



# Integrated Skills, Tools & Techniques for Trauma Therapy

**Course Summary:** Working with patients who have experienced trauma of any sort, including ACEs and Attachment Trauma, can be a challenge due to the tight hold negative experiences have on the human brain. Understanding key principles of healing from trauma, though, help us choose intentional goal-directed effective responses that can advance healing, making this work even more rewarding for both patient and health-care provider. This interactive course will focus on such principles and techniques using both didactic instruction and demos with sample cases submitted by participants.

## Who is this course for?

Physicians, Residents, NPs and medical students interested in expanding either their understanding of, or their skills in counselling, therapy, and quick interventions in the office, hospital or ED.

We do NOT cover CBT as this is well taught elsewhere. We aim to focus on techniques that are commonly used by renowned therapists for Child & Adult trauma, and some ways we can adapt these for our offices.

No prior training is necessary. Individuals who have taken our Healing Past the Cycle of Trauma or Banff courses may find some content to be a helpful refresher, expanding into new material with practical applications.

## Registration Fees (nonrefundable).

- \$150 for Beyond the Cycle of Trauma Members
- \$300 for non-members ( - instead of choosing this option, consider becoming a member is free – just go to our website and click on “General Membership”)

## Course Structure: (see next page for details)

Eight sessions will be held by Zoom roughly 1 month apart starting May 28, 2026. Each session lasts 90 minutes and can be attended independently of other sessions. Of course, the more you attend and participate, the more you will get out of the experience.

**Course Credit:** This is **NOT** MOC or MAINPRO+ certified. College of Family Physicians members may use this for independent learning credits or as material for Linked Learning Exercises. Certificates will be issued only for sessions attended.

# FAQs about the Course

**Q – What techniques and tools will be covered?** - The exact techniques reviewed will depend on the situations the participants submit and how the interactive demos and ensuing discussions naturally unfold. However, we will be emphasizing brain-based techniques directed toward unrepressed unconscious processes that hold onto the body/emotional/cognitive internalization effects of trauma. Such techniques may include the use of art, figurines, imagery, bilateral stimulation, and psychodynamic approaches. Other typical psychotherapeutic interventions, when used, may or may not be emphasized depending on the experience level of participants.

**Q – If I already took your 101 or 102 courses (Healing past the cycle of trauma, or Banff & Beyond), will this course be applicable?** - Yes, it will. There will be review of some concepts from 101 or 102, but the emphasis will be experiencing how the material might be applied.

**Q – If I have never taken any of your 101 or 102 courses, can I sign up?** - Yes. No prior knowledge is needed. You can even sign up if you are not providing therapy, but have patients who present in emotional distress, or inquiring about ways they can heal from the effects of their trauma or ACEs. Registration numbers will be kept small and there will be time for questions and interactions.

**Q- Can I use this course as a way to receive consultation on a mental health patient of mine?** - This course is **not** designed to give advice on any patient. Instead, we use submitted cases to practice, demonstrate, and experience potential therapeutic techniques. So no, it's not a consultation. It's a way you might improve your skills and capacity to visualize which interventions your patient may benefit from next.

**Q – I am a medical student/Resident. Will this course be helpful?** – if you are interested in knowing more about some non-CBT counselling or therapy techniques, you may find this course interesting, even if you cannot attend all sessions due to your schedule.

**Q – What if I cannot attend all sessions?** No problem. That is why we have kept the registration fee low. Take what you can out of the sessions you can attend.

**Q – Is participation in role-playing mandatory?** – No, it is not. If you choose only to observe, that is fine.

Often, however, the best way to learn therapeutic techniques is to be on the receiving end of some, even if one is just pretending to be a hypothetical version of self. However, do not use these sessions as



**When people have experienced trauma, there is often more holding them “stuck” than their spoken work can tell us.**

Accessing these “unrepressed unconscious” binds can help our patients and us.

Come explore some techniques with us!

