

Trauma Information Series Session 6 of 6

HOW TO REGISTER– YOU CAN REGISTER FOR THIS SESSION ON THE FIRST NATIONS TELEHEALTH PORTAL (WWW.FIRSTNATIONSTH.CA)

TARGET AUDIENCE– ANYONE WHO IS INTERESTED IN EXPANDING THEIR KNOWLEDGE ABOUT TRAUMA AND THE LITTLE WARRIORS ORGANIZATION

MISSED PREVIOUS SESSIONS? IF YOU HAVE MISSED ANY OF THE OTHER SESSIONS IN THE TRAUMA INFORMATION SERIES, YOU CAN VIEW THE RECORDINGS ON THE FIRST NATIONS TELEHEALTH NETWORK.

FOR ANY FURTHER QUESTIONS PLEASE CONTACT THE FIRST NATIONS TELEHEALTH NETWORK AT 1-888-999-3356 OR VCHelp@FIRSTNATIONSTH.CA



Impact on the Individual and Family System

June 20 2018
10:00 am – 11:30 am

Trauma changes the brain and the body in substantial ways. This session will take a deeper look into clinical problems such as PTSD, anxiety and mood disorders, and developmental trauma. How our understanding of trauma informs parenting practices will be explored briefly, as well as the effect of trauma on the family system.

Learning Outcomes:

- Participants will acquire a basic understanding in the areas of:
- How trauma influences the developing brain;
- Parenting a child who has experienced trauma;
- The effect of trauma on the family system: Vicarious Traumatization

Presented by: Allison Boudreau, Registered Psychologist

Allison has a Masters Degree in Clinical Psychology from the University of Alberta and is a Registered Psychologist with the College of Alberta Psychologists. She has received extensive training in Self Regulation Therapy (SRT) which is a psychophysiological approach aimed at diminishing dysregulation in the nervous system resulting from traumatic events.

Allison has previously worked at the Edmonton Young Offender Centre, AHS Child and Adolescent Community Mental Health, and CASA Child, Adolescent and Family Mental Health. Allison has a special interest in working with children and adolescents with concerns related to abuse and other traumas. She employs principles and techniques of SRT in working with issues of stress, depression, anxiety, anger, and parenting and relationship issues.

Allison works at the Little Warriors Be Brave Ranch where she provides group and individual therapy to children who have been sexually abused, and their families.

