

## BANFF & BEYOND 102: ADVANCING TOOLS & SKILLS FOR RESPONDING TO TRAUMA-ROOTED BEHAVIOURS & BARRIERS TO HEALING

### Agenda

This 102 course includes 23 hours of instruction (including activities and breakout room discussions) divided into three sections as follows (see end of attachment for complete agenda)

	Dates	Times	Location
Section 1 (10 hours)	Sept 27, 28, 29 (Wed,Thur, Fri)	Lunch: Noon Course: 1-4:45 GMT (27 <sup>th</sup> , 28 <sup>th</sup> ) 1-4:15 GMT (29 <sup>th</sup> )	Banff Park Lodge, Banff (On-line option if you cannot attend in person)  Note: Lunch for Sept 28, 29, 30 is included for registrants who attend in person only.
Section 2 (6.5 hours)	Friday Nov 17	8:00-12:15 PST 1:00-3:30 PST	Online (Participants on own for lunch = 45 min)
Section 3 (6.5 hours)	Friday Feb 9	8:00-12:15 PST 1:00-3:30 PST	Online (Participants on own for lunch = 45min)

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<https://www.beyond-the-cycle-of-trauma.org/workshops-courses/banff-beyond-102-advancing-tools-skills-for-responding-to-trauma-rooted-behaviours-barriers-to-healing>

**Description of Program:** Trauma-rooted behaviours can often be debilitating for individuals and wearing for care providers. In addition, traumatic experiences can result in brain-based adaptations that can paradoxically become barriers to healing. This course builds upon the terminology and skills reviewed in 101, to review a smorgasbord of tools used by many international trauma therapy experts, through demos and practice activities. Participants are invited to explore how the techniques can be adapted for their own type of practice.

We will also cover more subtle yet common manifestations of complex trauma that are often missed in clinical practice, and yet are frequent barriers to change.

**IMPORTANT:** Even though we will practice tools used for trauma work, this course is not designed to provide any form of therapy for participants. Registrants are expected to have their own source of counselling/therapy for any trauma issues they may need to heal from. In addition, this course **is not** designed to qualify anyone to become a therapist. Rather, it aims to introduce registrants to a range of concepts and techniques that are useful in trauma therapy, and can be used in other clinical scenarios to help identify and shift barriers to change. It also aims to expand registrants' awareness of key subconscious processes that commonly need shifting in order to fully heal from complex trauma.

**NOTE:** Participants will be asked to submit a short (Maximum allowed = 1 paragraph) written case (no patient identifying information allowed) at the start of the course for ongoing small group discussions regarding application of course material.

*Participants who attend all three sections, participate in breakout activities, and satisfactorily submit the simple self-reflective assignments will also receive a Certificate of Completion from Beyond the Cycle of Trauma Institute for this course (equivalent to "HCPT 102" in the Institute's series).*

*THIS PROGRAM WILL NOT BE RECORDED*

**Learning Objectives for Banff & Beyond 102:** By the end of this 23 hour course, participants will be able to:

- 1) Recognize at least two **subtle** trauma-rooted adaptations that **commonly present** in medical or psychiatric practice and that pose significant barriers to progress in healing.
- 2) Practice several non-didactic tools that can be used to help shift maladaptive trauma-rooted barriers to healing.
- 3) Assist patients with a history of complex trauma in developing two key internal resources useful for healing from trauma.
- 4) Define an array of techniques that trauma therapists may use to help shift unconscious negative internalizations that pose a barrier to healing, and explore how some of these techniques can be simplified and adapted for use in one's clinical practice.

Speaker: Erika Cheng, MD, CCFP, FCFP

Scientific Planning Committee Conflict of Interest Declarations:

Dr. Zaneta Lim, Pediatrician has no potential conflicts of interest to declare.

Dr Linda Uyeda, Family Physician, has received honoraria for teaching about trauma, attachment and resiliency from School District 36, BC Dental Hygienists' Association, BC Dental Association; and has received research funding from BCMHSUS for research on burnout and attachment styles.

