

FINAL PROGRAM

Trauma, Dissociation, & Attachment Conference

June 6th - 8th, 2002

at

The Delta Pinnacle Hotel, Vancouver BC, Canada

With:

Su Baker, MEd
John Briere, PhD
Jennifer Freyd, PhD
Pat Ogden, MA
John O'Neil, MD
Bessel van der Kolk, MD

Conference Director:

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Welcome!

Welcome to the 2002 Trauma, Dissociation, and Attachment Conference. Given that trauma conferences tend to be few and far between on the West Coast, I approached the Canadian Society for the Study of Trauma and Dissociation (CSSTD) with the idea of holding a Trauma, Dissociation, & Attachment conference here in Vancouver, with the theme of long-term effects of childhood trauma.

Clinical and empirical evidence shows that trauma during childhood can have serious effects on children's normative developmental processes. In the absence of intervention, chronic childhood trauma can result not only in symptoms of PTSD, but also in impairments in attachment, affect regulation, cognition and memory, neurobiology, physical health, integration of self, formation of identity, and relationships. These myriad difficulties experienced by chronically and/or severely abused individuals have been conceptualized as Complex PTSD.

Such impairments can have far-reaching effects on long-term functioning in many life areas for those with childhood abuse histories, and treatment can involve many challenges for novice and seasoned clinicians, alike.

In this conference you will hear about current research on the effects of childhood maltreatment in these different domains, as well as see data and demonstrations of interventions for working with this population, including utilizing body-oriented approaches and working with transference and countertransference. I trust you will find the material presented at this conference to be invaluable in your work with chronically traumatized individuals.

Anne M. Dietrich

General Information

Registration Desk

The registration desk will be situated in the main Foyer next to the Pinnacle Ballroom on the 3rd floor. The desk will be open from 7:45 a.m. until 3:45 p.m. on Thursday, Friday, and Saturday.

Badges

The conference badge that you receive with your on-site registration is required for admittance to all sessions.

Tourism Vancouver

Please visit the Tourism Vancouver table in the main Ballroom Foyer for ideas on things to do while visiting the city. The table is staffed by volunteers from the Lady Vancouver Club, who will be happy to assist you with questions. Materials on city events are provided at the booth.

Concierge

For information on local restaurants and activities, you may

also visit the Concierge desk in the Hotel Lobby. The concierge desk is open from 7:00 a.m. until 11:00 p.m. To arrange for a massage at the health centre, the concierge is the person to contact.

Parking

Parking is available for hotel guests and the public on parking levels 3, 4, and 5. The rate for hotel guests is \$16.00/day (with full in and out privileges); for the public, the Early Bird rate (in before 9am, out by 6pm) is \$8.00; after 9am, it is \$2/hour to a maximum of \$10; the evening flat rate (6 pm til 1 am) is \$3; and from 1am to 6am, it is \$1 per hour. Valet parking is also available. The parking garage is directly accessible from W. Hastings St.

Business Center

Secretarial services, computer, photocopying/fax machine, and courier services are available from 8:00 a.m. to 6:00 p.m. Monday to Friday.

Meeting Evaluation

Your assistance is needed to help improve future conferences. Please return your completed evaluation forms at the end of the conference (a box will be provided by the ballroom exit doors).

Health Club

The hotel's health club is located on the fourth floor, and offers an indoor 52' lap pool, whirlpool, Steam Room, Dry Sauna, Work-Out equipment, 3 massage rooms, an

outdoor Sun Deck, with full locker, shower and change-room facilities. The concierge can book massage therapy treatments, as well as recommend jogging routes through Vancouver's trademark "Stanley Park".

Smoking Policy

All function rooms and foyers are designated non-smoking in accordance with the City of Vancouver

Local Restaurants

In addition to the hotel restaurant and other local hotel restaurants, there are several places to dine, within walking distance from the Delta Pinnacle:

Alfredo's on Melville
1100 Melville Street
Phone 604.681.3330

Caffe De Medici
#109-1026 Robson Street
Phone 604.669.9322

CIN CIN
1154 Robson Street

Phone 604.688.7338

Oritalia Restaurant
567 Hornby Street
Phone 604.689.8862

Piccolo Mondo Ristorante
850 Thurlow Street
Phone 604.688.1633

Hon's Wun-Tun House
1339 Robson Street
Phone 604.685.0871
Hermitage Restaurant
#115-1025 Robson Street
Phone 604.689.3237

