



Integration of Brain & Body-Based Interventions in Trauma Treatment

With Dr. Ruth Lanius & OT Ellen Yack

April 19, 2021 Virtual

Hosted by
GEORGE HULL CENTRE FOR CHILDREN & FAMILIES
Changing the trajectory of children's mental health.

Do you work with children or adults who have complex symptoms related to developmental trauma?

Are you uncertain about what constitutes bottom-up (body-based) approaches and top-down (brain-based) approaches for the treatment of trauma?

Would you like to understand the science behind why integrating body and brain-based approaches is effective?

Are you interested in practical demonstrations of how to integrate these strategies?

The George Hull Centre Institute for Childhood Trauma & Attachment is pleased to invite you to join us on April 19th, 2021 for an extremely practical day of virtual learning. We will be demonstrating the combination of top-down and bottom-up treatment approaches, targeting manipulation of sensory and motor experience to help regulate higher cognitive functions, including emotion regulation, cognition, and theory of mind.



Traumatized individuals frequently feel estranged from their internal and external world and often do not know where their body is in space; leaving them feeling clumsy, uncoordinated, and unable to engage in purposeful action/agency. How can we combat such foundational difficulties and facilitate the transformation into an embodied, active person who is capable of connecting with others through curiosity, language, and play?

At this one-day conference, we bring together Dr. Ruth Lanius, MD, PhD, a psychiatrist and internationally renowned expert in post-traumatic stress disorder (PTSD), and Ellen Yack, M.Ed, OT Reg., an occupational therapist with 40 years' experience and a leader in her field working with children and adults who experience sensory processing differences.

Participants will have access to a recording of the Conference until May 19th.

Rates

Earlybird \$99 *(before March 31)

Regular \$125*

Student \$80*

*Plus Eventbrite fee

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Ruth Lanius, MD, PhD, Professor of Psychiatry is the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program, services that specialized in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. She currently holds the Harris-Woodman Chair in Mind-Body Medicine at the Schulich School of Medicine & Dentistry at the University of Western Ontario. Her research interests focus on studying the neurobiology of PTSD and treatment outcome research examining various pharmacological and psychotherapeutic methods. She has authored more than 150 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. She is the recipient of the 2019 Banting Award for Military Health Research. She regularly lectures on the topic of PTSD nationally and internationally. She has recently published a book *Healing the traumatized self: consciousness, neuroscience, treatment* with Paul Frewen.



Ellen Yack, M.Ed., B.Sc., O.T. OT Reg. (Ont.) is the Director of Ellen Yack and Associates and Paediatric Therapy Services, a Toronto agency providing occupational therapy and psychotherapy services to children, adolescents and their families. She specializes in treating multiple disorders including sensory processing, autism, developmental trauma and self regulation among others. She provides consultation and assessments for numerous children's mental health and child welfare agencies, schools, and autism services, including developing recommendations for children with sensory and self-regulation challenges related to trauma. Ellen conducts a variety of workshops across Canada. She co-authored the book *Building Bridges through Sensory Integration: Occupational Therapy for Children with Autism and other Pervasive Developmental Disorders* and contributed to *Children, Youth and Adults with Asperger Syndrome* and *Auditory-Verbal Therapy for Young Children with Hearing Loss and their Families, and Practitioners who Guide Them*.

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