

Mental Health and Addiction Services,
Saskatoon Health Region, are pleased to
be the hosts of the 2010 MHAS Clinical
Conference.

**Resilience After Trauma:
Supporting
Clients to Overcome Harmful
Experiences**

Practitioners from the field of Mental
Health and Addictions will review the
latest research on the impact of trauma
and provide opportunities to enhance
skills with specific client populations in-
cluding: aboriginal clients, immigrants,
adults, youth and children.

Conference Information contacts:

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**RESILIENCE AFTER
TRAUMA:**

**Supporting Clients to Overcome
Harmful Experiences.**



Date: March 10 and 11th, 2010

Saskatoon Inn
2001 Airport Dr.
Saskatoon, Sask. S7L 6M4

**REGISTRATION AND PAYMENT DEADLINES:
MARCH 2, 2010**

Return registration form with cheque
payable to:
Saskatoon Health Region
Mental Health & Addiction Services
Administration, Ellis Hall
103 Hospital Drive
Royal University Hospital
Saskatoon, SK S7N 0W8

Name: _____

Phone No: _____

Address: _____

Email: _____

Organization: _____

Student ID #: _____

Conference fee—\$125 Student Rate: \$80.00.
Confirmation and receipt notice will be
emailed.

Early Bird Draw for registration with full payment by
February 13, 2010.

A block of rooms for Wednesday March 10 and Thursday
March 11 are reserved until February 21, 2010 at:

Saskatoon Inn, 2002 Airport Dr., Saskatoon, Sk.
S7L 6M4
Phone Number: 242-1440 (Quote conference name and
dates when booking)
Cost: \$134.00

Breakout Sessions:

**Please indicate by checking the box which
breakout sessions you would like to regis-
ter for:**

Breakout Session 1

- Dr. Esther Cherland— Therapy for Trau-
matized Children
- Raven Sinclair— Working with Aboriginal
Clients Who Experience Trauma
- Judy White/Belma Podrug— Moving
Forward from Trauma in regards to immigrant
and refugee families
- Dr. Lori Haskell— Women and Trauma:
The Complexity of Women's Responses

Breakout Session 2

- Dr. Lori Haskell— Women and Trauma:
The Complexity of Women's Responses
- Cheryl Sampson— Introduction to Dr.
Bruce Perry's Neurosequential Model of
Therapies with Maltreated and Traumatized
Children
- Judy White/Belma Podrug— Moving
Forward from Trauma in regards to immigrant
and refugee families
- Colleen Anne Dell—Aboriginal Women
Healing from Substance Abuse

Breakout Session 3

- Dr. Esther Cherland— Therapy for
Traumatized Children
- Raven Sinclair— Working with Aboriginal
Clients that Experience Trauma
- Dr. Sara Aharon — Effective Assessment &
Treatment Strategies for Clients who Present
with Addiction Issues

Registration Information:

Laurie McInnes
laurie.mcinnis@saskatoonhealthregion.ca

Keynote Speakers

Dr. Lori Haskell—is a psychologist in private practice with over 25 years of clinical experience. Dr. Haskell's clinical interests include trauma, revictimization, sexual abuse and sexual violence in relation to psychological development. She has a status appointment as an assistant professor in psychiatry at the University of Toronto and is an academic research associate with the Centre for Research on Violence Against Women and Children. Her research work has focused on victimization and its effects, violence prevention, and trauma and Psychological development. She is currently working on projects addressing the impact of trauma on Aboriginal peoples, trauma and the service challenges for developmentally disabled people, and restorative justice and gendered violence. Dr. Haskell has written a book entitled "First Stage Trauma Treatment: A guide for Therapist working with Women." In addition she has developed and written several other publications.

Dr. Sara Aharon—is a duly certified psychologist in the province of Ontario. Between 2003/04 she was the Manager of Therapy & the Clinical Director of the PTSD and Addiction Program at Bellwood Health Services in Toronto. She has 20 years of experience treating adults suffering from a wide range of psychological and health problems. In addition to providing supportive therapy and cognitive-behavioural interventions, she is trained in and offers when appropriate clinical hypnosis, biofeedback and EMDR, Energy Psychology, relaxation and mindfulness. Dr. Aharon teaches workshops to the public and to health care professionals and has presented at numerous addictions and mental health-focused conferences. She is a part time lecturer at the University of Toronto in the Dept of Family & Community Medicine. She has been a featured guest on both radio and television shows and quoted in printed media.

