

# Psycho-Sensory Intervention:

INFORMED AND INTEGRATED MENTAL HEALTH SUPPORT 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 spectrum disorder, 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

## WORKSHOP 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.

## WORKSHOP 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

## INTENDED AUDIENCE

Clinicians (Occupational Therapists, Physiotherapists, Speech Language Pathologists, Psychologists, Social Workers), School Administrators, Teachers, Special Education Teachers, Educational Assistants, Pediatricians and Parents/Caregivers.

## LOCATION

The Winston Golf Club  
2502 6 Street NE, Calgary, Alberta, T2E 3Z3  
Phone: 403-984-1700 Free parking on site

## TUITION AND REGISTRATION DEADLINE

Early Bird Rate: \$425 by October 4, 2019.  
Regular Rate: \$475 by November 1, 2019.  
Includes coffee, tea and catered lunch. Handouts will be emailed.

## REGISTRATION PROCEDURE

Registration begins: July 29, 2019  
1) Mail registration form and payment to:  
OT4LIFE Calgary, 1421 41 ST SW, Calgary, AB, T3C 1X7 OR  
2) Scan and email registration form to: ot4lifecalgary@gmail.com  
(with payment via cheque or e-transfer to follow immediately)

Registration is first come, first serve. Registration confirmation and receipts will be emailed within two weeks of receiving registration and payment. Payment is required to reserve your spot.

## METHOD OF PAYMENT

1) Cheque: Please make cheque payable to: "OT4LIFE Calgary".  
Post-dated cheques are accepted (dated up to November 1, 2019).  
NSF cheques are subject to a \$50 fee.  
2) Interac e-Transfer: Email to ot4lifecalgary@gmail.com

## REFUND AND CANCELLATION POLICY

Receive a full refund minus a \$75 processing fee before November 1, 2019. No refunds will be given after the registration deadline November 1, 2019. Workshop may be cancelled due to unforeseen circumstances or if sufficient enrollment is not reached by registration deadline. Upon cancellation, a full refund would be provided. In no event shall "OT4LIFE Calgary" be responsible for any costs, losses, damages or liabilities related to this workshop.

**REGISTRATION FORM "Psycho-Sensory Processing Intervention: Informed and Integrated Mental Health Support for the Treatment of Trauma"**  
November 22-23, 2019

**Presented by Kim Barthel OTR**  
Calgary, AB

## Personal Information (please print clearly)

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Employer: \_\_\_\_\_

Profession: \_\_\_\_\_

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

Phone number: \_\_\_\_\_

Food allergies or special requests: \_\_\_\_\_

Signature: \_\_\_\_\_

## WORKSHOP AGENDA

**November 22-23, 2019**

### Day 1:

8:00-8:30 Registration  
8:30-10:15 Attachment strategies as functional adaptation to danger  
10:30-12:00 The art of regulation through relationship: lecture and video  
12:00-1:00 Lunch (provided)  
1:00-4:30 The interconnection between trauma, arousal and sensory processing

### Day 2:

8:30-10:15 Sensory Processing as treatment of trauma  
10:30-12:00 How trauma is exhibited in the postural system  
12:00-1:00 Lunch (provided)  
1:00-2:30 Treating trauma through movement and posture  
2:45-4:30 Compassionate dialoguing in the sensory environment

Please select rate and method of payment:

\$425 Early Bird Rate until October 4, 2019  
 \$475 Regular Rate until November 1, 2019

Cheque  
 Interac E-transfer

Hosted by: OT4LIFE CALGARY

For more information contact: ot4lifecalgary@gmail.com