

Healing Past the Cycle of Trauma 101

Program Agenda & Description

Accredited by UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT
FACULTY OF MEDICINE

The Division of Continuing Professional Development, University of British Columbia Faculty of Medicine (UBC CPD) is fully accredited by the Continuing Medical Education Accreditation Committee (CACME) to provide CPD credits for physicians. This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by UBC CPD. You may claim a maximum of 24.0 hours (credits are automatically calculated). This one-credit-per-hour

Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by UBC CPD for up to 24.0 Mainpro+® credits. Each physician should claim only those credits accrued through participation in the activity.

Location: Zoom

Dates: See AGENDA below.

Start Date: Friday April 14, 2023

End Date: Friday July 21, 2023

Delivered in 12 different sessions, each starting at 11 am, Pacific Standard Time

REGISTRATION LINK: <https://www.beyond-the-cycle-of-trauma.org/workshops-courses/healing-past-the-cycle-of-trauma-101-for-physicians>

Our health care system will likely never be able to afford funding for enough advanced trauma therapy for all our patients who could benefit from it. Nevertheless, healthcare providers can accomplish much if enough of us develop the skills to recognize and effectively respond to common trauma-rooted behaviours, even the ones we might find frustrating or draining.

Description of Program: This four-part series is made of 12 separate sessions. It is designed to give clinicians neurobiologically-based tools for enhancing care of individuals who have experienced psychological trauma, as well as tools for our own self-care and resiliency. What individuals need to heal from ACEs and trauma will be explored by examining the effects of attachment trauma on the brain. Emphasis will be placed on presenting the information in a practical and useful manner, instead of just reviewing raw data. Each session will be built upon previous sessions in a spiral format to enhance depth of understanding, and to improve capacity to use new skills. In addition, emphasis will be placed on material that can be usefully applied to any form of therapy we may use with patients, or any form of medicine that we may practice.

Presenter: Dr. Erika Cheng

Learning Objectives: By the end of this course, participants will be able to:

1. Recognize four trauma-rooted brain-based sources of challenging behaviours that affect interpersonal interactions, lead to difficulties in healing, and perpetuate cycles of trauma.
2. Generate neurobiologically supportive, healing-aligned responses to trauma-rooted challenging behaviours and interactions based upon objective data obtained during the behaviour/interactions.
3. Implement ten tools for improving patient care and self-care within potentially challenging situations.
4. Apply two different assessment models to align choice of therapy for/response to the patient's (family's) current needs for healing past cycles of trauma.

*Certificates of Attendance will be issued for the number of hours attended. Participation in breakout activities is optional but highly recommended for learning. Registrants who attend all 24 hours of sessions, participate in breakout activities and satisfactorily submit the simple self-reflective assignments will also receive a Certificate of Completion from **Beyond the Cycle of Trauma Institute** for the course "HCPT 101 - INTENSIVE".*

Register soon as SPACE IS LIMITED. For further inquiries regarding this course, contact us at info@beyond-the-cycle-of-trauma.org

Agenda:

Part 1 Sessions 1,2 &3 (Total = 6 hours)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Learning Objectives For Part 1
Friday April 14 11:00 am – 1:00 pm Pacific Standard Time (2 hours)	Brain Facts and Physiology of Triggering in Relation to Trauma-informed Practice and Resiliency Introduction to Brain-Based approach for Trauma-Sensitive Responding	<ol style="list-style-type: none"> 1. Recognize symptoms and signs of triggering in self and others. 2. Practice a three-step point-of-care brain-based techniques for trauma-sensitive responding to triggering in ourselves or others 3. Follow an Autonomic Nervous System-based differential diagnosis to help guide next steps during a difficult interaction.
Friday April 21 11:00 am – 12:45 pm Pacific Standard Time (1 hour 45 min)	Brain-based approach for trauma-sensitive responding to triggering in self and others - Continued “What’s Good for the Goose...” When what helps us may harm others	
Friday April 28 11:00 am – 1:15 pm Pacific Standard Time (2 hours 15 min)	The Autonomic Nervous System – trigger and tools	

Part 2 Sessions 4,5,6 (Total = 6 hours)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Part 2 Learning Objectives
Friday May 12 11:00 am -1:00 pm Pacific Standard Time (2 hours)	Brain-Based approach for Trauma-Sensitive Responding – The D’s of the ABSees of Dis-Ease Enhancing assessment of trauma-rooted patient- responses More brain-based reasons why intergenerational trauma often perpetuates	<ol style="list-style-type: none"> 1. Explain two brain-based mechanisms by which intergenerational trauma can become “stuck” into cycles. 2. Apply neurobiologically-friendly approaches to improving patient care and to navigating difficult encounters. 3. Assess for and mitigate against the three main factors that create psychological trauma (Trauma-in-a-Nutshell) to decrease risk of triggering or re-traumatization.
Friday May 19 11:00 am – 12:45 pm Pacific Standard Time (1 hour 45 min)	Psychological Factors Creating a Traumatic Experience (TIN): Detection and Mitigation Building Co-regulation skills	
Friday May 26 11:00 am – 12:45 pm Pacific Standard Time (2 hours 15 min)	More Brain Rules, and effect on health, health & psychoeducation, and compliance Using TIN and Brain Rules for enhancing Trauma-Sensitive responding	