Thai Palace Restaurant
102 Water Street
Phone 604.331.1660

Joe Fortes Seafood and Chop
House
777 Thurlow Street

Phone 604.669.1940

Morton's of Chicago
757 W. Cordova Street
Phone 604.915.5105

O'Douls Restaurant & Bar
1300 Robson Street
Phone 604.661.1400

Zin Restaurant & Bar
1277 Robson Street
Phone 604.891.5197

Schedule at a Glance

Thursday, June 6, 2002

- 8:00 Registration & Coffee
- 8:30 **Jennifer Freyd:** Gaps in memory and awareness for trauma: Perspectives from Betrayal Trauma Theory
- 10:00 Refreshment Break
- 10:30 **John Briere:** Not just PTSD: The complexity of posttraumatic states
- 12:00 Lunch (on your own)
- 1:00 **John Briere:** Not just PTSD (con't).
- 2:00 **Su Baker & John O'Neil:** Transference & Countertransference Revisited

- 3:00 Refreshment Break
- 3:30 **Su Baker & John O'Neil:** Transference & Countertransference (con't).
- 5:30 Adjourn Day One
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Friday, June 7, 2002

- 8:00 Registration & Coffee
- 8:30 **John Briere:** Recent developments in the treatment of abuse survivors: The revised Self-Trauma Model
- 10:15 Refreshment Break
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- 10:45 **John Briere:** Recent developments (con't).

- 12:00 Lunch (on your own)

- 1:15 **Bessel van der Kolk:** The Psychobiology of Posttraumatic Stress

- 2:30 Refreshment Break

- 3:00 **Bessel van der Kolk:** Psychobiology (con't).

- 5:30 Adjourn Day Two
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Saturday, June 8, 2002

- 8:00 Registration & Coffee

- 8:30 **Bessel van der Kolk & Pat Ogden:** Frontiers of Trauma Treatment: The roles of attention, memory, the therapeutic relationship and restoration of the body.

- 10:15 Refreshment Break
- 10:45 **Bessel van der Kolk & Pat Ogden:** Frontiers (con't).
- 12:00 Lunch (on your own)
- 1:15 **Bessel van der Kolk & Pat Ogden:** Frontiers (con't).
- 3:00 Refreshment Break
- 3:30 **Bessel van der Kolk & Pat Ogden:** Frontiers (con't).
- 5:30 Conference Adjourns. Please submit your evaluation forms.
Thanks!
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Free, Take One Table

Information materials from various trauma-related organizations are available on the Free, Take One table in the Foyer

Exhibitors

**The Adler School of Professional
Psychology**

Tel: 604-874-4614, x 12

The BC Psychological Association

Tel: 604-737-2567

**B.C. Association of Clinical
Counsellors**

Tel: 604-574-6555

**Center for Emotional Trauma
Recovery at Lake Chelan**

Tel: 1-800-233-0045

EDGEWOOD

Tel: 1-800-683-0111

Somatic Experiencing

Tel: 250-595-6404

Odin Books

Tel: 604-739-8804

Course Faculty

Su Baker, M.Ed. is a counsellor/psychotherapist at John Abbott College, Ste. Anne de Bellevue, QC, and in private practice. Su is trained and accredited in clinical hypnosis and EMDR, and has worked extensively with traumatized and dissociative clients for the past 15 years. In 1991 Su and her husband, John O'Neil, MD, founded the Montreal Study Group on Dissociation, which currently has about 35 members. Su is a regular presenter at international conferences, including the International Society for the Study of Dissociation (www.issd.org) and the International Society for Traumatic Stress Studies (www.istss.org). She also presents regularly at national and local conferences, workshops and hospital departments of psychiatry, and at social and community services. Among her interests are the developmental effects of early, chronic childhood abuse and trauma, especially with regard to how it affects attachment and dissociative defenses, and in treating these individuals.

John Briere, Ph.D. is Associate Professor in the departments of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the Psychological Trauma Clinic at Los Angeles County - USC Medical Center (www.johnbriere.com). He is president of the International Society for Traumatic Stress Studies (ISTSS) (www.istss.org), a Fellow of the American Psychological Association, and is on the advisory board of the American Professional Society on the Abuse of Children (APSAC) (www.apsac.org/). He recently received the Robert S. Laufer Memorial Award for Scientific Achievement for his work on psychological trauma, and the Outstanding Professional Award from APSAC. He is author or co-author of over 60 articles, 15 chapters, 11 books, and 7 psychological tests in the areas of child abuse and psychological trauma.

