

Highland Shores Children's Aid and The Children's Foundation Serving Hastings, Northumberland & Prince Edward Counties  
Presents:



## Using Relationships to Heal Trauma: Dyadic Development Psychotherapy (DDP)

### WHEN

Monday September 25, 2017

### LOCATION

Best Western PLUS  
930 Burnham Street  
Cobourg, ON  
(Complimentary Parking)

### COST

\$60 plus (\$7.80 HST)  
Total \$67.80 per person  
Materials, LUNCH, and  
Nutritional Breaks Provided

### TIME

9:00am-4:15pm  
(Registration at 8:15am)

Workshop fee does not include accommodations. Please contact the hotel directly for reservations and mention the Dr. Phillips Workshop to receive the preferred rate of \$103; discounted rate available until September 8, 2017.

### SPEAKER: Dr. Sian Phillips, Psychologist



- Adjunct Professor of Psychology at Queens University
- Certified DDP therapist, consultant and trainer

Her research, education and clinical activities focus on:

- Specializes in the assessment of trauma and attachment difficulties
- Child and family therapy in Kingston
- Consults to three school boards on how to work with children who have experienced developmental trauma as well as the Belong Program, which is a specialized classroom for students who have experienced trauma and attachment difficulties.

Dr. Phillips has authored two clinical chapters in Art Becker Weidman's book the Dyadic Development Psychotherapy Case Book published in 2011.

#### Who should attend:

Child protection workers, mental health professionals, health professionals, women's shelter staff, early childhood educators, teachers, day care providers, foster parents, students, therapists and any other professionals involved with caregiving for children who have experienced attachment and trauma related issues.

**SEATING IS LIMITED – REGISTER EARLY!**

To register and for more information

Visit: [www.thechildrensfoundation.ca](http://www.thechildrensfoundation.ca)

Or contact: Jackie Chapman Davis

905-372-1821 x1258

Jackie.davis@highlandshorescas.com

One day workshop:

**Using Relationships to heal Trauma: use of Playfulness, Acceptance, Curiosity and Empathy a model developed by Dan Hughes, Ph.D.**

This workshop looks at how trauma and negative attachment experiences change the trajectory of the developing brain away from mental health and towards cognitive, emotional and behavioural strategies that are self-protective. Such self-protective strategies then make it difficult to form healthy relationships.

This workshop is relevant to any professional or parent working with children who have experienced early abuse, neglect, multiple transitions or losses.

Participants will learn:

- how to recognize mental health.
- about the impact of trauma on the developing brain.
- about emotional and behavioural patterns associated with insecure and disorganized attachment.
- about Dyadic Developmental Psychotherapy (DDP) and the use of Playfulness, Acceptance, Curiosity and Empathy (P.A.C.E)
- how relationships can be used to co-regulate children who have experienced trauma through the use of P.A.C.E and the importance of co-regulation before expecting children to self-regulate.
- strategies that will help children make sense of their experiences in a less shame-based way.
- how to help children in school settings.