**COURSE INSTRUCTOR:** Erika Cheng, MD, CCFP, FCFP

**REGISTRATION:** will be **LIMITED** to keep attendance small.

- Registrants will **need to agree** to keep all case presentations and demos **confidential**
- **No portion of the course can be taken as, or documented as, a consultation for any patient. Course demos, discussions and options are solely for the enrichment of participant skills or toolboxes and refer only to hypothetical situations.**
- Upon registration, you will be asked if you are willing to role-play either a hypothetical patient of yours or yourself with a hypothetical minor issue, as part of our demos. Role-playing is optional. During the sessions, participants will also be offered an opportunity to role-play parts of the therapeutic technique we may be discussing either in small groups or in front of the whole group.

### **COURSE DESCRIPTION:**

Each 90 min session will be loosely divided into 3 sections of roughly 30 minutes each, allowing for variations depending upon how each scenario flows, and depending upon the nature of participant interaction for each session.

*Opening Section* - Brief presentation on topic listed in the course details chart (next page).

*Middle Section* - Case is briefly presented and role-playing will occur. This section may also include “time-outs” where Dr Cheng may point out decision- points for therapeutic responses/options, or other important observations.

*Third Section* - Facilitated group discussion and questions. There may be opportunity for participants to practice an illustrated technique if the group desires. We will keep this portion as fluid as possible to accommodate, when feasible the consensus preferences of that session’s participants.



**COURSE DETAILS:**

(Note – topics covered during the middle and third sections of each session may vary depending on group discussion and needs of the sample case.)

Session #	Date (8:00-9:30 am PST)	Topics of 30 min opening section
1	Thursday May 28, 2026	Tools for initial assessment & Developing Roadmap for Therapy
2	Tuesday June 23, 2026	Dissociation & Parts work
3	Wednesday July 15, 2026	Attachment in Trauma Therapy – Inner Child, Inner Adult & Dynamics with us.
4	Tuesday Sep 8, 2026	Principles & Tools for Building Internal Resources
5	Monday Sep 28, 2026	Show not Tell – Reading and responding to common unvoiced concerns & responses
6	Thursday Oct 29, 2026	Imaging techniques for building resources
7	Wednesday Nov 18, 2026	Trauma Reprocessing, Part 1
8	Thursday Dec 10, 2026	Trauma Reprocessing, Part 2

**IMPORTANT** – Trauma therapy encompasses so much more than what can be covered in our allotted time. This course is not meant to be all-inclusive, but rather as a forum for interactive learning. We learn any skill best by experiencing it instead of just hearing about it, and this is also true for the skill of providing goal-directed relational care for trauma.

**Goal-directed relational care**

is the term we use to highlight the capacity to observe the behaviour and responses of a patient, and read from these which types of relational responses their brains are needing from us **at the moment** to facilitate their healing journey. Thus, the goal is directing our behaviour response, not them (a “YES” goal).

Each part of our interaction, then, is not random, but a purposeful therapeutic intervention to encourage the growth of different healthy neuronal connections. This may be as little as a shift in our posture, a directed question, an observation, or even a change in our therapeutic approach. Think of it like a botanist who observes a aspects of a plant, and from there decides which nutrients that plant might need at that moment to achieve stronger roots, greater balance and deeper calm.



# Register at

<https://www.beyond-the-cycle-of-trauma.org/workshops-courses/integrated-skills-tools-techniques-for-trauma-therapy>

The system will prompt you to “sign in”. The website will just send your email address a code to sign in with. This just allows you a personal portal for tracking the courses and notifications, and of verifying the email that has been entered to avoid bots.



**Note: We are limiting registration numbers to keep the group small and sessions more tailored to registrants**

If you are interested but registration is full, then please email us at [Info@beyond-the-cycle-of-trauma.org](mailto:Info@beyond-the-cycle-of-trauma.org);

We will put you on a waiting list. In addition, your note will also help us plan possible further offerings.