

Brain, Mind and Body: Trauma, Neurobiology and The Healing Relationship

Best Western Lamplighter Inn, 591 Wellington Road, London, ON

Friday April 28 & Saturday April 29, 2017

Day 1: Friday April 28 – Crystal Ballroom			
Session	Title	Presenter	Learning objectives
8:00 – 9:00	Registration		
9:00 – 9:15	Welcome from Schulich School of Medicine & Dentistry and Introduction Dr. Jeff Reiss , Dept. of Psychiatry Chair and Introduction - Dr. Ruth Lanius , Harris-Woodman Chair		
9:15 -10:15	“Synchrony, Attunement and Self-Regulation: the Neurobiology of Childhood Abuse & Neglect”	Dr. Bessel van der Kolk	<ol style="list-style-type: none"> 1. To review recent studies of the neuroscience of abuse and neglect and their effects on self-experience and self-regulation. 2. Examine the differential effects of traumatic events vs disorganized attachment. 3. Examine the specific therapeutic effects and limitations of techniques such as EMDR, neuro-feedback and sensory integration.
10:15 -11:15	“100 Years Since The Great War: What has the Canadian Armed Forces Learned About Trauma & Stress”–	Col. Rakesh Jetly	<ol style="list-style-type: none"> 1. Understand the historical perspective of trauma and stress in the Canadian Armed Forces. 2. Understand the current approaches used to mitigate the impact of trauma and stress on members of the military. 3. Understand the research priorities of the CAF.
11:15 - 11:45	Break		
11:45 –12:45	“Patients With Trauma Related Disorders”	Dr. Paul Frewen	<ol style="list-style-type: none"> 1. Differentiate trauma-related symptoms that are intrinsically dissociative in nature from those that are not. 2. Recognize the neural correlates of self-referential and other-referential processing and how each is affected by traumatic events especially when occurring early in life. 3. Recognize psychological and neuroscience-informed treatments for altered self-referential and other-referential processing in persons with trauma-related disorders.
12:45 - 1:45	Lunch		
1:45 – 2:45	"Heart, Soul, Community: Forgotten Dimensions of Trauma and Healing	Dr. Ed Tick	<ol style="list-style-type: none"> 1. Participants will be able to describe psycho-spiritual, cultural and ethical dimensions that traumatized individuals face and how they affect recovery. 2. Participants will understand both the conventional and holistic theories behind invisible wounds and how each effects treatment. 3. Participants will understand the contributions of both spirituality and community in healing trauma and their relations to body/mind healing.
2:45 – 3:45	“Coming Home to the Body: Healing the Body/Psyche/Soul Spirit Through Conscious Embodiment”	Dr. Tina Stromsted	<ol style="list-style-type: none"> 1. Identify the pioneering contributions to the understanding of the Body/Psyche/Soul relationship by C. G. Jung, Jungian Analyst Marion Woodman, and other Depth Psychologists and Somatics scholars. 2. Engage in the use of a conscious embodiment approach in accessing the somatic unconscious and the creative process within the context of the psychotherapeutic and/or healing relationship. 3. Understand how neuroscience and brain imaging support a body-oriented approach to healing trauma, including the integration of right/left hemispheric functions.
3:45 – 4:15	Break		
4:15 – 4:45	Panel Discussion		
4:45 – 5:00	Adjournment/Evaluation		

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Day 2: Saturday April 29 – Crystal Ballroom			
8:00 – 9:00	Breakfast/Registration		
9:00 – 9:15	Welcome Dr. Ruth Lanius, Harris-Woodman Chair		
9:15 – 10:15	"The Subconscious Brain, Mind, and Body: An Integrative Approach to Trauma Treatment"	Dr. Ruth Lanius	1. To understand the impact of subconsciously perceived threatening stimuli in traumatized individuals. 2. To understand the neural circuitry underlying subconsciously perceived threatening stimuli in traumatized individuals and the implications for treatment.
10:15 – 11:15	"Helping Clients Heal: Insights from Neurobiology"	Margaret Wilkinson	1. Demonstrate critical awareness of current neuroscientific theory and research and how knowledge of particular systems of connectivity informs our understanding of the whole mind-brain-body relationship. 2. Demonstrate understanding of how mother-baby interactions affect early brain development and how patterns in the mind formed from earliest experience affect mind-brain-body throughout life. 3. Reflect on and critically appraise the way in which these insights may inform our clinical practice.
11:15 – 11:45	Break		
11:45 – 12:45	"Neural and Behavioural Correlates of Autobiographical Memory and Social Cognition in Patients with Trauma-Related Disorders"	Dr. Margaret McKinnon	1. Identify differences between autobiographical memory and social cognition in individuals with and without trauma-related disorders. 2. Identify neural structures implicated in these differences. 3. Point towards promising new avenues of research in this area.
12:45 – 1:40	Lunch		
1:40 – 1:45	MOVE TO REGENCY ROOM		
1:45 – 2:45	"The Right Brain is Dominant in Psychotherapy: The Role of Creativity in the Treatment of Attachment Trauma"	Dr. Allan Schore	1. Current definitions of creativity common to a number of disciplines. 2. Recent studies on the role of the right brain in creativity processes. 3. An interpersonal neurobiological model of creativity within the psychotherapeutic context, in both patient and therapist.
2:45 – 3:15	Panel Discussion		
3:15 – 3:30	Adjournment/Evaluation		
3:30	Book signing		

Overall Learning Objectives:

1. To understand the effects of psychological trauma on brain, mind and body
2. To discuss evidence based and emerging novel treatment strategies for trauma-related disorders that target brain, mind and body.
3. To facilitate knowledge about the intergenerational transmission of trauma and how this relates to early intervention strategies.
4. To discuss the importance of attachment theory in relationship to symptoms of emotion dysregulation and development of the self.

This event 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 Continuing Professional Development, Schulich School of Medicine & Dentistry, Western University. (10.75 hours).

This Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Schulich School of Medicine & Dentistry for up to 10.75 Mainpro+ credits.

Each participant should claim only those hours of credit that he/she actually spent participating in the educational program.

This program has no commercial support.