Part 3 Sessions 7,8,9 (Total = 6 hours of Learning)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Part 3 Learning Objectives
Friday June 9, 2023 11:00 am -1:00 pm Pacific Standard Time (2 hours)	Brain-Based Trauma-Sensitive Responding, continued: The E's and F's of the ABSees of Dis-Ease	<ol style="list-style-type: none"> 1. Read an Emotional ECG as a tool for triggering or frustrating situations 2. Recognize the Windows of Learning Model of Attachment, and how it can be used as a tool for medical and mental health practice. 3. Define Triple eS and how it can be used as a tool to enhance trauma-sensitive patient care, even during difficult encounters
Friday June 16, 2023 11:00 am – 12:45 pm Pacific Standard Time (1 hour 45 min)	Health and the House, the Rock, and the Triple eS	
Friday June 23, 2023 11:00 am – 1:15 pm Pacific Standard Time (2 hours 15 min)	Windows of Learning Integrating morning concepts into trauma-sensitive patient care	

Part 4 Sessions 10,11,12 (Total = 6 hours of Learning)	Content Note: Group discussions and activities will occur Please have video and microphone capability for these activities	Part 4 Learning Objectives
Friday July 7, 2023 11:00 am – 1:00 pm Pacific Standard Time (2 hours)	The Dissociation Spectrum – as it commonly presents in medical and psychiatric Practice	<ol style="list-style-type: none"> 1. List ways healthcare providers can enhance healing from trauma – for their patients or for themselves. 2. Explore methods for integrating tools reviewed in all four sessions, for improving trauma-aware and effective care. 3. Begin applying the HOUSE model and an awareness of the full spectrum of Dissociation to better define therapeutic approaches that may benefit patients in their healing journey.
Friday July 14, 2023 11:00 am – 12:45 pm Pacific Standard Time (1 hour 45 min)	Using the HOUSE Model and Dissociation-Awareness to help guide Therapeutic Recommendations/ Program building.	
Friday July 21, 2023 11:00 am – 1:15 pm Pacific Standard Time (2 hours 15 min)	Healing from Trauma – concepts and approaches	

Registration fees:

	Early Bird Registration (before Feb 15, 2023)	Regular Registration (Feb 15-March 31)	Late Registration (after March 31)
Full Course (all 4 parts)	\$800 (just \$50 per session!!)	\$900	\$1000
Part 1 only	\$250	\$350	\$450
Parts 1 & 2 only	\$500	\$600	\$700
Parts 1,2 & 3 only	\$750	\$800	\$900
Cancellation and Refund Policy - \$100 will be retained for administrative purposes for all cancellations or refunds. Handouts Policy: Handouts will be emailed the day before each session.			

Scientific Planning Committee, Moderator and Facilitators' Disclosures and COI. Within the last two years:

Dr. Zaneta Lim, Pediatrician (SPC member, facilitator) has no potential conflicts of interest to declare.

Dr. Amber Bacenas, Family Physician (SPC member, facilitator) is a non-board voting member of Beyond the Cycle of Trauma Institute. She does not have any financial relationship with the Institute.

Dr. Shirley Sze, Family Physician (SPC member, facilitator) has received honoraria from the Health Data Coalition as Board Chair; from Doctors of BC Shared Care Committee as part of the Working Group of the ACEs Community of Practice, and from UBC CPD as Co-Medical Director for Module Work.

Dr Linda Uyeda, Family Physician (Moderator), has received honoraria for teaching about mental health and mindfulness strategies from School District 36, BC Food Banks; has received research funding from BCMHSUS for research on burnout and attachment styles, and is a committee member of the BCMHSUS Trauma Informed Practice Steering Committee

Dr. Erika Cheng, Family Physician (SPC member, speaker) has received honoraria for teaching about physical trauma from the ATLS Society; honoraria for teaching about psychological trauma from UBC CPD, Doctors of BC Shared Care Committee, Vancouver Coastal Health, the Bella Coola Chapter of the Rural & Remote Division of Family Practice, Surrey North Delta Division of Family Practice, Bella Coola Community Support Society, SPARC BC, School District 49, UBC Medical School, Vancouver Fraser Academic Family Practice Residency Program; and honoraria from Vancouver Physician Staff Association for DEI work.