

## Trauma Informed Practice for Settlement Practitioners

### Timed Agenda and Presenters Biographies

9:00 am Welcome and Introductions

Review of Agenda for the day

Get to know you

**9:20 – 9:30 Exercise:** Pair and Share in Break out room. Reflective Exercise.

**9:30 – 9:40 Presentation:** Why is it important for you to know about Trauma? Divorce as Trauma. The Reflective Practitioner's new lense.

**9:45 – 10:00 Presentation:** What is Trauma? Experience of trauma and its impact.

10:00 **Exercise:** Break Out rooms. Vignette from a movie

- 1: What did you observe that could be a trauma response?
- 2: How might it impact your handling of the file?

Debrief large group

#### 10:30 – 10:45 Break

**Presentation:** Curious Questioning.

- How to avoid re-traumatizing clients.
- De-escalation skills and supportive skills

**Presentation:** Narrative Conversations

Demonstration

#### Lunch 12:00 – 1 pm

1:00 – 1:30 **Exercise in Break out Rooms** – Practising Narrative and Curious Questioning

Debrief large group

1:30 – 2:00 Practical, Adaptable Tools:

Team – new roles and teamwork

Process Design

6 Guiding Principles of TIP

2:00 – 2:30 **Exercise:** Case study in Break out rooms.

2:30 – 3:00 Debrief and Wrap up

### Biographies of the Presenters

Laurie Stein is a child, youth, individual and family therapist, mediator and Family Professional. In Collaborative family law, she works closely with clients and lawyers both in individual and joint meetings integrating semi-therapeutic and strategic and narrative approaches. As well, she works with parents to create a parenting plan, discuss parenting and child adjustment, and facilitates the larger team meetings. Laurie has trained widely in the Ontario Collaborative community, and is a trainer with multiple training teams and partners, including the Toronto Collaborative Training Team and is a faculty member with the IACP (International Academy of Collaborative Professionals). Laurie has 31 years clinical experience working with families, children and teens in treatment and mental health settings and private practice. In addition to her therapy, mediation and Family Professional practice, her past experience includes working with children and youth as a children's lawyer.

Melissa Lafreniere MA, RP, QFAS, is a registered psychotherapist, family relationship professional/child specialist and family mediator/arbitrator who specializes in the development of child focused parenting plans for separating couples. She has been working in the field of child and family services as a therapist for over 20 years and has worked in various settings including community based treatment and crisis response services. Melissa is currently in private practice as both a psychotherapist and family mediator. Melissa's clinical practice includes child and family therapy, child centered case consultations for the legal community as well as the assessment and treatment of parent-child contact issues. In addition to her clinical and family mediation practice, she is also a facilitator for Circle of Security International and delivers parenting workshops within the Ottawa area.