Dr. Erika Cheng, Family Physician has received honoraria for teaching about physical or psychological trauma from the ATLS Society; UBC CPD, Doctors of BC Shared Care Committee, Vancouver Coastal Health, the Bella Coola Chapter of the Rural & Remote Division of Family Practice, Bella Coola Community Support Society, SPARC BC, School District 49, UBC Medical School, Vancouver Fraser Academic Family Practice Residency Program, BC Dental Association and Beyond the Cycle of Trauma Institute; and honoraria from Vancouver Physician Staff Association for DEI work and mentorship.

Section 1 (3 afternoons Banff Park Lodge. Times are in GMT)	Content  Note: Group discussions and activities will occur Attendance in person is highly recommended for Section 1	Objectives For Section 1
12:00-12:45 GMT Sept 27, 28, 29	Free Bonus LUNCH* PROVIDED for onsite attendees only	
12:45-12:58 Sep 27, 28, 29	REGISTRATION or SIGN IN (Online participants)	
Sept 27 (Wed) 1:00 – 4:45 pm GMT (with 15 min break)	Expanding Detection of Complex Trigger Responses Body Scan & Pendulation – Tools & Complications	At the end of Section 1, participants will be able to  1. Identify expanded manifestations of triggering in individuals with a history of Complex Trauma. 2. Explore the guiding of body self- scans, its utility in trauma therapy or clinical medicine, and its risks. 3. Practice trauma-therapy based techniques that can be used with patients for exploring subconscious barriers to change and for building internal resources
Sept 28 (Thur) 1:00-4:45 pm GMT (with 15 min break)	Intro to working with shame Resource Building, sliced small	
Sept 30 (Friday) 1:00-4:15 pm GMT (with 15 min break)	Hearing the Internal Trauma & Beginnings of Shifting it	

\* Lunch is NOT part of the registration fee. It is provided as a free bonus for people who attend Banff in person only, and comes as a set menu (pork and shellfish free). There will be no alterations to the menu with this free lunch.

Section 2 Friday November 17	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Objectives For Section 2
8:00-10:00 PST online	The Power of Parts Work Trauma-Rooted “phobias” as a barrier to change	<ol style="list-style-type: none"> <li>1. Lead suitable patients through self-conferencing to decrease barriers to change</li> <li>2. Define the term “phobia” as it pertains to trauma, and identify the significance of common trauma-rooted phobias</li> <li>3. Practice safely guiding patients through imagery to enhance their internal resources</li> <li>4. Identify the importance of embedding process-oriented approaches in mental or medical health treatment, and its use for decreasing compassion fatigue</li> </ol>
10:00-10:15	Coffee Pause	
10:15-12:15 PST Online	Guided imagery in medical and therapy practice Inner child work – power, perils and practice	
12:15-13:00	LUNCH	
1:00 pm-3:30pm PST Online	<b>Searching for the Forest among the Trees</b> Process vs Content-oriented Approaches For shifting Trauma-Rooted Barriers & Clinician Compassion Fatigue	

Section 3 Friday Feb 9, 2024 ( PST)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Objectives For Section 3
8:00-10:00 am PST Online	Working with dissociation or complex trauma: Key Goal posts for therapy	<ol style="list-style-type: none"> <li>1. List six key goalposts (apart from Trauma Reprocessing) to keep in mind when treating patients with dissociation or complex trauma.</li> <li>2. Recognize the importance of “Developmental Needs Fulfillment” for reducing barriers to change, and practice techniques that can help this process</li> <li>3. Delineate why smaller incremental steps when working with trauma are important for avoiding setbacks, and practice methods to chart success in these small steps.</li> </ol>
10:00-10:15	Coffee Pause	
10:15am-12:15pm PST Online	Barriers to Change - continued Persecutor parts vs Needs fulfilment	
12:15-1:00 pm	LUNCH	
1:00 -3:30 pm PST Online	Tying things together –Continued case discussions and Tools Practice	