

**The Partners in Healing Project, sponsored by the John Howard Society of Southeastern NB Inc,  
Is pleased to present a two day workshop:**

## **Psychophysiology of Post Traumatic Stress Disorder (PTSD)**

**Presented by Dr. Ed Josephs and Dr. Lynne Zetl**

**April 19 & 20<sup>th</sup>, 2012**

**Crown Plaza, Moncton, NB, 8:00-4:30**

**This conference is made possible through funding received from the Department of Justice, as part of their efforts to provide awareness, information and support during the National Victims of Crime Awareness Week, April 22-28<sup>th</sup>. This conference will help us to highlight the challenges faced by those affected by trauma.**

Significant overwhelming events at anytime in one's life such as motor vehicle accidents, surgeries, or exposure to violence, can result in changes in the nervous system that negatively impact the way a person feels and relates to others. This two-day workshop is designed to give practitioners a deeper understanding of the neuropsychological sequelae of PTSD. A basic overview of neuroanatomy will be presented. The newest research on how the brain is affected by the experience of trauma is explicated including the concepts of kindling and quenching in the autonomic nervous system, the polyvagal system, neuroplasticity and neurogenesis and the cumulative nature of trauma.

For traumatized individuals, any change is perceived as a threat by the limbic brain. Being able to fully participate in one's life requires the capacity to self regulate, complete arousal cycles connected to trauma, and to adjust to change. In this course, aspects of Self Regulation Therapy (SRT), a psychophysiological treatment for trauma, will be taught. Attendees will learn not just the neurophysiological underpinnings of trauma, but will be able to take effective methods of treatment to their practice on Monday morning. There will be opportunities for experiential learning as well as observation of in-class demonstrations of Self Regulation Therapy.

This workshop will be of value to counselors, social workers, psychologists, marriage and family therapists, teachers, and any other professionals helping people work through the after effects of trauma.

*Please note that a save the date email was circulated for this event. We have received a great deal of interest in the workshop; however there are only 100 seats available. The funding for events during National Victims of Crime Awareness Week is allowing us to offer this workshop, with an approximate value of \$300, at the reduced rate of \$50. Space is limited and seats will be confirmed with payment of the registration fee.*

We look forward to seeing you all at this exciting event!



## **Presenter Biographies:**

**Dr. Josephs and Dr. Zetl have taught Self Regulation Therapy and Psychological Anatomy throughout North America, Europe, the U.K and Russia.**

### **Dr. Edward Josephs**

**A Harvard graduate, Dr. Josephs practiced as a clinical psychologist and neuropsychologist until 2001 when he began to devote his full attention to developing seminars, teaching and doing research for the CFTRE. 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. His doctoral dissertation researched a psychophysiological treatment for chronic pain.**

### **Dr. Lynne Zetl**

**Dr. Zetl is a licensed clinical psychologist with a private practice in Kelowna, British Columbia. She specializes in the treatment of PTSD and developmental dysregulation 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.**

## **Hotel information for accommodations in the vicinity of the workshop:**

### **Crowne Plaza**

1005 Main Street  
506 854 6340 or 1 866 854 4656

### **Delta Beauséjour**

750 Main Street, Moncton, NB  
506 854 4344 or  
Reservation Department **1 888 351 7666**

### **Château Moncton**

100 Main Street  
506 870 4444 or 1 800 576 4040

### **Rodd Park House Inn**

434 Main Street  
506 382 1664 or 1 800 565 7633