

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)	April 7,8,9, 2024 (Sun, Mon, Tues)	Bonus Free Lunch: 12 - 1 pm GMT Course: 1-4:45 GMT (7th & 8th) 1-4:15 GMT (9 th)	Banff Park Lodge, Banff (unlike for 101, there is no on-line option for the Banff portion of 102)
Section 2 (6.5 hours)	Sunday May 26, 2024	8:00-12:15 PST 1:00-3:30 PST	Online (Participants on own for lunch = 45 min)
Section 3 (6.5 hours)	Sunday, June 30, 2024	8:00-12:15 PST 1:00-3:30 PST	Online (Participants on own for lunch = 45min)

REGISTER TODAY FOR the COMBINED 101 & 102 Package and SAVE \$200

<https://www.beyond-the-cycle-of-trauma.org/workshops-courses>

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.

Take advantage of BANFF PARK LODGE SPECIAL RATES for a Superior Rooms while they last! Call 403-760-3251 or toll-free 1-800-661-9266. Please quote the Block ID #646206 (under Beyond the Cycle of Trauma Institute)



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Continuing Professional Development
Faculty of Medicine

certified by UBC CPD for up to 23 Mainpro+® credits. Each physician should claim only those credits accrued through participation in the activity. **CFPC Session ID: 200003-001**

The Division of Continuing Professional Development, University of British Columbia Faculty of Medicine (UBC CPD) is fully accredited by the Continuing Medical Education Accreditation Committee (CACME) to provide CPD credits for physicians. This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by UBC CPD. You may claim a maximum of 23 hours (credits are automatically calculated). This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been

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
12:00-1:00 GMT April 7, 8, 9	Free Bonus LUNCH* PROVIDED for onsite attendees only	
12:45-12:58 April 7,8,9	REGISTRATION or SIGN IN at 10am at the Lynx Salon	
April 7 (Sunday) 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
April 8 (Monday) 1:00-4:45 pm GMT (with 15 min break)	Intro to working with shame Resource Building, sliced small	
April 9 (Tuesday) 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 Sunday May 26, 2024	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"> 1. Lead suitable patients through self-conferencing to decrease barriers to change 2. Define the term “phobia” as it pertains to trauma, and identify the significance of common trauma-rooted phobias 3. Practice safely guiding patients through imagery to enhance their internal resources 4. Identify the importance of embedding process-oriented approaches in mental or medical health treatment, and its use for decreasing compassion fatigue
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	Searching for the Forest among the Trees Process vs Content-oriented Approaches For shifting Trauma-Rooted Barriers & Clinician Compassion Fatigue	

Section 3 Sunday Jun 30, 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"> 1. List six key goalposts (apart from Trauma Reprocessing) to keep in mind when treating patients with dissociation or complex trauma. 2. Recognize the importance of “Developmental Needs Fulfillment” for reducing barriers to change, and practice techniques that can help this process 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.
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	