Trauma Recovery Processing Guilt and Shame

OCT 19
9AM-4PM

To register, please send your cheque to:
AIS Inc. 720 Spadina Avenue, Suite 316, Toronto, ON, M5S2T9
Tickets $50.
SPACES ARE LIMITED PLEASE REGISTER EARLY

FRIENDS HOUSE, 60 LOWTHER AVENUE
TORONTO, ONTARIO M5R 1C7

Natalie Zlodre M.S.W., R.S.W. was Head of the Trauma and Resiliency Centre and Associate Director of Training at the Hincks-Dellcrest Centre. She is currently the Director of Community Resources and Initiatives, a trauma-informed consulting firm. Her professional focus is in the areas of: acute trauma, developmental/complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals and organizations. Her theoretical framework is trauma-informed and strength-based.

Natalie is an experienced training facilitator and has provided hundreds of presentations nationally and internationally. She is known for her direct and lively style and her ability to translate complex theories about traumatic responses into relevant practices for post-traumatic growth in vulnerable populations.

For decades, the therapeutic work of PTSD was to process fear, helplessness and horror. Recently the DSM has expanded the definition of PTSD to include guilt and shame. Evidence-based research indicates that unprocessed/unresolved guilt and shame are risk factors for developing and maintaining PTDS symptoms as well as compromising the healing process for clients with Complex PTSD and Developmental Trauma.

Participants will learn:

Understand the 7 types of Guilt

How to process conversations when the:

Client feels guilty but is not guilty

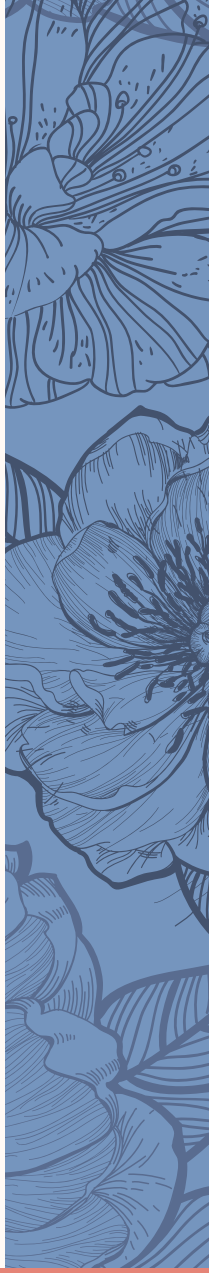
Client has a distorted view of their role in a negative experience

Client is guilty

Understand the 7 types of shame

How to process Passing Through Shame and a Shame-Prone Identity

How to pinpoint the source of a shame-prone identity and the 4 corresponding adaptations

The connection between dissociation and trhame

How to change shame-prone patterns