

**Final Program**

*PTSD & Complex PTSD:  
Treatment, Research, and  
Practical Applications*



June 11th - 14th, 2003

The Delta Pinnacle Hotel  
1128 West Hastings Street  
Vancouver BC, Canada

Course Directors:

Anne Dietrich, MA & Greg Passey, MD, FRCPC,  
The PTSD Clinic at Vancouver General Hospital

# *Welcome!*

Welcome to our 2003 Vancouver Trauma Conference. Those of you who attended the Vancouver Trauma Conference here last year at the Delta Pinnacle will find some (hopefully) exciting new features! We hope that those of you who are new this year will find the conference to be as rewarding an experience as did those who attended last year.

I am very pleased to have Dr. Greg Passey join me in the preparation of this year's conference. His expertise and generous, collaborative nature have proven to be invaluable assets, and it is a pleasure working with him. We plan on offering similar conferences in the future, with a focus on different thematic aspects of posttraumatic stress. We may also expand future conferences with the inclusion of poster presentations and other submissions from delegates.

We are delighted to have Drs. John Briere and Bessel van der Kolk return this year. John will be focusing less on etiology and more on treatment approaches for working with complex trauma. Bessel will provide a review of the neurobiological bases of trauma, and will present new data. There will be some degree of overlap between his presentation this year and that of last year. We are also delighted to have Dr. Marylene Cloitre join us and present her work on a phase-oriented CBT-protocol for treating adults with childhood abuse trauma.

New this year is the evening workshop sessions by local Canadian presenters. Our workshop faculty consists of experienced clinicians who will share their knowledge and practical information with regard to working with special trauma populations. Also new this year is the Welcome Reception, where members may relax and chat with our faculty, as well as get to know each other. There will be a no-host bar during the reception, which will be held in the Pinnacle Ballroom.

Thank you for joining us! We hope not only that you find the presentations intellectually stimulating, but that you take the time to engage in self-care and get to know your colleagues in an informal, relaxing environment at the reception and during refreshment breaks.

# *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 7:30 -11:30 a.m. and from 12:30-4:30 pm on Thurs, Fri, and Sat, and from 5:00 pm til 9 pm on Wed and Friday evenings.

## **Badges**

The conference badge that you receive with your on-site registration is required for admittance to all sessions. We ask that you please wear your badge during attendance.

## **Washroom Locations!**

There is one ladies room located on the third floor (the conference floor) near the elevators (as you leave the foyer and pass the staircase on your left, you will come to the ladies room to your right. In addition, there is a ladies room on the main floor behind the lobby, and also up on the fourth floor, East side (as with the 3<sup>rd</sup> floor). Mens washrooms are close to the ladies rooms.

## **Concierge**

For information on local restaurants and activities, visit the Concierge desk in the Hotel Lobby. The desk is open from 7:00 a.m. until 11:00 p.m.

## **Parking**

Parking is available for hotel guests and the public on parking levels 3, 4, and 5. The Early Bird rate (in before 9am, out by 6pm) is \$8.00; after 9am, it is \$2.25/ half hour; the evening flat rate (6 pm til 1 am) is \$3.50. Valet parking is also available. The parking garage is directly accessible from W. Hastings St.

## **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).

## **Smoking Policy**

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

## **Important Note Regarding Continuing Education Sign-In**

Psychologists who will be applying for CEUs through the Canadian and American Psychological Associations must sign in and out of each session at the desk in the lobby. For American Psychological Association units, there is a fee of \$25 (Canadian funds), and for CMEs for physicians from the American Medical Association, there is a fee of \$25.00 (Canadian funds). Certificates of attendance will be provided for all delegates, and may be picked up at the CEU/CME table in the ballroom foyer.

## **Major Sponsor**



## **Supporters**

Wyeth-Ayerst Canada, Inc.

Astrazeneca Pharmaceuticals

Canadian Society for the Study of Trauma &  
Dissociation

# Vancouver General Hospital PTSD Clinic Foundation:

The VGH PTSD Clinic was established May 1, 2003 after GlaxoSmithKline donated an unfettered grant of \$100,000. The Clinic will conduct PTSD assessments, individual therapy, group therapy and research. To date no government funding has been provided specifically to this clinic. The VGH PTSD Clinic Foundation was established at VGH to accept tax deductible donations to help fund the ongoing operating costs of the clinic. Any individuals or organizations donating \$1000 or more will have their name displayed on a plaque in the hospital.

