

# PROGRAM DESCRIPTION

DAY I: MONDAY JUNE 11, 2012

## TRUTH TELLING: THE CASE STATEMENT FOR MALE-CENTRED TRAUMA THERAPY

**TRAINERS:** Rick Goodwin, MSW, RSW & Monica Forst, M.Ed., CCC, ICADC

*Truth Telling* will explore both the conceptual and practice implications of a male-centred approach to trauma therapy. Examining many of the concepts imbedded in the new psychology of masculinity, this session will allow for a necessary conversation of what constitutes the critical intersection between male socialization and psychotherapy with men. This is essential learning in taking on work with male survivors, and is vital to ensure trauma treatment services have integrity and relevance in speaking to the reality of men's lives.

DAY II: TUESDAY JUNE 12, 2012

## EXPERIENTIAL METHODS FOR TRAUMA THERAPISTS

**TRAINERS:** Monica Forst, M.Ed., CCC, ICADC & Roy Salole, MBBS, CTA

*Experiential Methods for Trauma Therapists* is a hands-on training that focuses on three core experiential therapy skills for trauma therapists: The Containing Double, The Observing Ego, and Roles of Restoration. These essential skills have evolved from the Therapeutic Spiral Model approach to trauma therapy (see Kate Hudgins, 2002). Like all good approaches to experiential therapy, participants will not only be taught these techniques, but will have ample opportunity to practice them under the supervision of two of Ottawa's best trauma therapists. Be prepared to roll up your sleeves!

DAY III: WEDNESDAY JUNE 13, 2011

## THE NEUROBIOLOGY OF TRAUMA

**TRAINER:** David Lisak, Ph.D.

*The Neurobiology of Trauma* will review recent advances in our understanding of the neurobiology of trauma - how trauma alters the brain, and in so doing alters experience and memory. It will then focus on the many implications this has for understanding post-traumatic experience and symptoms, and for working with survivors of trauma.

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## CANCELLATION POLICY

Cancellations made 10 business days prior to the session date will be fully refunded minus a 25% administration fee. Within 10 days of the session, there will be no refund. However, registrations can be transferred to a colleague. Please let us know if you transfer your registration, so that we can update our records for the session(s).

DAY IV: THURSDAY JUNE 14, 2011

## NEUROSCIENCE, MINDFULNESS & YOGA FOR TRANSFORMING TRAUMA

**TRAINER:** Jim Hopper, Ph.D.

Participants of *Neuroscience, Mindfulness & Yoga for Transforming Trauma* will learn brain-based fundamentals of trauma theory; key parallels between neuroscience and Buddhist psychology regarding trauma and addiction; Buddhist practices such as mindfulness and loving-kindness meditations and how these may transform the brain; and a sampling of trauma-sensitive meditation practices and skills for use in clinical practice. Presentation slides will be provided to participants, as will clinically useful assessment tools and supporting documentation.

DAY V: FRIDAY JUNE 17, 2011

## SEX STUFF: DYSREGULATED SEXUAL BEHAVIOUR & INTERVENTION & MORE

**TRAINERS:** Ray Robertson, MSW, RSW & Rick Goodwin, MSW, RSW

Inevitably, the wounds of many male survivors permeate into their sexual and intimate lives. Sexuality issues abound: sexual compulsions, sexual identity confusion, sexual risk taking, sexual anorexia, infidelity, homophobia, fears of intimacy – and the list goes on. Given the weight of shame, these issues are generally not self-identified by survivors. It requires knowledgeable, sensitive and strategic interventions to bring these forward.

The training will have a particular focus on understanding and engaging with dysregulated sexual behaviour. Amid the hype and media coverage of high profile celebrity cases, the “sex addiction” approach to conceptualizing poorly regulated sexual behaviour is often presented uncritically as the treatment modality of choice. This training will critically examine the assumptions and limitations of the sex addiction model in treating dysregulated sexual behaviour, as well as utilize clinical material to explore constructive treatment options grounded in the basics of psychotherapy.

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## TRAINERS

**Monica Forst** (M.Ed., CCC, ICADC) is a seasoned professional with specific training in psychodrama and transactional analysis in the treatment of childhood trauma and addictions.

**Rick Goodwin** (MSW, RSW) is both the co-founder and Executive Director of The Men's Project, as well as co-author of: *Men & Healing: Theory, Research, and Practice in Working with Male Survivors of Childhood Sexual Abuse* (2009: Cornwall Public Inquiry/Province of Ontario).

