

HEALING THE WOUND

CURRENT APPROACHES TO GRIEF, TRAUMA, and ADDICTION

July 9 and 10, 2016: 9am – 4pm

Cost: sliding scale \$50-100 per day;

****Payment at door (cash, credit card, or cheque)**

Certificate available upon request

**Community Room Adler University
1090 West Georgia St. Vancouver**

RSVP online: Search ‘**healing the wound darien thira**’ at www.eventbrite.com

Our understanding of trauma, grief and addiction has advanced significantly in the last decades and many of these newer findings and approaches challenge the “common wisdom.” This workshop will highlight some of these advances and use clinical stories and brief activities to demonstrate their application.

Topics will include:

- Biological trauma and adverse childhood events
- Managing trauma reactions through grounding, de-activation and emotional regulation
- Understanding and Responding to Developmental (Chronic Childhood) Trauma
- A psychosocial understanding of trauma impacts
- The psychosocial view of “addiction” and the 4-part substance use/misuse continuum
- Intergenerational Trauma, Epigenetics, and Turning Off the Genetic Trauma “Switch”
- Trauma and Identity and Self Esteem
- Staying In Balance: Principle Based Ethics as Boundaries
- The Purpose of the “Symptom” and Replacing the Problem with Wellness
- The 2 Steps of Trauma Therapy
- Responding to Difficult Situations, Repeated Calls for Help and Threats
- Introducing 4 Paths of Long-term Healing and Grieving

ABOUT DARIEN THIRA, PhD., Reg. Psych.

Darien Thira is a registered psychologist who serves as a community development/mental health consultant for many Aboriginal communities across Canada and offers training workshops and clinical consultation related to a variety of communications, trauma, and crisis-related fields. He is an adjunct faculty member at Adler University.