## Welcome Reception

We have decided to extend an open invitation to all delegates to attend the Welcome Reception on Thursday evening. The reception will provide opportunities for you to get to know colleagues who are working in the trauma field, and will also provide an opportunity for delegates to interact with our guest speakers in a more relaxed setting. All delegates who sent in their RSVP will have received a ticket in their registration package.

## Tape & CD Sales

Tapes and CDs of individual sessions may be purchased at the Tape Desk in the foyer to the Pinnacle Ballroom. Tapes and CDs may also be ordered after the conference by contacting Ken Andrews at Precision Sound ([kandrews@precisionsound.com](mailto:kandrews@precisionsound.com)).

# Free, Take One Area

Information materials from various trauma-related organizations are available on the Free, Take One table in the Foyer. In addition, Vancouver maps and info guides are available from Tourism Vancouver at this table.

## List of Exhibitors

Vancouver General Hospital PTSD Clinic Foundation  
GlaxoSmithKline  
Aurora Centre  
Odin Books  
Precision Sound Tape/CD Sales  
The Canadian Foundation for Trauma Research &  
Education (CFTRE)

## Schedule at a Glance

<b>Wed. June 11</b>	<b>Evening Workshops</b>	<b>Location</b>
5:00 pm	Registration desk opens	Pinnacle Ballroom Foyer
6:30 pm	Child & Adolescent Trauma	Pinnacle Ballroom I
	Cross Cultural/Refugee Trauma	Pinnacle Ballroom II
	Individual & Group Treatment	<b>Pinnacle</b> Ballroom III
<b>Thurs. June 12</b>	<b>Day-long Plenary</b>	
7:30-4:30	Registration	Pinnacle Ballroom Foyer
7:30- 8:30	Continental Breakfast	Shaughnessy Ballroom
8:30-10:00	John Briere	Pinnacle Ballroom
10:00-10:30	Refreshment Break	Shaughnessy Ballroom

10:30-12:00	John Briere	Pinnacle Ballroom
12:00-1:30	Lunch (on your own)	
1:30-3:00	John Briere	Pinnacle Ballroom
3:00-3:30	Refreshment Break	Shaughnessy Ballroom
3:30-4:30	Discussion hour	Pinnacle Ballroom
4:30	Adjourn	

5:30-7:00 pm	<b>Welcome Reception</b>	Pinnacle Ballroom
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**Fri. June 13 Day-long Plenary**

7:30-4:30	Registration	Pinnacle Ballroom Foyer
7:30- 8:30	Continental Breakfast	Shaughnessy Ballroom
8:30-10:00	Bessel van der Kolk	Pinnacle Ballroom
10:00-10:30	Refreshment Break	Shaughnessy Ballroom
10:30-12:00	Bessel van der Kolk	Pinnacle Ballroom
12:00-1:30	Lunch (on your own)	
1:30-3:00	Bessel van der Kolk	Pinnacle Ballroom
3:00-3:30	Refreshment Break	Shaughnessy Ballroom
3:30-4:30	Discussion hour	Pinnacle Ballroom
4:30	Adjourn	

**Evening Workshops**

5:30 pm	Registration desk opens	Pinnacle Ballroom Foyer
6:30-8:30/9:30 pm	First Nations Trauma Issues	Pinnacle Ballroom I
	Women's Issues/Witnessing	Pinnacle Ballroom II
	PTSD Medico-legal Issues	Pinnacle Ballroom III

**Sat. June 14 Day-long Plenary**

7:30	Registration	Pinnacle Ballroom Foyer
7:30- 8:30	Continental Breakfast	Shaughnessy Ballroom
8:30-10:00	Marylène Cloitre	Pinnacle Ballroom
10:00-10:30	Refreshment Break	Shaughnessy Ballroom
10:30-12:00	Marylène Cloitre	Pinnacle Ballroom
12:00-1:30	Lunch (on your own)	
1:30-3:00	Marylène Cloitre	Pinnacle Ballroom
3:00-3:30	Refreshment Break	Shaughnessy Ballroom
3:30-4:30	Discussion Hour	Pinnacle Ballroom