**Jim Hopper** (Ph.D.) is a clinician and researcher associated with Harvard Medical School and the Cambridge Health Alliance ([www.jimhopper.com](http://www.jimhopper.com)).

**David Lisak** (Ph.D.) is a researcher on male sexual trauma as well as a forensic consultant with the US Military ([www.1in6.org/about-1in6/board-of-directors](http://www.1in6.org/about-1in6/board-of-directors)).

**Ray Roberston** (MSW, RSW) the only male registered sex therapist in the Ottawa area, focusing on problematic sexual behaviour, sexual dysfunctions, relationship difficulties and sleep issues.

**Dr. Roy Salole** (MBBS, CTA) is a Physician and Certified Transactional Analyst and has been the Clinical Supervisor for The Men's Project since 2002.

## REGISTRATION INFORMATION

Select which day(s) you will be attending:

- DAY I: Monday, June 11, 2012 – TRUTH TELLING: MALE-CENTERED THERAPY
- DAY II: Tuesday, June 12, 2012 – EXPERIENTIAL METHODS FOR TRAUMA THERAPISTS
- DAY III: Wednesday, June 13, 2012 – THE NEUROBIOLOGY OF TRAUMA
- DAY IV: Thursday, June 14, 2012 – NEUROSCIENCE, MINDFULNESS & YOGA
- DAY V: Friday, June 15, 2012 – DYSREGULATED SEXUAL BEHAVIOUR & INTERVENTION

### RATES

The Early Bird Rate applies to registrations received until 5:00 p.m. on Tuesday, May 15th 2012. The Regular Rate will apply to registrations received after this date.

Select which rate applies based on your selection(s) above	<b>Early Bird Rate</b>	<b>Regular Rate</b>
<input type="checkbox"/> One day .....	<input type="checkbox"/> \$200 .....	<input type="checkbox"/> \$225
<input type="checkbox"/> Two days .....	<input type="checkbox"/> \$350 .....	<input type="checkbox"/> \$400
<input type="checkbox"/> Three days .....	<input type="checkbox"/> \$450 .....	<input type="checkbox"/> \$525
<input type="checkbox"/> Four days .....	<input type="checkbox"/> \$525 .....	<input type="checkbox"/> \$600
<input type="checkbox"/> Five days .....	<input type="checkbox"/> \$600 .....	<input type="checkbox"/> \$650

*Fees include refreshment breaks and all materials. Our training services are HST exempt. Contact us to enquire about group discounts, or for any other questions (613) 230-6179. A confirmation of your participation will be sent to the coordinates below.*

PLEASE FILL IN ONE FORM PER PARTICIPANT - PLEASE PRINT

First and Last Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
(include postal code): \_\_\_\_\_

Email Address: \_\_\_\_\_

Telephone No.: \_\_\_\_\_

Fax No.: \_\_\_\_\_

**[ ] I have food considerations/restrictions: please contact me.**

I will pay by: (cheques payable to: The Men's Project)

- cheque: cheque is enclosed and sent by mail
- cash: drop by 180 Argyle Avenue, Suite 321, Ottawa
- debit: drop by 180 Argyle Avenue, Suite 321, Ottawa
- credit card - fill in information below and mail/fax

**TOTAL AMOUNT OWING \$** \_\_\_\_\_

I authorize The Men's Project to charge my credit card for the amount indicated above / I am authorized to sign the organization card:

Signature \_\_\_\_\_

Type of credit card (circle one, please):  
 VISA                      MASTERCARD                      AMEX

Name on card: \_\_\_\_\_

Credit Card No.: \_\_\_\_\_

Expiry Date: \_\_\_\_\_/\_\_\_\_\_

## SUMMER INSTITUTE ON MEN, TRAUMA AND CHANGE

JUNE 11 TO 15, 2012  
OTTAWA, ONTARIO, CANADA



CANADA'S NATIONAL TRAINING PROGRAM FOR SERVICE PROVIDERS WHO  
WORK WITH MALE SURVIVORS OF SEXUAL TRAUMA

IN PARTNERSHIP WITH



**TRAINERS:**

MONICA FORST, M.Ed., CCC, ICADC  
 RICK GOODWIN, MSW, RSW  
 JIM HOPPER, Ph.D.  
 DAVID LISAK, Ph.D.  
 RAY ROBERTSON, MSW, RSW  
 ROY SALOLE, MBBS, CTA

**TRAINING LOCATION:**

THE TAGGART FAMILY YMCA-YWCA  
 ROOM 526, 180 ARGYLE AVENUE  
 OTTAWA, ONTARIO



*Helping men and their families build better lives...*

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