

***SAVE THE DATE!***

***JULY 2<sup>nd</sup> & 3<sup>rd</sup> 2013***

***Charlottetown, PEI***

***Canada***

***Trauma Training Seminars &  
Professional Consultation***

**Presents a National Conference**

**With**

***Dr. Dan Siegel:***

**“An Interpersonal Neurobiology Perspective  
On Trauma, Child Development and Well-Being:  
Integrating “Me” with “We”.’**

- ✓ **This two day National conference will explore the ways in which nine domains of integration can be the focus of clinical intervention.**
- ✓ **Ultimately, the ways we enable a “me” to become a differentiated and linked entity with a “we” form the pathway for healthy development across the lifespan.**

- ✓ **This National conference will provide an in-depth exploration of the interdisciplinary field of interpersonal neurobiology and its application to the understanding of trauma, child development and promotion of wellbeing.**
- ✓ **Attachment research will be reviewed from the perspective of neurobiology, and the various categories of attachment will be explored.**
- ✓ **The impact of trauma on the regulatory functions of the brain - the circuits that shape affect, attention, and behavior- will be reviewed. Dr. Siegel will discuss ways in which therapeutic interventions can engage the power of neuroplasticity- how the brain changes in response to experience.**
- ✓ **The effects of impaired integration will be explored.**
- ✓ **Developmental trauma can emerge from extremes of impaired rationale in interpersonal interaction. Overwhelming events can also induce impediments to integration within the nervous system, resulting in disruptions in memory, attention, and autonomic regulation. The healing process is proposed to involve interpersonal and intrapersonal forms of attunement that stimulate neuronal activation and growth toward integration. The corresponding increase in the linkage of differentiated neural regions results in a coordinated and balanced set of functions and structurally altered integrative circuits. The outcome of this hypothesized healing process is an integrated brain, empathic relationships, and a resilient mind.**

## **Conference Objectives**

- **Learn how psychotherapy can loosen the grip of temperament and heal the lingering impact of traumatic experiences.**
- **Identify ways in which childhood temperament may persist as adult personality.**
- **Learn ways in which attachment influences the development of emotional regulation and the capacity for intimacy in adulthood.**
- **Identify the spectrum of personality traits and how these fit into the notion of “categories” of attachment.**
- **Identify the ways in which inborn neural propensities interact with experience to shape personality.**
- **Recognize the importance of genetics and temperament in human development.**
- **Understand the “nine domains of integration.”**

### **Who should attend**

**Health care workers, Doctors, Psychiatrists, Nurses, Therapists, Addiction workers, Clergy, Social workers, Childcare workers, Guidance counselors, Massage therapists, Pain management support, Probations, Youth workers and anyone working with children or adults with trauma, developmental, and/or attachment related issues.**

## About Dan Siegel, Ph.D.

Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry.

He is currently clinical professor of psychiatry at the UCLA School of Medicine where he is on the faculty of the Center for Culture, Brain, and Development and the Co-Director of the Mindful Awareness Research Center.

An award-winning educator, Dr. Siegel is a Distinguished Fellow of the American Psychiatric Association and recipient of several honorary fellowships.

Dr. Siegel is also the Executive Director of the Mindsight Institute, an educational organization which offers online learning and in-person lectures that focus on how the development of mindsight in individuals, families and communities can be enhanced by examining the interface of human relationships and basic biological processes.

His psychotherapy practice includes children, adolescents, adults, couples, and families.

Dr. Siegel has authored or co-authored numerous works, including the *Handbook of Psychiatry; The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are; The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being; The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration; Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind; The New Science of Personal Transformation; Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive; and The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind.*

Dr. Siegel's unique ability to make complicated scientific concepts easy to understand and exciting has led him to address diverse local, national and international groups of mental health professionals, neuroscientists, corporate leaders, educators, parents, public administrators, healthcare providers, policy-makers, and clergy.

He has been invited to lecture for the *King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For 2010-2011, Dan served as the national Speaker for the Susan G. Komen for the Cure Mindfulness and Integrative Medicine Lectures.*

Dr. Dan Siegel lives in Southern California with his family.

