

BANFF & BEYOND 101:

FOUNDATIONAL TOOLS / SKILLS FOR HEALING-ALIGNED TRAUMA-INFORMED CARE

Agenda

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

This 28.5 hour course is divided into four sections as follows:

	Dates	Times	Location
Section 1 (Three 3hr sessions = 9 hrs)	Sun, Apr 7, 2024 Mon, Apr 8, 2024 Tues, Apr 9, 2024	8:45 to noon GMT (7:45 to 11am PST)	Banff Park Lodge, Banff (On-line option if you cannot attend in person) Note: The hot Breakfast for April 7,8,9 is a free bonus for registrants who attend in person only. It is not part of the registration fee. Menu cannot be altered (pork and shellfish free).
Section 2 (6.5 hours)	Sun, May 5, 2024	8:00-12:15 PST 1:00-3:30 PST	Online
Section 3 (6.5 hours)	Sun, Jun 2, 2024	8:00-12:15 PST 1:00-3:30 PST	Online
Section 4 (6.5 hours)	Sun, Jun 23, 2024	8:00-12:15 PST 1:00-3:30	Online

A basic requirement for healing from trauma is having enough experiences with others that are not just "trauma-informed", but also "healing-aligned" – in other words, able to support the type of neuroplasticity the brain needs to move towards new realizations of safety. Since many of the behaviours that we find most challenging actually have roots in traumatic experiences, healing-aligned care requires skills that are much more than just telling oneself to stay empathic.

Description of Program: This INTENSIVE is designed to give clinicians neurobiologically-based tools for enhancing care of individuals who have experienced psychological trauma, as well as tools to enhance the clinician's own resiliency and self-care. Emphasis will be placed on presenting the information in a practically useful manner, instead of just reviewing raw data. **REGISTER TODAY FOR the COMBINED 101 & 102 Package and SAVE \$200**

Accredited by UBC CPD



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 **28.5** 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 certified by UBC CPD for up to **28.5** Mainpro+® credits. Each physician should claim only those credits accrued through participation in the activity. **CFPC Session ID: 199777-001**

Participants who attend all sessions, participate in all 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 101" in the Institute's series).

Learning Objectives for the Banff & Beyond 101: By the end of this course, participants will be able to:

- Recognize four trauma-rooted brain-based sources of challenging behaviours that affect interpersonal interactions, lead to difficulties in healing, and perpetuate cycles of trauma.
- Implement ten neurobiologically supportive tools for improving patient care and self-care within potentially challenging situations.
- Apply two different assessment models to align choice of therapy for/response to the patient's current needs for healing past cycles of trauma.

Section 1 (3 mornings Banff Park Lodge. Times are in GMT)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Objectives For Section 1
7:30-8:30 GMT Apr 7,8,9	Bonus Free Breakfast* (for onsite attendees only)	
8:30-8:44 GMT	SIGN-IN (If attending by zoom, sign-in will be online) (Online sign-in and onsite registration closes at 8:44)	
April 7 8:45-12:00 GMT (with 15 min break)	Brain Facts and Physiology of Triggering in Relation to Trauma-informed Practice and Resiliency Introduction to Brain-Based approach for Trauma- Sensitive Responding	<ol style="list-style-type: none"> 1. Recognize symptoms and signs of triggering in self & others, and their physiological bases. 2. Practice at least three point-of-care tools/techniques for responding to triggering in ourselves or others. 3. Follow an Autonomic Nervous System-based Algorithm to help navigate difficult encounters 4. Recognize and reduce trauma-in-a-nutshell factors in clinical encounters.
April 8 8:45-12:00 GMT (with 15 min break)	Brain-based approach for trauma-sensitive responding to triggering in self and others – Continued “What’s Good for the Goose...” When what helps us may harm others ANS Tools	
April 9 8:45-12:00 GMT (with 15 min break)	Trauma-in-a-Nutshell How trauma is stored in the brain, part 1	

*Bonus Free Hot Breakfast is NOT part of the registration fee. The menu is set, and is pork/shellfish free, but no other dietary allowances will be made to this menu.

Section 2 Sunday May 5, 2024 (Times are in PST)	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	Brain-Based approach for Trauma-Sensitive Responding cont’d– The D’s of the ABSees of Dis-Ease Brain-basics of Intergenerational Trauma (& Resultant Strategies for Approach)	<ol style="list-style-type: none"> 1. Explain two brain-based mechanisms by which intergenerational trauma can become “stuck” into cycles. 2. Review two tools for integration into therapeutic practices utilizing brain-basics. 3. Read your emotional EKG as a tool for navigating past cycles of hurt.
10:00-10:15	Coffee Pause	
10:15-12:15	How trauma is stored in the brain – part 2 Imagery – Brain basics, and its use for healing	
12:15-13:00	LUNCH Pause	

Section 3 Sunday June 2, 2024	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	Health, House, Rock & Triple eS	<ol style="list-style-type: none"> 1. Recognize the Windows of Learning Model of Attachment, and how it can be used as a tool for medical and mental health practice. 2. Implement Triple eS and Rock concepts for enhanced trauma-sensitive patient care, especially during difficult encounters. 3. Acquire an expanded capacity to recognize the presence of dissociation in medical or psychiatric patients.
10:00-10:15	Coffee Pause	
10:15am-12:15pm PST	Windows of Learning	
12:15-1:00	LUNCH (Participants are on their own for lunch)	
1:00-3:30 pm PST	Dissociation: Going beyond the Dazed	

Section 4 Sunday June 23, 2024	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Objectives For Section 4
8:00-10:00 am PST	Using the HOUSE model to guide therapeutic approaches & Program building/recommendations	<ol style="list-style-type: none"> 1. Apply the HOUSE model to better define therapeutic approaches that may benefit patients in their healing 2. Explore patient cases to integrate tools reviewed in all four sections.
10:00-10:15 am	Coffee Pause	
10:15-12:15 pm PST	Trauma Therapy – Therapeutic approaches beyond CBT and Somatic Experiencing	
12:15-1:00 pm	LUNCH (Participants are on their own for lunch)	
1:00 – 3:30 pm PST	Tying things together –Continued case discussions and Tools 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 trauma 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, Surrey North Delta 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.

**Refund Policy: An administration fee of \$75 will be retained for refunds made prior to May 7, 2024.
After May 7, a \$350 administrative fee will be applied to refunds.**