

# The HEALING POWER of BODY-BASED TECHNIQUES in YOUR CLINICAL PRACTICE

Saturday, Nov. 19, 2016, 9am - 4pm  
St. Paul University, 223 Main St. Ottawa

Integrating the work of leaders in the psycho-biology of trauma such as Dr. Bessel van der Kolk, Babette Rothschild, Dr. Peter A. Levine, Dr. Richard Miller, this workshop will give you new skills that enhance your clinical practice and offer your clients simple evidence-based techniques to self-regulate, experience self-efficacy and build body awareness and resilience.

**In this highly experiential workshop you will explore transformational practices that you can integrate into the work you do now:**

**LEARN:** the psycho-biology of trauma; why to include a variety of body-based techniques in your clinical practice; benefits & outcomes you can expect; how changing your body can change your mind and emotional state; why body-based techniques are so powerful when integrated into CBT and DBT.

**EXPERIENCE:** 8 to 10 different clinically appropriate body-based techniques that can compliment and enhance the work you do supporting your clients' healing and can protect yourself against burn-out, compassion fatigue and vicarious trauma.

**PRACTICE:** You will practice-teach several of the body-based techniques you experience in a risk-free environment, preparing you to use these techniques with your clients *immediately*. You will leave feeling empowered.



## Registration fee:

**Early-bird \$300 (+HST \$39 by Oct. 14)**

**Regular fee: \$325 (+HST \$42.25 after Oct. 14)**

Beverages and wholesome snacks included

**To Register mail the attached form & your cheque to:**

Sandra Forbes: 300 March Rd. Suite 446, Kanata ON K2K 2E2

Send your cheque payable to Sandra Forbes

**CCPA members attending this workshop will be granted 6 CEC hours**

**For questions & more information contact: [Lynda@LyndaPedley.com](mailto:Lynda@LyndaPedley.com)**



**Lynda Pedley, MBA, RYT, Integral Master Coach™** is the founder of Empowering the Whole Person® offering coaching, yoga & meditation programs for individuals & groups. Lynda is a Certified iRest® Guided Meditation Teacher and a Professional Yoga Teacher. She has trained in trauma-sensitive yoga and mindfulness meditation with Dr. Bessel van der Kolk & Dr. Richard Miller. Her evidence-based yoga and meditation programs are offered at the Ottawa Anxiety & Trauma Clinic and the Ottawa Trauma Healing Center. She also offers retreats for helping professionals. For more visit: [www.LyndaPedley.com](http://www.LyndaPedley.com).

**Sandra Forbes, M.Sc., RSW, RMFT** is the Director of Relationship Solutions and has 31 years of experience and training, including trauma, critical incident stress and chronic pain management. She works from an integrated perspective, employing Cognitive Behavioural, Dialectical, Psychotherapeutic, Emotionally Focused and Emotional Freedom techniques. Her approach provides clients an opportunity to engage in an active process moving them toward transformation. Visit: [www.coachingandcounsellingottawa.com](http://www.coachingandcounsellingottawa.com)

# The HEALING POWER of BODY-BASED TECHNIQUES in YOUR CLINICAL PRACTICE

Saturday, Nov. 19, 2016, 9am - 4pm  
St. Paul University, 223 Main St. Ottawa

## REGISTRATION FORM



NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE: (Work) \_\_\_\_\_ (Cell): \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

CHEQUE INCLUDED in the AMOUNT of: \$ \_\_\_\_\_

DO YOU WISH TO APPLY FOR CCPA CONTINUING EDUCATION CREDITS FOR THIS WORKSHOP:

YES \_\_\_\_\_ NO \_\_\_\_\_

**At the workshop on Nov. 19, you will be provided with a receipt, a letter of attendance and an application for CCPA continuing education credits (if requested)**