



Continuing Education & Certificate Programs

Releasing Trauma: An Integrative Model of Trauma Practice

Date: February 21, 2025

Time: 9:00 am to 12:00 pm and 1:00 pm to 4:00 pm

CEU: 6 hours

Location: Virtual – Zoom session*

Cost: \$180

* Zoom link will be provided 72 hours before the start

Registration Link

Audience:

Learners with some experience in counselling and/or other clinical practice, who are interested in expanding their skills in working with individuals who have experienced trauma.

Description:

This course is part of a planned certificate in trauma practice, which is planned to be offered in the future. The completion of this course will count toward the completion of the requirements for this future certificate program.

Participants in this training will learn the Experiential Unity Model, which offers an effective integrative treatment model for addressing the impact of trauma in counselling therapy, and that adheres to the principles of neuroscience. Learning about the client's experience through somatic work is critical to trauma engagement and accessing sensory embodied emotions, and is a way of working from an anti-oppressive practice lens. Situating the client as the expert of their somatic experience protects the client from an impositional framework that interprets their experience or encourages them to work within fixed parameters of a top-down counseling model.

In the course, participants will learn about what factors are critical to trauma informed therapeutic work and learn how to integrate them into a counseling practice with clients experiencing trauma.

The Experiential Unity model incorporates five specific steps to engage and release embodied emotion related to trauma. These include:

Step 1: Calming the body

Step 2: Engaging the body

Step 3: Processing embodied emotion with an overriding theme or image

Step 4: Clearing the body

Step 5: Integrating the session and calming

Learning Objectives:

- Connecting embodied emotions to negative self-talk, core beliefs, and patterns of behaviour.
- Metaphor Development in Experiential Unity Model (Quinn, 2022) as a resource for unpacking and releasing trauma and working from an anti-oppressive practice lens.

Learning Activities:

- Lecture / skills teaching
- Discussion
- Practice Sessions: How to Process a Client's Trauma whilst keeping within the Window of Tolerance, get to the root of the issue and use mind- body techniques and visualizations for resourcing clients

Facilitator: Alyson Quinn, MSW, RPC Director and Founder of Trauma Informed Practice Institute

Alyson has been an adjunct professor at UBC School of Social work for a period of 7 years, 2013-2019. She has also taught in the UBC Faculty of Education Counseling Psychology Dept in 2020 and 2022.

She has been a counselor for over 30 years specializing in group therapy, individual trauma therapy, and conflict resolution. She is a clinical counselor with a master's degree in social work from the University of British Columbia and a Diploma in Conflict Resolution from Royal Roads University. Alyson has taught a trauma informed practice approach to students in a wide variety of classes.

She is an author of 5 published books and a chapter in *Holistic Engagement: Transformative Social Work Education in the 21st Century*. Her textbook, *Experiential Unity Theory and Model* was first published in 2012 and a second edition published in 2022. *Experiential Unity Theory and Model: Treating Trauma in Therapy* is aligned with the principles of a Trauma Informed Practice.

Alyson has taught her model at both International and Canadian conferences and at a variety of workshops on Trauma Informed Practice. She founded and is the Director of the Trauma Informed Practice Institute established in May 2021.

Alyson was born in Zimbabwe and trained as a social worker in South Africa. She launched her social work career in London, England and then immigrated to Vancouver, Canada. Her self-help book, *Heal Trauma: How to Feel it, Unlock Patterns and Release it* was published in 2023 by Hamilton Books. www.traumainformedpracticeinstitute.com

Cancellation Policy: Learners who need to cancel their registration for a course will be offered a 50% credit up to 14 days before scheduled course, which can subsequently be used for any other course in the Continuing Education and Certificate program. Please ensure that any cancellations are submitted to sowk.coned@ubc.ca.