**4:30 Conference Adjourns please complete your evaluation forms. Thanks!**

# Course Faculty

**Myles Blank, MD FRCPC** is a Clinical Assistant Professor of Psychiatry at the University of BC, is active staff psychiatrist at BC's Children's and Women's Hospital (Infant Psychiatry Clinic and Child Protection Unit), and has a private practice with interest in psychotherapy, play therapy, HIV and psychiatric conditions in Adults and Children, and PTSD.

**Ron Braunstein, MD FRCPC** is a Clinical Professor of Psychiatry at the University of BC, an active staff psychiatrist at BC's Children's and Women's Hospital (General Psychiatry Teaching and Consultation Clinic), is a former Director of Burnaby Psychiatric Services, children's team and General Clinic, BC's Children's Hospital, and has a private practice with interest in psychotherapy (individual and family) and PTSD.

**John Briere, PhD** 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](http://www.johnbriere.com)). He is president of the International Society for Traumatic Stress Studies (ISTSS) ([www.istss.org](http://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/](http://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.

**Marylene Cloitre, PhD** is professor of Child and Adolescent Psychiatry and Director of the Institute for Trauma and Stress at New York University Child Study Center. She is the recipient of the NIMH National Research Service Award at Columbia University, and President's Fellow in the Dept. of Psychology at Columbia. She has received numerous funding grants for her research on fear, anxiety, depression, treatment for PTSD, development of a two-stage treatment module for CSA-related PTSD, and others. Dr. Cloitre is on the editorial board of the Journal of Cognitive Psychotherapy and the Journal of Traumatic Stress.

**Soma Ganesan, MD FRCPC** has always maintained a very high level of involvement in programs and issues around refugee and cross-cultural mental health. His contributions have involved setting up the Multicultural Liaison Worker program at Vancouver Community Mental Health Services and as founding member of the Vancouver Association of Survivors of Torture. Dr. Ganesan is the Medical Director of Psychiatry at Vancouver Hospital and Health Sciences Centre, Clinical Professor of Psychiatry and Director of the Cross Cultural Program at the University of BC, member of the Ministers Advisory Council on Mental Health, member of the Forensic Services Commission, regional psychiatrist at Vancouver Coastal Health Authority, and member of the organizing committee for the annual UBC Cross Cultural Conference.

**Elaine Herbert, MSW** is a registered social worker, with private practice in Vancouver. Elaine has served as the Executive Director of the Vancouver Aboriginal Child & Family Services Society, and has extensive experience working with Aboriginal women and children who have been traumatized. She has served as the Coordinator of the Sexual Abuse Training Program and Coordinator for Adolescents at the Heywaynoq Healing Circle in Vancouver, and as Education Coordinator for the Bonaparte Band Administration in Cache Creek, where she provided counselling, assisted in the organization of a child welfare committee working with children at risk and in care, and was an active member of the Mental Health Team. Elaine is a member of the Bonaparte Band-Shuswap Nation.

**Don Louie, MD FRCPC** is a Clinical Professor of Psychiatry at the University of BC, active staff psychiatrist at BC's Children's and Women's Hospital, consultant psychiatrist at Vancouver Hospital and Health Sciences Centre, Clinical Director of the General Psychiatry Teaching and Consultation Clinic at BC's Children's Hospital, and Past President of the Canadian Society of Clinical Hypnosis, BC Division. Dr. Louie also has a private practice with 27 years experience in treating PTSD, mood and anxiety disorders in Adults, combining psychotherapies with Hypnosis and EMDR.

**Greg Passey, MD FRCPC** specializes in trauma psychiatry. From 1993 to 1995, Dr. Passey was involved in research on the epidemiology of posttraumatic stress disorder and depression in Canadian Forces

Peacekeepers serving in the former Yugoslavia. In 1995, he received the Laughlin Fellowship from the American College of Psychiatrists for research and leadership in the field of Psychological Consequences of UN Peacekeeping. He retired from the military in September 2000 after 22 years of service and currently works in private practice and in the Outpatient Psychiatry Program at the Vancouver Hospital and Health Sciences Centre. He has been a presenter/speaker on posttraumatic stress disorder at numerous conferences and is actively involved in teaching professionals and the public about this disorder.

