

## SAVE THE DATE!

### Psycho-Sensory Intervention:

Informed and Integrated Mental Health Support Strategies for the treatment of Trauma

November 22-23, 2019

Calgary, AB

Presented by: Kim Barthel OTR



#### About the Speaker

Kim Barthel, OTR is a world-renowned occupational therapist (OT) and teacher, actively supporting multi-disciplinary function and healing in many cultures. A pioneer in reinforcing the importance of relationship, she is known for blending cutting-edge developments in neuroscience with the art of compassionate inquiry. With 30+ years as an OT, her special interests include complex behaviour, autism, mental health, trauma-informed practice, sensory processing, developmental disability and attachment. Kim's mission is to support the conscious evolution of the human spirit. See [www.kimbarthel.ca](http://www.kimbarthel.ca), Facebook 'Kimberly Barthel' or Twitter @kimbarthelOTR.

#### Course Description

This two-day workshop by Kim Barthel will provide an integrated theoretical connection about the neurological interplay between attachment, developmental trauma and sensory processing issues. Participants will develop an understanding of the use of relational attunement as a regulatory influence that supports and stabilizes the arousal and sensory processing systems. This workshop will uniquely blend the integration of attunement skills with sensory processing intervention. Therapists will learn how to put these two distinct therapeutic approaches together as a mechanism for the development of self-regulation and mental health function. A combination of theory and practical trauma interventions will emphasize compassionate dialoguing skills, sensory strategies, postural control and movement techniques together with attachment theory and therapeutic relational process work. Learning will be facilitated through lecture, storytelling, group problem-solving from case examples, role plays and active reflection.

#### Course Objectives

Participants will be able to:

- Explain how attachment strategies are functionally adaptive in relation to developmental trauma
- Discuss how the use of relational attunement skills and therapeutic use of self can stabilize arousal and support sensory processing issues
- Develop a repertoire of sensory processing strategies for the treatment of trauma
- Understand how trauma impacts postural control
- Learn to provide treatment intervention to the postural and movement system to affect change in the emotional responses to trauma (treating trauma through the body)
- Begin to integrate a relational process approach within a sensory motor context

Registration begins: July 29, 2019

Cost: \$425 Early Bird Rate \$475 Regular Rate

Registration form to follow