Jennifer Freyd, Ph.D. is Professor of Psychology at the University of Oregon, and is the Director of the Freyd Dynamics Lab (<http://dynamic.uoregon.edu/>). She is well known for her work on cognitive processes, including research on memory processes during and following abuse during childhood. She is the recipient of numerous honors and awards, and has researched and published extensively in the area of memory processes in trauma. She has presented her work internationally since the early 1990s, and served as the Director and Program Co-Chair of the 1998 Meeting on Trauma and Cognitive Science, Eugene Oregon, 1998. She is co-editor with Anne DePrince of the 2001 book *Trauma and Cognitive Science: A Meeting of Minds, Science, and Human Experience*. Dr. Freyd is also the author of *Betrayal Trauma: The Logic of Forgetting Childhood Abuse*. Dr. Freyd's book provides empirical data in support of her thesis that it is through painful betrayal by a caregiver or trusted adult that memories of abuse become dissociated from conscious awareness.

Pat Ogden, MA is the director of the Hakomi Somatics Institute (www.hakomisomatics.com/) and the originator of Sensorimotor Psychotherapy. She serves on the faculty of The Naropa University and lectures internationally. She is trained in a wide variety of somatic and psychotherapy approaches and has worked with a diversity of populations, including prison inmates, psychiatric inpatients and survivors of trauma. Pat is a pioneer in somatic psychotherapy and the treatment of trauma, and has over 30 years experience. Her work with traumatized clients includes a focus on fostering somatic awareness, and integrating this with emotional and cognitive processes.

John A. O'Neil, M.D., FRCPC is an Assistant Professor of Psychiatry at McGill University, and St. Mary's Hospital in Montreal. Dr. O'Neil began his undergraduate training in Physics, then switched to Philosophy, and taught high school for a while (physics and mathematics). He then went to medical school with psychiatry residency training. He underwent further training, becoming a member of the Canadian Psychoanalytic Society, then, unusual for psychoanalysts, underwent hypnosis and EMDR training so that he could treat patients with dissociative disorders. Dr. O'Neil maintains an interest in Philosophy, having authored a chapter on *Épistémologie* in a Quebec psychiatry textbook. He is also a Fellow of the International Society for the Study of Dissociation, and is an Associate Editor for Book Reviews of the *Journal of Trauma and Dissociation*. Together with Su Baker, Jim Chu and

Audrey Wagner, he has given the all-day introductory workshop on the diagnosis and treatment of dissociative disorders at the last three international conferences of the ISSD.

Bessel van der Kolk, M.D. has worked in the field of traumatic stress as a clinician, researcher and teacher since the 1970s. Dr. van der Kolk has published extensively on the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. He was co-principal investigator of the DSM IV Field Trials for Post Traumatic Stress Disorder. Dr. van der Kolk is past president of the International Society for Traumatic Stress Studies (www.istss.org), Professor of Psychiatry at Boston University Medical School, and Clinical Director of the Trauma Center in Massachusetts (www.traumacenter.org). He has taught at universities and hospitals across the United States and around the world. He is co-editor of the book, *Traumatic Stress: The Effects of Overwhelming Experience on Mind, Body, and Society*. Dr. van der Kolk is the recipient of many awards and honors, including the Lifetime Achievement Award from the International Society for Traumatic Stress Studies.

Presentation Abstracts

I. GAPS IN MEMORY AND AWARENESS FOR TRAUMA: PERSPECTIVES FROM BETRAYAL TRAUMA THEORY (Jennifer Freyd)

Dr. Freyd will open with a discussion of the phenomena of gaps in memory and awareness for traumatic events, after which she will discuss some of the conceptual issues that must be disentangled in order to approach the topic with clarity. She will then present her work on Betrayal Trauma Theory.

Betrayal trauma theory addresses both "why" (motivations) and "how" (mechanisms) trauma may be forgotten. According to betrayal trauma theory, victims of abuse may remain unaware of the abuse, not to reduce suffering, but rather to maintain an attachment with a figure vital to survival, development, and thriving. Empirical support for the theory and ongoing and future research directions from Dr. Freyd's laboratory will be presented.

