

REGISTRATION FORM

Name: _____

Agency/Organization: _____

Address: _____

City: _____

Province: _____ Postal Code: _____

E-Mail: _____

Phone (h/c): _____

Phone (w): _____

Please note lunch is NOT included in this conference.

**Please consider registering online at www.aulneau.com
Online invoicing and payment available.*

CONFERENCE PRICING: (check one)

- Individual.....\$195.00/ea
- Earlybird*/Student**.....\$150.00/ea
- Group (3 or more).....\$150.00/ea
- Early Bird Group (10 or more).....\$100.00/ea
- Group (10 or more).....\$125.00/ea

* Earlybird price qualifies if received in full prior to January 31, 2016

** Student rate applies only to those currently enrolled in post-secondary education.

PAYMENT METHOD

- Cheque Invoice* Credit Card Cash

TOTAL: \$ _____

Card Number: _____

Expiry Date: _____

*Invoices will be emailed to email address provided above.
Please ensure your invoice reaches the appropriate person for remittance of payment*

- Would you like to be kept informed on further professional development opportunities by us?
- Would you like to be kept informed on fundraisers

Understanding Trauma at its Heart: A Day with Dr. Gabor Maté

PART 1 - Addiction, Trauma, & Brain Development: Working with Vulnerable Children & Youth

8:00 am - 9:00 am.....Registration & Continental Breakfast
9:15 am - 10:30 am.....Addiction, Trauma, Brain Development
10:30 am - 10:45 am.....Refreshment Break
10:15 am - 11:30 am.....Addiction, Trauma, Brain Development
11:30 am - 12:00 pmQ & A
12:00 pm - 1:15 pm.....Lunch, Book Signing & Networking

PART II - When The Body Says No: Preventing Caregiver Stress and Compassion Fatigue

1:15 am - 2:30 pm.....When the Body Says No
2:30 pm - 3:00 pm.....Q & A
3:00 pm - 3:15 pm.....Refreshment Break
3:15 pm - 4:00 pm.....Mindfulness-Based Stress Reduction



REGISTRATION INFORMATION

Cheques made out to the Aulneau Renewal Centre
228 Hamel Avenue, Winnipeg, MB R2H 0K6

Contact Dawn Isaac at disaac@marymound.com
Registration form may be faxed to 204-987-8880
To register online, visit www.aulneau.com

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Finding the good

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Understanding Trauma at its Heart:

A Day with Dr. Gabor Maté

March 6, 2017

Victoria Inn & Conference Centre
Centennial Ballroom
1808 Wellington Ave. Winnipeg, MB R3H 0G3



Understanding Trauma at its Heart: A Day with Dr. Gabor Maté

PART I: Addiction, Trauma, & Brain Development: Working with Vulnerable Children & Youth

"She is still a prisoner of her childhood; attempting to create a new life, she re-encounters the trauma."

-Judith Lewis Herman

Trauma can influence the way you perceive your surroundings and shapes your experiences in the world.

Childhood developmental disorders such as ADHD, ODD, and other mental health problems such as anxiety, depression, personality disorders, etc. can all be traced to either negative childhood experiences or the absence of sufficiently positive ones. Addiction and adult mental health issues also flow from the same source.

This presentation, based on the best-selling *Scattered Minds*, *Hold on To Your Kids*, and *In The Realm of Hungry Ghosts*, outlines the mental health implications of early childhood emotional loss, whether due to abuse and/or neglect, in the family or simply of stress on the parents, on the subsequent loss of attunement with the child.

The impact of the environment on brain development is discussed, along with ways of recognizing and helping to heal the negative consequences of early loss when working with vulnerable children and youth.

PART II: When The Body Says No: Preventing Caregiver Stress and Compassion Fatigue

"People are interconnected, and so their health is interconnected."

- Nicholas Christakis a lead Harvard researcher on interpersonal stress.

Caregiver stress has long been recognized as a source of illness. The psychological burdens of care giving can undermine immunity, disrupt the body's physiological milieu and can prepare the ground for illness. The inter-connections between people's emotional lives and their physiology are profound.

Working with traumatized and vulnerable populations is stressful at best, and can lead to secondary or vicarious trauma, especially when caregivers focus on others without practicing self-care. Compassion Fatigue has been described as "the cost of caring" and the symptoms are displays of chronic stress resulting from the care giving work we choose to do. These symptoms impact our emotional, psychological, and physiological functioning and can leave those working in care giving environments extremely vulnerable to developing mental and physical health conditions.

In this presentation Dr. Maté will identify strategies to prevent caregiver stress and compassion fatigue and achieve a healthier work/life balance to create greater self-awareness and self-compassion, which in turn are major tools in recovery and healing.

Objectives:

Participants will:

- Understand the linkage between childhood diagnoses, adult disorders, addictions and adverse childhood experiences.
- Understand the circumstances required for healthy human development and resilience across the life span.
- Understand the ties between complex trauma and the impact on children's physiological and cognitive, and emotional developmental.
- Understand mind-body unity to prevent and heal stress and trauma in your clients and yourself.



ABOUT Dr. Gabor Maté

A renowned speaker, and bestselling and award winning author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development. Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

For twelve years Dr. Maté worked in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver's Supervised Injection Site. With over 20 years of family practice and palliative care experience and extensive knowledge of the latest findings of leading-edge research, Dr. Maté is a sought-after speaker and teacher, regularly addressing health professionals, educators, and lay audiences throughout North America.

He is an adjunct professor in the Faculty of Criminology, Simon Fraser University.