



THE MIND-BODY CONNECTION

Core Principles of a Trauma-Informed Practice

Workshop Details: Two hour Zoom workshop

This workshop will provide participants with tools, knowledge and some expertise on how to understand trauma and its impact. In addition, participants will learn some tools to facilitate a healing

Topics Covered:

- Neurobiology of trauma
- Role of embodied emotion and mindfulness
- Triggers and the window of tolerance
- The role of lifestyle and healing, including 1-2 tools

Meet the Facilitators:

Alyson Quinn



Alyson has been an Adjunct professor at UBC's School of Social work for 7 years and will be teaching at UBC this year in the Department of Educational & Counselling Psychology. She has been a counsellor for 30 years specializing in group therapy, trauma therapy, and conflict resolution. She is a Clinical Counsellor with a Masters degree from the University of British Columbia and a Diploma in Conflict resolution from Royal Roads University. Alyson has taught students in a Trauma informed Counselling class, in a group work

class and also in an Integrative Seminar and has a great deal of experience as an individual and couples counsellor.

She is an author of 3 published books. Alyson's Pedagogy for an Integrative Practice is published in the text book *Holistic Engagement: Transformative Social Work education in the 21st Century*. Her text book *Experiential Unity theory and model: reclaiming your soul* published in 2012 is aligned with the principles of a Trauma Informed Practice. Alyson has taught her model at both International and Canadian conferences. Alyson was born in Zimbabwe and trained as a Social worker in South Africa. She launched her Social work career in London, England and then emigrated to Vancouver, Canada.

Her self-help book *Reclaim your soul your path to healing* published in 2014 also builds on Trauma informed principles. Her website is alysonquinnwrites.com.

Meet the Facilitators:

Suzanne Ferera



Suzanne Ferera is a registered Occupational Therapist with 25 years of experience in mental health and is trained as a certified Calmer, Easier, Happier parenting practitioner. Her private practice work takes her into both families' homes to help with children who have behavioural difficulties, and also into schools where she teaches classroom management. She has worked as a Family Counsellor for the Vancouver Family Preservation and Reunification services, working with families who are at risk. Learning about a trauma informed theory and practice has long been a passion of hers

and also her commitment to bringing a somatic oriented approach to her work with families. Her work is most often focused on the impact of triggers and how they impact relationships particularly parent/child relationships. Her work often involves facilitating increased awareness for parents around their own trauma triggers. This assists in contributing a deeper understanding to their interactions with their children in order to avoid reactivity and maintain a close relationship. She helps parents, teachers and professionals who work with children explore ways of understanding and working with these triggers, using the Calmer, Easier, Happier, parenting and teaching strategies and trauma informed modalities.