

## Traumatic Stress, Trauma-Informed Care and Clinician Wellbeing



Harry Zeit MD currently works full-time practicing trauma therapy and psychotherapy. He is certified in sensorimotor psychotherapy, completing the final level of training in 2013. Previously, he worked as an American board-certified emergency physician in Cambridge and Toronto, Ontario, between 1983 and 2005.

Dr. Zeit is an advocate for trauma-informed and humane medical and mental health care. He is passionate about teaching and about cultivating the healing potential of traditional modalities integrated with newer somatic and neuroscience informed models.

You can find out more about Dr. Zeit and his work at [www.harryzeitmd.com](http://www.harryzeitmd.com).

### Approved for 2 hours of MDPAC Group CE credits

Learning Objectives:

1. Describe the subcortical and stress neurobiology associated with trauma and the symptoms and consequences of undischarged traumatic stress.
2. Define Trauma-Informed Care (TIC) and its basic principles.
3. Recognize signs and symptoms of trauma in patients.
4. Discuss how physicians can adjust their everyday practices to better serve patients with a history of trauma, including the importance of rapport and relationship building in TIC.
5. Examine how over-activation of stress physiology contributes to endemic burnout in health care providers and list three practices to identify and release episodic stress responses.

**Location:** OMA Offices, 150 Bloor Street West, Suite 900, Toronto, ON

**Date:** Tuesday, November 19<sup>th</sup> 2019

**Schedule:** 7:30-9:30 PM

**Who is Invited:** Physicians, Residents and Medical Students

**Registration:** Hosted by the OMA Section on Primary Care Mental Health

*How to register:* <https://www.eventbrite.com/e/76481136137>

*How to get more information:* [pcmhsection@gmail.com](mailto:pcmhsection@gmail.com)

**Limited space, Register early**