

2012-2013 PUBLIC WORKSHOP SCHEDULE

TRAUMA

- Strategies for Resolving the Impact of Post Traumatic Stress

Mississauga: October 25-26; Ottawa: October 25-26;

This workshop provides an overview of the way trauma impacts a person through the brain and nervous system and how it can result in longer term symptoms at physical, psychological and emotional levels. A framework is presented for assisting people to work toward regulating and resolving the impact of trauma. Key strategies and principles are explored that apply to a diverse range of impacts in children, adolescents and adults.

DE-ESCALATING POTENTIALLY VIOLENT SITUATIONS™

*Thunder Bay: November 19; Ottawa: November 19;
London: November 22 & March 28; Toronto: November 23 & March 27;
Hamilton: March 26*

This workshop is designed to teach people to de-escalate potentially violent situations through assertiveness and interpersonal communication. The training will explore how anger and violence interplay, including opportunities for self-assessment of personal styles.

CRISIS RESPONSE PLANNING

Ottawa: November 20; Toronto: November 22

The impact of critical incidents (violence, suicide, tragedy, etc.) requires schools, communities and organizations to be prepared to respond to these unfortunate events. This training will focus on how to organize effectively and quickly at a time of high stress so that groups are better prepared to respond to the emotional needs of those affected by a critical incident.

ANXIETY - Practical Intervention Strategies

*Kenora: December 6; Toronto: December 10;
Ottawa: December 13; London: December 13;*

Participants of this workshop will explore the natural purpose of anxiety and how it can become 'disordered,' including the link with panic, depression, trauma and other health concerns. The main focus of this training will be to learn practical and accessible strategies to assist both adults and children in reducing anxiety.

DEPRESSION - Practical Intervention Strategies

*Kenora: December 7; Toronto: December 11;
Ottawa: December 14; London: December 14*

This workshop introduces participants to a variety of effective strategies that can be used to help an individual who is struggling with depression make positive changes. Participants will learn practical strategies to help engage the depressed person on two levels: changing the negative relationship within oneself and changing interpersonal dynamics that perpetuate depression.

GENDER AND SEXUAL IDENTITY IN YOUTH

Toronto: December 12

When a person's internal experience of gender and/or sexuality does not match with what would typically be expected based on their external appearance, it can cause great distress and difficulty. Participants of this workshop will develop an awareness of how to create more accessible and welcoming environments for lesbian, gay, bi-sexual, transgender, two-spirited, transsexual, queer and questioning individuals.



COUNSELLING SKILLS

- An Introduction and Overview

Mississauga: December 17-19 & June 12-14

The workshop provides an opportunity to acquire basic communication skills and practical strategies to help people. Participants will learn about the process of counselling and using a problem-solving model, how to work with clients to identify issues and implement plans and activities to address areas of concern.

MOTIVATING CHANGE

- Strategies for Approaching Resistance

Mississauga: February 28-March 1; Ottawa: March 7-8

Drawing from the approaches of Motivational Interviewing, Positive Discipline and Internal Family Systems Model, this experiential workshop will equip helping professionals with an enhanced style and new strategies that will strengthen their relationships and maximize potential for motivating change.



RESTORATIVE JUSTICE

- Guiding Principles for Communities and Organizations

Mississauga: March 6

Based on the principles of restorative justice, this workshop offers a framework for answering this question as it relates to your own context. The timeless philosophy of restorative justice invites people to look beyond a merely punitive view of justice and discipline. Instead, there is a focus on the needs of everyone involved, emphasizing direct accountability, reparation, prevention, dialogue and, in some cases, renewed relationship.

UNDERSTANDING MENTAL ILLNESS

Mississauga: April 4; Ottawa: April 11; Kenora: April 19

This workshop is designed for managers, human resource professionals, social service providers and anyone seeking a better understanding of the complexities that surround mental illness. Participants will learn about common adult mental illnesses and their symptoms, causes and treatment.

CRITICAL INCIDENT GROUP DEBRIEFING

Mississauga: April 5; Ottawa: April 12

Critical Incident Group Debriefing (CIGD) is a short-term group intervention process that focuses on an immediate crisis. Participants of this skills based workshop will not only learn how to facilitate a group debriefing, but also have a better understanding of when a group debriefing might not be appropriate.

ADDICTIONS AND MENTAL ILLNESS

- Working with Co-occurring Disorders

London: May 13; Toronto: May 15; Ottawa: May 23; Thunder Bay: May 23

Many people struggling with a mental illness are also struggling with an addiction. Caregivers may often be at a loss for where to start - did the addictions cause the mental illness, did the mental illness cause the addictions or is there something else leading to both? This workshop provides a framework for working systemically with both issues at the same time.

SUBSTANCE ABUSE AND YOUTH

- Creating Opportunities for Change

London: May 14; Toronto: May 16; Ottawa: May 24; Thunder Bay: May 24

Participants of this workshop will examine the needs underlying youth's choices to use substances. They will also consider issues that make working with youth different than working with adults and explore short term and longer term intervention strategies.

VIOLENCE THREAT ASSESSMENT

- Planning and Response

Mississauga: May 14; Ottawa: May 15

This workshop provides a communication and decision-making model to help businesses, schools, organizations and communities become more effective in their management of threats. Participants will learn strategies to help them identify, assess and manage individuals who may be escalating towards violence.

TO REGISTER OR FOR FURTHER INFORMATION:

www.ctrinstitute.com

204.452.9199 info@ctrinstitute.com