Website: <http://www.dr.dansiegel>

## Conference Fee & Information

**REGISTER BY APRIL 19<sup>th</sup> AND HAVE THREE OPPORTUNITIES TO WIN:**

✓ **A FREE REGISTRATION (value of \$ 379.00)**

✓ **A KINDLE READER**

✓ **10 LBS. OF FRESH COOKED PEI LOBSTER PACKED FOR TRAVEL**

**Registration Fee:**

**Early Bird Rate before April 19, 2013 - \$379.00**

**After April 19, 2013 - \$425.00**

- The Conference will run from 9:00 a.m. to 12:00 p.m. and 1:15 p.m. to 4:30 p.m. each day.
- A non-refundable administrative fee of \$75.00 will be charged for cancellations.
- No refunds will be given after June 15, 2012.
- Registrations may be transferred.
- Receipts available in registration package
- CEU's will be available
- Group rates of five or more from one organization are available

**Please register early to guarantee a space.**

For further information contact:

Lorna Gallant

Phone: 902- 963-2714

Fax: 902- 963-3323

Email: [info@traumatrainingseminars.ca](mailto:info@traumatrainingseminars.ca)

Website: <http://www.traumatrainingseminars.ca/>

## CONFERENCE LOCATION

**Delta Prince Edward**  
18 Queen St. Charlottetown, PEIC1A 4A1

***Book accommodations by May 21, 2013, for the conference room rate of \$189.00. Request Code: Trau0701***  
***Reservations: (902)566-2222 or 1-866-894-1203***  
***[Pri.reservations@deltahotels.com](mailto:Pri.reservations@deltahotels.com) or [www.deltahotels.com](http://www.deltahotels.com)***

### **Guest Services and Accommodations on PEI:**

Traveling to and from Prince Edward Island: Guests to Prince Edward Island will find that Charlottetown is accessible by car (either on the Confederation Bridge or the Northumberland Ferry), or by bus, shuttle service, or air. Travelers choosing to access the island by car may access additional information about the ferries and the bridge, including schedules and tolls, by going to [www.peiferry.com](http://www.peiferry.com) or by visiting [www.confederationbridge.com](http://www.confederationbridge.com). Please note that bridge and ferry tolls are payable when leaving the island. There are several shuttle service operators that offer service between Halifax and Charlottetown daily. Information on shuttle services, including schedules and fares can be located at [www.peishuttle.com](http://www.peishuttle.com), or by contacting 1-877 886-3322. For information about flights to Charlottetown from out of province, please visit [www.flypei.com](http://www.flypei.com) for carrier information, flight schedules and airfares

### **Accommodations in Charlottetown:**

\$ University of Prince Edward Island, 1-877-734-7327, [www.upei.ca/rfcs](http://www.upei.ca/rfcs)  
\$\$ Super 8 Charlottetown, 1-877-892-7900, [www.super8.com](http://www.super8.com)  
\$\$\$ Best Western Charlottetown, 1-800-937-8376, [www.bestwesternatlantic.com](http://www.bestwesternatlantic.com)  
\$\$\$\$ Fairholm National Historic Inn, 1-888-573-5022, [www.fairholm.pe.ca](http://www.fairholm.pe.ca)  
\$\$\$\$\$ The Great George, 1-800-361-1118, [www.thegreatgeorge.com](http://www.thegreatgeorge.com)

**Guests may also call 1-800 463-4PEI or visit [www.thegentleisland.com/booking](http://www.thegentleisland.com/booking) to arrange accommodations.**

### **Prince Edward Island Tourist Information:**

Charlottetown and surrounding areas on the Island are a tourist destination for many Canadians and International visitors each summer. Travelers to the Island may choose to spend some additional time exploring the many scenic drives, beaches, golf courses, cultural and heritage sites, restaurants, shops and recreational activities across Prince Edward Island. Additional tourist and guest information can be found at [www.ghttp://gentleisland.com](http://www.ghttp://gentleisland.com). Official 2013 Island Guides" are also available through the website and offer detailed information around planning a trip to PEI.

**VISIT THE GENTLE ISLAND!**

# REGISTRATION FORM

Registration Form (Please Print)

**Last Name**

**First Name**

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**Name as it will appear on name tag**

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**Organization**

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**Address**

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**City  
Code**

**Province**

**Postal**

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**Tel. (Bus.)**

**Tel: (home)**

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**E-Mail Address**

**Fax #**

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**Payment is required with registration form**

Please mail form and cheque to:

**Lorna Gallant**

**Trauma Training Seminars**

**Box 5659**

**South Rustico, PE**

**COA 1N0**

OR

TO REGISTER AND PAY ONLINE GO TO:

<http://www.traumatrainingseminars.ca/>