

The Medical Clinic *for* Person Centred Psychotherapy
www.medicalpsychclinic.org

Trauma Therapy Series Thursday Evening Event

November 11th, 18th and 25th 2010

7:30 PM to 8:45 PM

200 Sheppard Avenue East, 2nd Floor, Toronto, Ontario

You are invited to this interactive, small group learning and peer mentoring opportunity

Presenter: Dr. Harry Zeit

Topic: Trauma Therapy: An introduction to the neuroscience of trauma, and to therapy models and tools that work.

Description: This will be a chance to review new findings in the field of trauma, in a small group setting. You will practice and incorporate new technical skills which can help you to better sequence your therapy sessions, and to deal with symptoms so common in sufferers of PTSD, bipolar disorders, dissociative disorders and borderline personality disorder. You will learn to identify and work with low and high states of arousal, where integration is impossible, as well as methods to handle emotional triggering and intrusive symptoms.

In addition, you will learn to identify where defensive responses have been lost, and how to reinstate them, providing the ability for patients to recover a sense of safety and of boundaries in their lives.

We will have an opportunity to review and practice somatic interventions that can be incorporated into any talk therapy model, including CBT and psychodynamic psychotherapy.

You will realize how ubiquitous the symptoms of prior traumatization are in your patient population, with the additional benefit of acquiring the necessary skills to approach these disabling symptoms which often sidetrack or block progress in psychotherapy.

Please join us for an informal, interactive, sharing of ideas concerning practical psychotherapeutic practice. These sessions will lead by a “peer” (or sometimes by a recognized expert). We will view a real (or simulated) therapist/patient session and then discuss both the session and the theory.

The Medical Clinic is subsidizing these sessions. Nevertheless a small fee for the entire series is being asked for from participants.

For more information, please call Dr. Michael Paré at 416-229-2399 x 120 or by email at michaelpare@rogers.com.

Harry Zeit graduated from the University of Toronto Medical School in 1982. He practiced until 2005 as an American Board certified emergency physician, and was active in the Canadian Association of Emergency Physicians. He now has a private practice in general psychotherapy, with a special interest in trauma, and newer integrated psychotherapy models. He is a graduate of Sensorimotor Psychotherapy Institute’s training level one (trauma) and level two (attachment and development).