II. NOT JUST PTSD: THE COMPLEXITY OF POSTTRAUMATIC STATES **(John Briere)**

Initially conceptualized as a relatively straightforward response to a single traumatic stressor, psychological trauma is now understood to vary dramatically in complexity according to a wide variety of variables. When trauma exposure involves early, repetitive, interpersonal maltreatment, followed by additional traumas in adulthood, the outcome may involve not only posttraumatic stress, but also dysfunctional attachment styles, affect dysregulation, overdeveloped avoidance responses, easily activated preverbal schema involving abandonment and danger, conditioned cognitive-emotional responses, and a variety of other affective and behavioral outcomes often considered to be Axis II issues.

III. TRANSFERENCE & COUNTERTRANSFERENCE REVISITED: THE INTERPLAY OF TRAUMA AND ATTACHMENT IN THE PROCESS OF THERAPY WITH DISSOCIATIVE DISORDERS **(Su Baker & John O'Neil)**

One of the greatest challenges in the therapy of the DID patient is navigating the transference/countertransference issues. These are uncommonly complex not only because of simultaneous transferences of the various alters or ego states, but also because the transferences are both

posttraumatic and expressive of attachment needs and patterns. Understanding our countertransference experiences (especially as recipients of patients' projective identifications) and our roles in the inevitable enactments in therapy, provide us with a guide not only to better help patients work through difficult traumatic material, but also to help us understand and repair damage to their relational needs. This advanced workshop will address the use of the frame, transference and countertransference, and enactment in the treatment of dissociative disorders with a special emphasis on the use of interpretation of traumatic and attachment material as it plays out in the therapy. The first half of the workshop will be didactic, a presentation of the role of alter personalities both in traumatic reenacting (through their relationships with each other and their interactions with the therapist) and also in preserving and striving for a secure attachment in the face of fear of attachment and dependency. In appreciating this double role, therapist and patient achieve new and deeper understanding of the process of therapy as a reparation of relational damage. The second half of the workshop will be clinical, with case material demonstrating these principles in the process of therapy. Workshop participants are encouraged to bring in relevant case material to discuss. Such case material may also be translated into role play in order to underscore the centrality of the process of therapy.

**I.V. RECENT DEVELOPMENTS IN THE TREATMENT OF ABUSE
SURVIVORS: THE REVISED SELF-TRAUMA MODEL
(John Briere)**

Dr. Briere will provide an overview of the revised Self-Trauma Model as it relates to the treatment of complex child abuse effects. Among the issues addressed will be (1) the importance of affect regulation capacities as they affect trauma processing, 2) the role of chemical dependency, dissociation, and other avoidance responses, (3) the specifics of titrated exposure to trauma memories, (4) "relational reliving" -- the activation of deep cognitive structures involving attachment schemata and implicit memories, and (5) the unavoidable importance of the therapeutic relationship as a desensitizer, evoker of implicit relational gestalts, and model for future relationships.

V. THE PSYCHOBIOLOGY OF POST TRAUMATIC STRESS (Bessel van der Kolk)

Trauma can have profound effects on biological functioning. Inescapable traumatic experiences cause alterations in psychophysiology, neuroendocrine responses and immune function as well. Animal research, as well as the recently developed capacity to make detailed images of brain function, has allowed us to start understanding where and how trauma affects stress modulation and repetition of traumatic experiences. Dr. van der Kolk will discuss the effects of trauma on the Hypothalamic-pituitary-adrenal axis, on the immune system, on health care utilization, and on attentional issues. This lecture also will explore the psychopharmacological approach to people with PTSD and Dissociative Disorders.

V.I. FRONTIERS OF TRAUMA TREATMENT: THE ROLES OF ATTENTION, MEMORY, THE THERAPEUTIC RELATIONSHIP AND RESTORATION OF THE BODY (Bessel van der Kolk & Pat Ogden)

In the wake of the new insights into trauma's impact on the body, memory, and relationship to self and others, a range of radical new approaches to treatment have been developed. Many of these can be considered as fundamental shifts from earlier therapeutic paradigms. Given the fragility of the interpersonal bonds following disruptions of trust, issues of empathy, interpersonal repetition and boundaries within the therapeutic relationship require scrupulous attention. Preoccupation with the trauma and learned helplessness require a variety of interventions aimed at restoring active mastery and the capacity to attend to the here-and-now. In this context we will examine the role of Dialectical Behavior Therapy, Model

Mugging and therapeutic work programs. Since traumatic memories often are dissociated and may be inaccessible to verbal recall or processing, attention needs to be paid to the somatic re-experiencing of trauma-related sensations and affects which may serve as engines for continuing maladaptive behaviors. With the aid of videotaped demonstrations and experiential techniques we will present approaches from the fields of hypnosis, body oriented therapies and EMDR to introduce these new treatment options and discuss the integration of these approaches during different stages of treatment.