**Olivia Scalzo, PhD** is a registered psychologist in Vancouver. Her work with women survivors of sexual abuse and assault began over twenty years ago. She has worked in a variety of settings including university counselling services and a women's correctional facility. Dr. Scalzo maintains a private practice with a focus on psychotherapy for trauma, abuse, depression, anxiety and women's issues relating to pregnancy, childbirth and postpartum adjustment. She also provides clinical supervision to counsellors in several community agencies and women's centres.

**Ingrid Sochting, PhD** is a psychologist in outpatient psychiatry at Richmond Hospital, and has a private practice specializing in treatment of mood and anxiety disorders, as well as forensic personal injury assessments. Dr. Sochting developed and implemented post-sexual trauma treatment plans for aboriginal people in Northern BC. She has extensive experience in the assessment and treatment of First Nations persons, and has served as an expert witness on historical child abuse with aboriginal and non-aboriginal individuals. She is currently a co-investigator in the National Community Victimization Project: Mental Health Outcomes Based on Residential School Experiences.

**Bessel van der Kolk, MD** 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](http://www.istss.org)),

Professor of Psychiatry at Boston University Medical School, and Clinical Director of the Trauma Center in Massachusetts ([www.traumacenter.org](http://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.

**Inna Vlassev, PhD** has been devoted to helping survivors and their caregivers since she completed a postdoctoral residency in trauma at the department of Psychiatry at Harvard Medical School. Currently she is a psychologist at the Outpatient Psychiatry Program in Vancouver Hospital and has been involved in the development of a tertiary program for people who have PTSD. She participates in numerous community initiatives related to raising awareness against violence through the BC Institute Against Family Violence and the Centre of Excellence for Women's health. Dr. Vlassev has teaching appointments with UBC and SFU and she is committed to the training of students and mental health workers in the assessment and treatment of disorders of extreme stress.

**Wahan Wanis, MD, FRCPC** is a psychiatrist working in Private Practice. He is an Associate Clinical Professor at UBC. He has worked extensively with PTSD patients and lectures on this subject to Psychiatry residents. He is also the Director of Medical Education for the Forensic Psychiatric Services Commission of BC.

## Prize Draws

We will be holding several prize draws over the duration of the conference. Two main prizes (free registration or 2 nights free accommodation at the Pinnacle) will be drawn on Thursday, June 12<sup>th</sup>. Two second prizes (certificates redeemable at the Odin Book exhibit or the Precision Sound tape/CD exhibit) will be drawn on Friday, June 13<sup>th</sup>, and two final prizes (certificates redeemable at the Odin Book exhibit or the Precision Sound tape/CD exhibit) will be drawn on Saturday, June 14<sup>th</sup>.

# Presentation Abstracts

## PLENARY SESSIONS

### **I. Thursday: Treating Complex Posttraumatic Disturbance: A Relational/Cognitive-behavioral Synthesis**

by John Briere, Ph.D.

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. This plenary session will provide an in-depth review 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.

This year's workshop will focus more on treatment of Complex PTSD than on description of complex trauma and etiology.

## **LEARNING OBJECTIVES**

This course is designed to help you:

1. Distinguish simple Posttraumatic Stress Disorder from Complex Posttraumatic symptoms
2. Understand the different variables that may impact the degree of complexity of posttraumatic symptoms of those who experience traumatic events
3. Understand how early interpersonal traumas can affect attachment styles, the ability to regulate affect, avoidance within relationships, and result in specific conditioned reactions to stimuli similar to the original trauma
4. Develop knowledge of the key features of Dr. Briere's revised Self-Trauma Model and implications for treatment of those who are chronically traumatized
5. Understand the various strategies that traumatized people may use to avoid strong emotions related to their trauma
6. Learn techniques for helping clients modulate their arousal levels when discussing their traumas, so that they do not become overwhelmed during sessions.

