

## The Fine Print

Please submit \$75 (non-refundable application fee) with your application for training. By submitting an application you are making a commitment to attend all classes at the Foundation Level. A course deposit of \$695 is due upon acceptance into the training. The remaining tuition of \$1390 for the Foundation Level training must be submitted 30 days prior to Foundation I training weekend. A late fee of \$100 will be levied on payments received after the tuition deadline.

Tuition is non-refundable if withdrawal is within 30 days of course date. If withdrawal is within 60 days of course date \$350 is non-refundable.

Ten SRT training sessions with a qualified SRT practitioner as well as six group supervision sessions are required for completion of the Foundation Level training; the costs are in addition to tuition fees.

Foundation Level classes must be taken in order. Advanced Level classes may only be taken after successful completion of the entire Foundation Level training. A certificate of completion will be issued once all requirements are completed.

## The Presenters

### Dr. Edward Josephs

A Harvard graduate, Dr. Josephs practiced as a clinical psychologist and neuropsychologist for 10 years, until January 2001. He specialized in the evaluation and treatment of brain related injuries, trauma, pain management and exposure to environmental neurotoxins in adolescents and adults. His interest in traumatic stress was piqued while working with brain-injured clients post-MVA. He noted the similarity between brain injury symptoms and PTSD and obtained remarkable improvement in brain injured clients while working from a psychophysiological perspective. He has been trained in many of the current trauma treatment modalities including EMDR, Somatic Experiencing and Cognitive-Behavioral techniques. Dr. Josephs now devotes his full attention to developing seminars, teaching and doing research for the CFTRE.

### Dr. Lynne Zetzl

Dr. Zetzl is a licensed clinical psychologist with a private practice in Vancouver, British Columbia. She specializes in the treatment of PTSD in adults and children from a psychophysiological perspective. Her doctoral dissertation researched the experience of trauma in emergency service personnel and the efficacy of a psychophysiological treatment for posttraumatic stress disorder. She has been integrating psychodynamic psychotherapy and mind-body approaches such as Somatic Experiencing, Bodydynamics, and Craniosacral Therapy in her practice for 16 years.

Dr. Josephs and Dr. Zetzl have taught Self Regulation Therapy® and Psychological Anatomy throughout North America, Europe and Russia.

## Canadian Foundation for Trauma Research & Education, Inc.

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The CFTRE is a registered  
charitable organization

## Mission Statement

*The Canadian Foundation for Trauma Research & Education (CFTRE) was created to further the understanding of the fields of neurobiology and psychophysiology, through education and research, as they pertain to the treatment of traumatic conditions.*

*To this end, we are committed to conduct research and to train professionals in effectively treating people who suffer from symptoms of trauma and other forms of dysregulation in the autonomic nervous system.*

Canadian Foundation for Trauma Research & Education 

## 2008 Self Regulation Therapy® Practitioner Training

### Vancouver, BC

March 28 - 30, 2008  
April 18 - 20, 2008  
May 23 - 25, 2008

### Winnipeg, MB

May 31 - June 2, 2008  
Sept 20 - 22, 2008  
Oct 18 - 20, 2008

# Self Regulation Therapy® Practitioner Training

## I. Foundation Level

This nine-day training is taught over three weekends during which you will learn basic psychophysiological treatment skills that include:

- Research on psychophysiological and neurobiological underpinnings of shock trauma as it relates to persisting symptoms of dysregulation in the autonomic nervous system
- Pitfalls of non-somatic treatment approaches
- Basic body-centered skills of containment, grounding, centering, resourcing, boundaries, somatic resonance
- Assessment and treatment of traumatic reactions from the perspective of the nervous system and subcortical brain regions
- Assessment and treatment of developmental defenses that prevent self regulation
- Tracking and titration skills to renegotiate unresolved fight, flight, and freezing responses to completion and discharge
- Restoration of defensive orienting and an embodied sense of safety which is a hallmark of self regulation and healthy boundaries
- Integration of psychophysiological work into your current therapeutic approach

## II. Advanced Level

Builds on basic psychophysiological skills learned in the Foundation Training and consists of several 3-day seminars. Completion of Advanced trainings I through IV are required for certification and classes must be taken in order.

- Acquire clinical skills to treat chronic symptoms of dysregulation
- Explore various clinical syndromes and their relationship to dysregulation in the mind-body such as fibromyalgia, chronic fatigue, insomnia, chronic pain, autoimmune disorders, TMJ, addiction, asthma, reflex sympathetic dystrophy, attention deficit disorders.
- Learn how to work with pathological shame and survivor's guilt as it relates to developmental derailment and trauma
- Examine common categories of trauma and learn treatment protocols specific to the symptoms of each category including:
  - I. High Impact Trauma: motor vehicle accidents, falls, head injury, whiplash syndrome, post-concussive disorder
  - II. Medical/Dental Trauma: surgery, anesthesia, poisonings, hospitalizations, physical injury
  - III. Inescapable Attack: rape, assault, sexual abuse, shame, dissociation
  - IV. Global Activation: fetal distress & birth trauma, near-drowning, electrocution, suffocation, hallucinogens, psychosis.



## Self Regulation Therapy® Practitioner Training - Foundation Level Registration Form

Name \_\_\_\_\_  
Billing Address \_\_\_\_\_  
City \_\_\_\_\_ Postal/Zip Code \_\_\_\_\_ Country \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Profession \_\_\_\_\_ Email address \_\_\_\_\_  
City and date of first Foundation class \_\_\_\_\_

**Tuition Payment Schedule:** The cost of each Foundation Level is \$695. Tuition is paid in two installments, as outlined below. Please see additional information on back panel.

- Application Fee \$75
- Course Deposit \$695
- Due 30 days prior to start of first Foundation Class \$1390.00
- Total Foundation Level Tuition **\$2085.00**

**Cheques are  
payable to CFTRE**

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_  
Name on Card \_\_\_\_\_ Signature \_\_\_\_\_  
 Visa  Mastercard  Cheque # \_\_\_\_\_ TOTAL \_\_\_\_\_

**I understand and agree to the terms and conditions of this application.**

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

## Foundation Level Training

**Vancouver, BC**  
Mar. 28-30, 2008  
Apr. 18-20, 2008  
May 23-25, 2008

**Winnipeg, MB**  
May 31-Jun. 2, 2008  
Sept. 20-22, 2008  
Oct. 18-20, 2008

## Advanced Level Training

**Saskatoon, SK**  
Sept. 14-16, 2007  
Oct. 26-28, 2007  
Dec. 7-9, 2007  
Mar. 14-16, 2008

**Vancouver, BC**  
Jun. 15-17, 2007  
Sept. 7-9, 2007  
Nov. 2-4, 2007  
Dec. 14-16, 2007

**Winnipeg, MB**  
Apr. 11-13, 2008  
Jun. 6-8, 2008  
Sept. 5-7, 2008  
Oct. 24-26, 2008

Please complete the registration form, including tuition payment and mail or fax along with the following:

1. Current resume including professional training, education, and work history.
2. Describe your experiences in healing trauma both personally and professionally.
3. How do you hope to use the skills you will learn in this training?