



CENTRE DE RENOUVEAU  
**AULNEAU**  
RENEWAL CENTRE INC

THE GEORGE RAJOTTE  
AND FAMILY  
EDUCATION &  
TRAINING INSTITUTE

# The Aulneau Renewal Centre Presents: Certificates in Trauma Counselling for Front-Line Workers: Level 1

With *Natalie Zlodre, M.S.W., R.S.W.*

**March 5-7 & 19-21, 2012**

**Early Bird \$875**

**Aulneau Renewal Centre 228 Hamel Ave. Winnipeg, MB**

The Certificate in Trauma Counselling program is designed for experienced front-line workers (nurses, clergy, social workers, residential workers, addiction counselors) who provide short-term (non psychotherapy) counselling contact with vulnerable populations in community-based settings such as hospitals, schools, community health centres, battered women's shelters, addiction services, crisis phone lines, ACT teams and short-term mental health centres.

The Trauma issues experienced by clients/consumers may include: early childhood trauma (emotional/physical/sexual), violent crime (rape, domestic violence), work related trauma (assaults, sudden death, industrial accidents), motor vehicle accidents and chronic and terminal illness.

Participants will be given the most current information on the biopsychosocial phenomenon of trauma, and training in how to assess and respond ethically and appropriately to clients, given the parameters of the workplace. We will also examine how workers and organizations are affected by and respond to working with traumatized individuals and develop approaches to work that enhance personal and professional resilience.

### **Continuing Education Credits:**

Each participant will receive a certificate of participation which may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college or association.



Natalie Zlodre, M.S.W., R.S.W.

### **About the Presenter:**

**Natalie Zlodre, M.S.W., R.S.W.** Is a trauma specialist. She is the head of the Trauma and Resiliency Centre and Associate Director of Training at the Gail Appel Institute - a division of the Hincks-Dellcrest Centre. Her professional focus is in the area of: acute trauma, complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals in private practice and in agencies. She is a critical incident debriefer, where she provides trauma counselling and consultation to workplaces (homicide, suicide, industrial accidents, sudden death and violent crimes). Natalie has a private practice specializing in working with individuals who experience complex post-traumatic stress reactions often intertwined with disorganized attachment patterns.

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## **LEVEL 1 Certificate in trauma counselling for Front-Line workers**

### **Fundamentals of Trauma:**

#### **Key Stress Reactions and Interventions**

#### **The Fundamentals of Psychological Trauma**

##### **Identification:**

Participants will have a comprehensive examination of the biopsychosocial phenomenon of psychological trauma. With the use of videos of real and fictional individuals, participants will learn to identify and understand the range of reactions traumatized individuals may experience.

##### **Risk Factors**

Participants will learn risk factors that make individuals vulnerable to developing PTSD.

#### **Comprehensive overview of Treatment Approaches**

##### **Assessment**

The key to effective interventions of vulnerable clients is thorough assessments. Participants will learn key questions to ask clients in acute situations to assess and guide interventions. An overview of key assessment instruments (APTS, PTSD, dissociation, DID) used by specialized trauma clinics will be presented.

##### **Psychoeducation & Intervention**

Participants will learn psychoeducational information and clinical interventions that will assist clients in adaptive coping and overcoming the debilitating effects of: Sleep dysregulation,

affect dysregulation, hypo/hyperarousal, guilt, shame, blame, intrusive imagery, flashbacks and nightmare management.

#### **Resource and Treatments for Clients: Learning who to refer for what kind of treatment**

Participants will have an overview of effective Rapid PTSD Treatments.

#### **Facing the Pain**

Working with human suffering on a daily basis and being sensitive to the despair, frustration and fear embodied in our clients does have an impact on us as workers. In order to be effective in our work we need to be grounded, hopeful and focused. In this session we will discuss strategies for enhancing and maintaining our capacity to be conscious and resilient professionals.

#### **Course Prerequisites**

1. This course is designed for experienced front-line workers. The course pre-requisite is that participants have a minimum of 2 years of full-time employment working with vulnerable and or traumatized populations.
2. The program offers explicit video images of trauma reactions and frank discussion of treating clients with trauma presentations. If you are currently recovering from trauma (MVA, assault, stress leave) please be aware that some of the course material may exacerbate your symptoms. Please consider the timing and nature of this course and its impact on your healing process.

## **Aulneau Renewal Centre Presents: Certificate in Trauma Counselling For Front-Line Workers: Level 1**

**March 5-7 & 19-21, 2012  
Aulneau Renewal Centre  
228 Hamel Ave, Winnipeg, MB**

Registration Form

Mail / Fax registration to: Marie Hutchison

Aulneau Renewal Centre 228 Hamel Avenue, Winnipeg, MB R2H 0K6  
Telephone: (204) 987-7090 Fax: (204) 987-8880 E-mail: admin@aulneau.com

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Prov.: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone (H): \_\_\_\_\_ Phone (W): \_\_\_\_\_

E-mail: \_\_\_\_\_

**EARLY BIRD REGISTRATION: \$875** Please register by January 31, 2011

**REGULAR REGISTRATION: \$975** Please register by February 24, 2012

**TOTAL: \_\_\_\_\_** Please make cheque payable to (and send to):

**Receipt of payment will confirm registration.**

*Registration: 8:30 a.m. Conference begins at 9:00 a.m. Days end at 4:30 p.m. Beverage breaks provided. Lunch is not provided. All day parking is available on the streets surrounding the Aulneau Renewal Centre..*