Tape Sales

Tapes of individual sessions may be purchased at the Tape Desk in the foyer to the Pinnacle Ballroom. Order forms are also in your conference package inserts.

Suggested Readings

Briere, J. (1997). *Psychological assessment of adult posttraumatic states*. Washington, D.C.: American Psychological Association.

Briere, J. (1997). *Beyond survival. Therapy for adults molested as children*. Second edition. New York: Springer-Verlag.

Briere, J., & Runtz, M.R. (in press). The Inventory of Altered Self-Capacities (IASC): A standardized measure of identity, affect regulation, and relationship disturbance. *Assessment*.

Briere, J., & Elliott, D.M. (in press). Prevalence and symptomatic sequelae of self-reported childhood physical and sexual abuse in a general population sample of men and women. *Child Abuse & Neglect*.

DePrince, A.P. & Freyd, J.J. (2001). Memory and dissociative tendencies: The roles of attentional context and word meaning in a directed forgetting task. *Journal of Trauma & Dissociation*, 2(2), 67-82. [included in conference materials]

Freyd, J.J. (1997). *Betrayal trauma. The logic of forgetting childhood abuse*. Cambridge: Harvard University Press.

Freyd, J.J. & DePrince, A.P. (2001) (Eds.). *Trauma and cognitive science: A meeting of minds, science, and human experience*. Haworth Press.

Freyd, J.J., DePrince, A.P., & Zurbriggen, E.L. (2001). Self-reported memory for abuse depends upon victim-perpetrator relationship. *Journal of Trauma & Dissociation* 2(3), 5-17. [included in conference materials]

Ogden, P. & Minton, K. (2000). Sensorimotor Psychotherapy: One Method for Processing Traumatic Memory. [Traumatology](http://www.fsu.edu/~trauma/v6i3/v6i3a3.html), 6, Article 2. Available online at <http://www.fsu.edu/~trauma/v6i3/v6i3a3.html> [included in conference materials]

van der Kolk, B.A. (2002). Beyond the talking cure: Somatic experience, subcortical imprints and the treatment of trauma. In Francine Shapiro (Ed.), *EMDR, promises for a paradigm shift*. New York: APA Press. [included in conference materials]

van der Kolk, B.A. (2002). The assessment and treatment of complex PTSD. In R. Yehuda (Ed.), *Psychological trauma*. American Psychiatric Press. [included in conference materials]

van der Kolk, B.A., McFarlane, A.C., & Weisaeth, L. (Eds.). *Traumatic stress. The effects of overwhelming experience on mind, body, and society*. New York: The Guilford Press.

van der Kolk, B.A., Pelcovitz, D., Roth, S., Mandel, F., McFarlane, A.C., & Herman, J.L. (1996). Dissociation, affect dysregulation & somatization: the complex nature of adaptation to trauma. *American Journal of Psychiatry*, 153(7), Festschrift Supplement, 83-93.

Local Happenings...

Performing Arts

Tony n' Tina's Wedding (Thursday, Friday, & Saturday nights). Tony n' Tina's Wedding is Western Canada's longest-running smash hit comedy which continues to thrill and delight audiences year after year. Get ready for side splitting hilarity as Tony and Tina tie the knot and celebrate their vows in an evening of wild and wacky fun. Four course meal included. For Tickets: 604.258.4079 or Ticketmaster 604.280.4444.

Mom's The World. May 9 - July 6. Arts Club Theatre on Granville Island
This play will take delighted audiences on a laugh-filled journey through the treacherous yet deeply touching territory of motherhood: the good, the bad, the ugly. For moms of all ages! Tickets: 604-687-1644
Website: <http://www.artsclub.com>

Famous People Players. FPP is a world renowned blacklight theatre company who has enchanted audiences for 24 years from Broadway to as far east as Japan. What you see is sensational; what you don't see is inspirational.
Phone: 604-665-2654
Email: fpp@direct.ca
Website: <http://www.fpp.org>

Vancouver TheatreSports League. Six- time world champions in comedy improv, the Vancouver TheatreSports League presents their hilarious live theatre shows at the New Revue Stage on Granville Island, Wednesday through Saturday. Audience participation is part of this live theatre experience. Lots of laughs, entertainment for the whole family, on the spot comedy sketches presented by professional improvisers.
Tel: 604-738-7013
Email: services@vtsl.com

Website: <http://www.vtsl.com>

The Playhouse This downtown theatre stages six full-scale productions each season, including classic and contemporary drama, comedy, musicals and at least one Canadian play.