## **II. Friday: Trauma, Attachment, and the Body -- Discovery of the self in the Aftermath of Trauma**

**by Bessel A. van der Kolk, M.D.**

In recent years there has been an explosion of knowledge about how experience shapes biology and the formation of the self. The study of trauma has probably been the single most fertile area within the disciplines of psychiatry and psychology in helping to develop a deeper understanding of the interrelationship between emotional, cognitive, social and biological forces that shape human development. Research in the area of trauma has opened up entirely new insights in how extreme experiences throughout the life cycle can have profound effects on memory, affect regulation, biological stress modulation and interpersonal relatedness. Preoccupation with the trauma and learned helplessness require a variety of interventions aimed at restoring active mastery and the capacity to attend to current experience. 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. 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. Starting with a review of recent studies on the neurobiology of trauma, we will examine the utility of approaches from the fields of hypnosis, body oriented therapies and EMDR, both with research data and videotaped clinical interventions, and discuss the integration of these approaches during different stages of treatment.

Dr. van der Kolk will review how trauma impacts the entire organism: the way the body organizes itself and the brain perceives reality. The workshop/lecture will illustrate, with the aid of treatment videotapes and neuroimaging findings, how treatment needs to help traumatized individuals complete being "embedded" in the traumatic experience and re-orient to the present. There will be some necessary overlap between this year's and last year's presentation.

## **LEARNING OBJECTIVES**

This course is designed to help you:

1. Review recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.
2. Understand techniques of physical mastery and sensorimotor processing.
3. Examine how traumatized people process information.
4. To formulate treatment options for acute and chronic PTSD.
5. Understand how trauma affects the capacity to articulate personal needs.
6. Explore group psychotherapy issues to deal with long term effects of distrust, revictimization and fear of intimacy.

## **III. Saturday: Emotion Regulation and Interpersonal Skills Training for Chronic PTSD related to Childhood Abuse and Multiple Traumatization**

by Marylene Cloitre, Ph.D.

## **Level of workshop: Beginner/Intermediate**

Many clients with PTSD who have experienced childhood trauma have not only PTSD but also a myriad of emotion regulation and relationship skills deficits. These problems are often the first symptoms that clients complain about and provide the motivation for entering treatment. They are also strongly associated with problematic and life-threatening behaviors such as disordered eating, self-harm, suicidal gestures, substance abuse and revictimization, all which often need to be addressed before engaging in more traditional PTSD focused treatments. This workshop will present an empirically-supported 8-session program in Skills Training in Affective and Interpersonal Regulation (STAIR) which targets these difficulties and can be used alone or in conjunction with traditional PTSD-focused treatments. STAIR is an effective stabilization or preparatory phase of treatment that has been shown to enhance the effectiveness of exposure therapy with complicated PTSD clients. The workshop will train clinicians to use STAIR with a modified version of prolonged exposure which focuses on the development of trauma narratives in the larger context of life autobiography.

## **LEARNING OBJECTIVES**

**This course is designed to help you learn:**

1. The theoretical base of STAIR in developmental and attachment theory
2. How to implement the 8-session skills training, including negotiating specific treatment challenges
3. The role of the therapeutic alliance in effective treatment
4. How to maintain emotional stability and enhance self-efficacy during exposure work
5. How to facilitate effective emotional engagement during exposure therapy

## WEDNESDAY EVENING WORKSHOPS

### **I. Workshop on Child and Adolescent Trauma**

By D. Louie, M. Blank, & R. Braunstein

PTSD in children/adolescents is often misdiagnosed. This discussion will focus on how to recognize developmental and disguised presentations of PTSD and Dissociation in children and adolescents. Clinical examples will be used to illustrate major differences between Type I and Type II trauma/PTSD. Traumatic life experiences have powerful effects on biological, psychological, and family systems. Therapists' countertransference feelings re: trauma may help or interfere with both the diagnosis and treatment of PTSD and dissociation. Often, multimodal treatment (e.g., individual and family, medications, etc.) is necessary in children.

