

On the Journey to Healing: A training series for treating trauma



This training series is for therapists to build their competency in providing trauma therapy.

From this series you will gain:

- ✓ Strategies for creating safety for the therapeutic process.
- ✓ Ability to identify the neural physiological signs of trauma in clients.
- ✓ Understanding of the phases of trauma and how that applies to treatment.
- ✓ Strategies for working with clients who have a dissociative disorder.
- ✓ Understanding of flashbacks and how to use them in the therapeutic process.
- ✓ Strategies for staying healthy and avoiding compassion fatigue. t session.

This series will include pre-conference reading, which will be sent just prior to the first session.

See speaker profiles on next page

Session 1 – Monday, May 8, 2023

On stable ground (1:00 – 2:30) Jonathan and Vicki

Ideally, trauma therapy starts with the establishment of stable ground for the client to feel safe as they begin their journey. This session will deal with establishing safety through setting clear boundaries and the first steps in developing a therapeutic alliance. We will also begin the conversation about neural physiological signs of trauma and the phases of traumato lay the ground for trauma treatment.

Toward connection (2:45 – 4:00) Susan

Dissociation is a natural reaction to trauma, that can range from mild, episodic dissociation to a pervasive and lifelong coping strategy. This session will focus on how to support client's re-connection to self, through the story of one client's journey.

Session 2 – Monday, May 15, 2023

In harmony with flashbacks (1:00 – 2:30)

Jonathan and Vicki

Visual, somatic, and emotional flashbacks are typically frightening for the client and sometimes the therapists. This session will provide a deeper understanding of flashbacks and how clients and therapists can use them to support their journey, as they journey through the different phases of trauma.

Beyond talk therapy (2:45 – 4:00)

Jonathan and Vicki

While there are commonalities in the journey, trauma therapy requires customized interventions to meet the diverse needs of clients and within the context of the phases of trauma. This session will focus on the role of client centred and creative approaches to support the journey. There will be a specific emphasis on grounding and emotional release.

Session 3 – Monday, May 29, 2023

At each point (1:00 – 2:15)

Jonathan and Vicki

To support a safe journey for clients it is important to be aware of the phases of trauma in the context of moving towards closure. Treatment plans must be mindful of these phases as well as the limitations of service. This session will explore how to set limits, supporting clients with continuing their journey, and ensuring safe endings. In this session we will engage in an exercise to apply the learning to a scenario.

About me (2:30 – 4:00) Valerie

Through personal story telling, this session will explore how compassion fatigue snuck up on the life of a therapist. It will offer information and strategies that participants can use to reflect on how they are doing and begin to explore what is needed to continue to be healthy while working in the field.

Session 4 – Monday, June 19, 2023

From Stuck to Unstuck (1:00 – 2:15)

Vicki, Jonathan, and Susan

In this facilitated discussion session participants will have the opportunity to bring situations that challenged them. We will do an in depth exploration of two different situations. In breakout sessions the group will explore approaches to getting unstuck and report back to the larger group.

Upon Reflection (2:30 – 3:30)

Vicki, Jonathan, and Susan

In this session participants will have the opportunity to bring questions, concerns and successes following a period of practicing their new knowledge of trauma treatment. This will also be an opportunity to discuss ongoing learning in the field of trauma treatment. This will be a facilitated full group open discussion session.

Speaker Profile

Susan Somogyi Wells MSW, RSW, MBA



Currently, Susan is the chief executive officer of Family Service Ontario. As a therapist, Susan specialized in trauma, working in various settings with men, women and children who experienced trauma. The majority of her practice focused on survivors of childhood sexual abuse.

Through this work Susan was honoured to be part of the healing journey for various individuals with dissociative disorders, including a 10 year journey with a client diagnosed with Dissociative Identity Disorder.

Valerie Spironello, MSW, RSW



Valerie has worked in a variety of settings including wellness counselling, health care, palliative care, intimate partner violence and child welfare. She is also an assistant professor at McMaster University.

Valerie has completed training in recognizing and responding to compassion/empathy fatigue through Tend Academy. She is an experienced mindfulness teacher having studied/trained in various modalities. She continues to explore ways to bring mindfulness into her practice.

Jonathan Schmidt, MSc RP RMFT-SM CCFT



Jonathan is the Clinical Manager at Family Services Ottawa. He holds a Master's in couple and family therapy. He is also a clinical fellow and approved supervisor with the American Association for Marriage and Family Therapy,

a Registered Marriage and Family Therapist-Supervisor Mentor with the Canadian Association for Marriage and Family Therapy, and a Certified Couple & Family Therapist. Jonathan practices from from systemic, collaborative, anti-oppressive and trauma-informed perspectives.

Vicki Hartman, MSW



Vicki has had the privilege of working alongside children, youth, and families throughout the past eight years in various roles. She has developed a passion for supporting people who have experienced trauma through creative and non-traditional approaches.

Vicki pays close attention to ensuring the safety of clients in therapy, building a strong therapeutic alliance; two pillars she believes are foundational to trauma work. Vicki holds a master of arts in narrative therapy. Currently, she is the Manager of Counselling at Willowbridge Community Services.

A certificate of completion will be provided for proof of participation, which can be used for a learning activity in your professional portfolio, as required by the College of Registered Psychotherapists Ontario and the Ontario College of Social Workers and Social Service Workers.

Space in limited

Register Early!

\$160.00 for series

\$ 50.00 per session

TO REGISTER CLICK HERE.