Reservations/tickets: 604-873-3311

Email: info@vancouverplayhouse.com

Website: <http://www.vancouverplayhouse.com>

Vancouver Symphony Orchestra This major symphony orchestra performs in Vancouver's Orpheum Theatre and other Lower Mainland venues, as well as outdoors during the summer.

Reservations: 604-280-3311; 604-280-4444

Email: reachus@vansymphony.ca

Website: <http://www.vancouverSymphony.ca>

Firehall Arts Centre Gastown's Fire Hall #1 is the site of innovative and exciting theatre, contemporary dance and visual arts.

Phone: 604-669-0926

Email: firehall@firehall.org

Website: <http://www.firehall.org>

The Mouse Trap. May 15-July 14. Stanley Theatre. One of the greatest thrillers on the world stage from the master of the mystery genre, Agatha Christie. The Mousetrap has kept audiences guessing for five decades. Now in its 50th incredible year, the most cherished whodunit continues to enthrall, entertain and thrill audiences. A group of snowbound guests arrives to the news that a murder has occurred. A clue at the crime scene suggests someone at the guest house will be next...but who? In her own inimitable style, Dame Agatha Christie has created an atmosphere of shuddering suspense and a brilliantly intricate plot where murder lurks around every corner...Be part of history - see *The Mousetrap* during its 50th Anniversary year.

Info: 604-687-1644.

Website: <http://www.artsclub.com>

Of Heaven & Earth. May 25- June 9. The Centre in Vancouver for Performing Arts. Of Heaven & Earth is a modern adaptation of a classic

legend in which passion ignites a celestial war. This visually stunning show fuses elements from Riverdance, Cirque du Soleil, and Crouching Tiger, Hidden Dragon and combines a thousand years of ancient and modern dance movement, martial arts and acrobatics in a seductive love story.

Tickets: 604-280-4444

Homage to the Songwriters. June 7 & 8; Orpheum Theatre. Experience an enchanting evening dedicated to the greatest popular songwriters of all time. Presented by Vancouver Symphony Orchestra. Tickets 604-280-4444. Website: <http://www.vancouversymphony.ca>

Culture

Vancouver Museum. Jan 26 - Oct. 29. Yuquot, The Centre of Our World. On the west coast of Vancouver Island there is a place of immense beauty in the summer and inhospitable and violent pacific storms in the winter. This place is Yuquot, and it has been the home of the Mowachaht-Muchalaht First Nations people since the beginning of time, and is still The Centre of Our World. Info: 604-736-4431. <http://www.vanmuseum.bc.ca>

First Nations Textiles: Basketry and Beyond. June 2 - Sept. 30. Hills Native Art Gallery. This exhibit will feature hand-made items crafted by Native artists, such as Cowichan knits, woven baskets, museum-quality beaded baskets, woven jewelry, button blankets and button vests, plus a selection of topic-related books. Textiles are an important component of First Nations history and culture because of their every day application and specific association with supporting women artists. Info: 604-685-5422 <http://www.hillsnativeart.com>

Museum of Anthropology, UBC

Free Tuesday evenings from 5-9pm. A place of beauty and serenity. Northwest Coast Indian Art including towering totems and awe-inspiring bronze sculptures. Check out the traditional Longhouse or the mortuary chamber. Or the beautifully carved Haida buildings. Located at UBC, 6393 NW Marine Dr. (604.822.3825)

Outdoor Events and Attractions

Playland Amusement Park (for the kid in all of us) Apr. 20 - June 23. Open weekends and holidays from 11 am to 7 pm. Info: 604-253-2311.
<http://www.pne.bc.ca>

The VanDusen Flower and Garden Show. June 6-9; VanDusen Botanical Garden. A grand festival for flower fanciers, this show features more than 200 displays on everything from flowers to furniture, garden gnomes to gargoyles, peonies to parsley. Info: 604-878-9274.
<http://www.vandusengarden.org>

Stanley Park

Take a stroll through Vancouver's beautiful Stanley Park, the largest city park in Canada. Hundreds of acres of lush green forest, pristine lakes and grassy meadows. Walk the seawall-all 10 kilometres (6.2 miles) of it. Feed the ducks in Lost Lagoon. Say hello to the beluga whales at the aquarium or grab a hotdog from one of the street vendors, choose a seaside bench and watch the sun go down. Described by one local writer as a "thousand-acre therapeutic couch", it began as a military reserve established in the mid-1800s to guard the entrance to Vancouver harbour. General Information Line 604.257.8400.