Break Out Session Speakers:

Dr. Esther Cherland, M.D., F.R.C.P.C.— received her B.A., summa cum laude from Concordia College, Moorhead, Minnesota. She completed her M.D. and residency training through the University of Saskatchewan. She spent a year as an honorary Senior Registrar during residency studying in the Child Psychiatry Department of the University of Manchester. She is an Associate Professor in the Department of Psychiatry and a member of the Division of Child Psychiatry. She has served as Division Head for Child and Adolescent Psychiatry. She currently coordinates the Clinical Sciences Psychiatry Course in Phase C for

medical students. She is a member of the Examination Board in Psychiatry for the Royal College of Physicians and Surgeons of Canada. Esther's clinical and research interests continue to be with infancy and early childhood adverse events and subsequent emotion function and development. She has practiced and taught child psychiatry for 21 years. She continues to be actively involved in therapy with children and their families. She has recently completed training in Reflective Functioning.

Colleen Anne Dell— is an Associate Professor and Research Chair in Substance Abuse at the University of Saskatchewan in the Department of Sociology and School of Public Health. She is also a Senior Research Associate with the Canadian Centre on Substance Abuse, Canada's national addictions agency, and the Correctional Service of Canada Addictions Research Centre. Her research is grounded in a community-based participatory methodology. Her research interests include the relationship between identity and healing from drug addiction, substance abuse programming, self-harm among women and girls, the connection between youth resiliency and inhalant abuse, and equine assisted learning as a healing approach to addictions. Her research areas are specific to Aboriginal populations, criminalized women and drug using populations. Dr. Dell is currently the lead on a collaborative research project, in partnership with the National Native Addictions Partnership Foundation and the Canadian Centre on Substance Abuse, that examines the impact of stigma in Aboriginal women's treatment for problematic drug use. She has also worked extensively at the community and national levels, including with the Elizabeth Fry Society of Manitoba and the Senate of Canada

Belma Podrug— came to Canada from Sarajevo, Bosnia in 1994. She helped found the Global Gathering Place, a drop-in centre for immigrants and refugees, in 1998. Her contribution to the community is in promoting multiculturalism through her personal and professional work, as she strongly believes that people of different racial, religious, and cultural backgrounds can live and work together enhancing mutual respect and acceptance. Belma earned her social work degree from the University of Regina. She works as a counselor at the Mental Health and Addiction Services in addition to her Executive Director's duties at the Global Gathering Place.

Cheryl Sampson, MSW, RSW— completed her MSW at the University of Toronto with a specialization in Family Therapy. For the past 19 years she has worked in Child and Youth, Mental Health & Addiction Services, both in Regina and Saskatoon. Most recent clinical work and research has focused on early childhood intervention and prevention. She is currently the Provincial Child and Youth Training Coordinator.

Dr. Raven Sinclair— is a Cree/Assiniboine/Saulteaux from Gordon's and Kawacatoose First Nations of southern Saskatchewan. She has a BA (Psych) from University of Saskatchewan, a BSW from First Nations University of Canada, an MSW from University of Toronto, and a PhD from University of Calgary. She is an Assistant Professor of Social Work and Research Affiliate with the Indigenous Peoples' Health Research Centre (CIHR-IAPH) in Saskatoon, Saskatchewan. In 2009 Raven co-edited and published (Fernwood Publishers) *Wichitowin: Aboriginal Social Work in Canada*, the first Canadian social work book written by First Nations, Inuit and Métis authors who are educators at schools of social work across Canada. Raven is co-owner of a private practice - Resonance Counselling, Coaching & Consulting in Saskatoon.

Judy White—is a registered social worker who migrated to Canada in 1987. Judy was born in Trinidad and completed most of her early education in that country. She is an associate professor with the Faculty of Social Work, University of Regina. Judy is the board president of International Women of Saskatoon and has been actively involved in collaborative work with other immigrant and refugee serving agencies. Judy's research work focuses on enhancing the mental needs of immigrant and refugee peoples, with specific focus on the needs of immigrant and refugee women and their families. Judy is a Commissioner with the Saskatchewan Human Rights Commission.

Agenda

Wednesday—March 10, 2010

Registration 7:45—8:30am
(Continental breakfast provided)
Welcome and Opening Remarks 8:30 am

Keynote Speaker: 9:00—10:30am
Dr. Lori Haskell
"Trauma, Addictions and Mental Health: Framing the Issues "

Morning Break (provided) 10:30—11 am

Keynote Speaker 11 to 12 noon
Dr. Lori Haskell
"Trauma, Addictions and Mental Health: Framing the Issues" cont'd

Lunch (provided) 12 noon to 1pm

Breakout Session 1 1pm to 2:30pm

Afternoon Break (provided) 2:30 to 3 pm

Breakout Session 2 3 pm to 4:30pm

Thursday—March 11, 2010

Breakout Session 3 8:30 to 10am

Morning Break (provided) 10 to 10:30 am

Keynote Speaker 10:30am to 12:30
Dr. Sara Aharon
"Trauma, Addictions and Mental Health: Where Do We Go From Here?"

Closing Remarks 12:30—1pm