><em>Group rates available—call for more information</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>Member ID:</td>
<td>Address</td>
<td>Full Name</td>
<td>City</td>
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<tr>
<td>Phone</td>
<td>Email</td>
<td>Vegetarian</td>
<td>Vegan</td>
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## FULL CONFERENCE

| | Members | Student Members | Non-Members |
| | Early Bird | Regular | Early Bird | Regular | Early Bird | Regular |
| Full Conference + Thursday Workshop | $375 | $385 | $260 | $305 | $500 | $535 |
| Full Conference Only | $250 | $300 | $135 | $170 | $400 | $450 |

**Friday, September 23, 2016—Choose one full day or two half days**

- Bill Eddy (Full Day)
- Paul Frewen (Full Day)
- Susan Leopold (Half Day PM) & Laurene Winkler (Half Day AM)

**Saturday, September 24, 2016—Choose one half day workshop (AM)**

- Liana Lowenstein
- Lori Gill

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**Can’t attend the Full Conference? Choose the option that fits your schedule:**

### PRE-CONFERENCE

**Thursday, September 22, 2016**

| | Members | Student Members | Non-Members |
| | Early Bird | Regular | Early Bird | Regular | Early Bird | Regular |
| Pre-Conference Workshop (9:00-5:00) | $125 | $135 | $125 | $135 | $140 | $150 |
| Learning Exchange (6:00-9:00) | $30 | $30 | $15 | $15 | $30 | $30 |
| Pre-Conference & Learning Exchange | $145 | $155 | $140 | $150 | $155 | $165 |

**FRIDAY ONLY—Choose one full day or two half days**

- Bill Eddy (Full Day)
- Paul Frewen (Full Day)
- Laurene Winkler (AM) & Susan Leopold (PM)

**SATURDAY ONLY—Choose one half day workshop (AM)**

- Liana Lowenstein
- Lori Gill

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**3 Easy Ways To Register**

- EMAIL: your completed form to oaccp@oaccp.ca
- FAX: Your completed form to 416-298-9593
- EMAIL: Your completed form to OACCNP; C/O Communications Coordinator, 586 Eglinton Ave East, Suite 410,

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**Payment Information:**

Payment must be made by cheque, credit card or e-transfer and must accompany the registration form.

Send e-transfers to executive-director@oaccp.ca and make the password OACCNP. Cheques made payable to OACCNP.

- Cheque
- E-Transfer
- Visa
- MasterCard

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Name on Card | Card Number | Expiry Date | 3 digit security code
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Signature