Boat Charters

There's nothing more relaxing than a day on the water, especially for those visitors that don't live on the coast. Take a sea-kayak lesson. Visit the False Creek Marina for a paddle on a dragon boat. Rent some scuba gear or perhaps a canoe. There are dinner cruises, fishing charters, motorboat rentals, and authentic Native cedar canoes complete with guides offering narrative and traditional songs.

http://www.tourism-vancouver.org/docs/visit/boat_charters.html

Gastown

The Gastown area of Vancouver was named for a talkative Yorkshire-born saloon owner, John Deighton, nicknamed Gassy Jack. Gassy Jack showed up with a barrel of whisky on the south shore of Burrard Inlet, and told the mill workers there they could have all the whisky they could drink if they helped

him build his saloon-which they did. It only took 24 hours. You can hear the Gastown Steam Clock whistle every hour on the hour. It is the only one of its kind in the world.

Guided Gastown Walking Tour

Free tour! Go back in time. Follow costumed historians around the oldest neighbourhood in downtown Vancouver as they relive days gone by. Summer only. For more information contact the Gastown Business Improvement Society at 604.683.5650.

Chinatown at dusk

Explore the cultural richness of Historic Chinatown at the open-air night market. Strollers will find the area pedestrian-friendly as several blocks are closed to traffic, transforming the streetscape into a psychedelic neon-lit scene. With vendors selling everything from dried seafood to exotic fruits and vegetables to life-sized stuffed animals, the Chinatown Night Market is a must-see. June 2 - September 24. Friday to Sunday from 6:30pm to 11:00pm.

Granville Island

Granville Island is the place to spend a leisurely afternoon. Part farmers market, part artist studio and part magnet for the creative and flamboyant-it's one of the busiest spots in Vancouver. Bridge's Restaurant.

The Grouse Grind

Now here's a challenge for you. A 2.9-kilometre (3700 ft) trail straight up to the top of Grouse Mountain. And when we say straight up . . . we mean it. When you do the "Grind" it is recommended that you wear hiking boots and carry water. For those in good shape it takes about an hour. An average time would be between one and a half to two hours. The world record for doing the "Grind" is under 27 minutes. It is free to hike up, but it's not wise (or advised) for you to hike back down so you'll need \$5.00 to pay for the gondola ride to the bottom. Call 604.984.0661 or the Grouse Grind information line at 604.451.6107.

Sightseeing Tours (All published tours start from Vancouver)

Westcoast City & Nature Sightseeing Ltd.

Information: 604-451-1600

Email: westcoast@vancouverstseeing.com
Website: <http://www.vancouverstseeing.com>

Tour 1: Deluxe Vancouver City Highlights (~ 4.5 hours daily)

Tour 1G: Vancouver City in German/Deutsche City Tour (the same as Tour 1, but conducted in German)

Tour 2: Vancouver City and Capilano Suspension Bridge (~ 5 hrs. daily)

Tour 3: Grouse Mountain and Capilano Suspension Bridge (~ 5.5 hrs. daily)

Tour 4: Victoria and Butchart Gardens - includes 2 90-minute ferry rides through the fabulous Gulf Islands (~ 13 hrs. daily)

Tour 4G: Victoria and Butchart Gardens in German

Tour 5: Whistler and Shannon Falls (~ 10 hrs. daily)

Vancouver Special Tours:

- Native Culture Tours
 - Art Galleries and Artist Studios
 - Seymour Bear Habitat Tour
 - The Mountain Magic Tour
 - Theatre and Festivals
 - Sports Venues
 - Shopping Expeditions
 - Nature Tours
 - Wine Tasting Tours
 - Garden Tours: Butchart Gardens (Victoria); Stanley Park; Queen Elizabeth Park; Van Dusen Gardens; Nitobe Gardens (at UBC); UBC Botanical Garden; Dr. Sun Yat Sen Gardens; Minter Gardens
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