#### **LEARNING OBJECTIVES**

This course is designed to help you:

1. Differentiate PTSD from other DSM-IV diagnoses, such as ADHD.
2. Understand the effects of countertransference (e.g., avoidance, denial, dissociation, etc.) that occurs when working with PTSD in children/adolescents.
3. Understand the importance of including multimodal treatments for children

### **II. Workshop on Cross Cultural Aspects of PTSD**

by S. Ganesan MD, FRCPC & W. Wanis, MD, FRCPC

Dr. Ganesan will briefly discuss local resources available to refugees and immigrants in the Vancouver area. Some of the roadblocks to both the patients and the therapists will be raised. Dr. Wanis will spend the majority of the workshop on: (1) Myths about PTSD in various ethnocultural groups; (2) Transference and countertransference issues in different patient groups; (3) Psychopharmacological interventions in a crosscultural society; and (4)

Psychotherapy and the application of standard psychotherapeutic techniques.

## **LEARNING OBJECTIVES**

This course is designed to help you:

1. Become aware of local mental health resources for a cross cultural population
2. Learn some of the nuances in the presentation of PTSD in a cross cultural population
3. Understand the differences required to treat cross cultural patients in regards to pharmacology and standard psychotherapy

### **III. Workshop on Individual and Group Treatment for Those With and Without Personality Disorder**

by **G. Passey, MD, FRCPC & I. Vlashev, PhD, Reg. Psych.**

Review and discuss the complexity and potential misdiagnosis of PTSD, Complex PTSD and Borderline Personality Disorder. A description of an intense 20 week group therapy program for BPD at Vancouver General Hospital and outcome results will be given. The evolution of a subsequent 5-week intense group program with access to subsequent treatment resources will be described. This will include group therapy involving dialectical behavioral therapy, support, and manualized trauma therapy. Issues involving individual versus group therapy will be discussed. Ample time for individual case discussions from the audience will be given.

## **LEARNING OBJECTIVES**

This course is designed to help you:

1. Understand the diagnosis and evolution of Borderline Personality Disorder (BPD) versus PTSD versus Complex PTSD
2. Be aware of selection criteria for trauma therapy with or without BPD
3. Become familiar with initial treatment strategies for BPD and/or PTSD

## **FRIDAY EVENING WORKSHOPS**

### **I. Workshop on First Nations Trauma Issues & Treatment**

by I. Sochting, Ph.D. & E. Herbert, M.S.W.

**I. Sochting:** The incidence of psychological, cultural, physical, and sexual trauma in Canada's First Nations people is manifold that of non-aboriginal Canadians. Yet, rarely do First Nations people find access to appropriate treatment services. There are demographic reasons for this but also a number of other barriers including cultural. This workshop will provide a brief overview of the history of First Nations people in B.C., outline the potential layers of trauma in individual presentations, present a framework for a comprehensive assessment strategy, and offer suggestions for responsible treatment approaches given the limitations of most service providers formal training and cultural backgrounds.

### **LEARNING OBJECTIVES**

This course is designed to help you:

1. become familiar with trauma vulnerability factors in Canadian First Nations people
2. become familiar with a developmental/theoretical framework for better understanding psychopathology in First Nations people
3. comprehensively assess trauma symptoms and related problems
4. develop a comprehensive and responsible treatment plan

**E. Herbert:** A race and gender analysis of trauma experienced by First Nations (Aboriginal) peoples will be discussed within the context of helping. This workshop will provide an overview of the importance of cultural knowledge and practice in trauma treatment. Two case studies will be presented to provide an example of the multi-layered and complex trauma that some First Nations experience, including treatment assessment and strategies. The lack of professional and accessible long term therapy will also be discussed in terms of how current resources hinder First Nations recovery from experiences of complex trauma.

### **LEARNING OBJECTIVES**

This course is designed to help you:

1. Understand how a race and gender analysis of complex trauma and the environment in which it took place are important factors to consider in assessment and treatment plans.
2. Understand the role of cultural knowledge and practice, and identify how it shapes your practice with First Nations (Aboriginal) peoples
3. Become familiar with the difficulties of treating First Nations due to the lack of resources for long term therapy.

## **II. Women and Trauma Workshop**

**Dr. J. Olivia Scalzo, Registered Psychologist**

Pregnancy, childbirth, and postpartum adjustment (including breastfeeding) are profound psychological experiences in women's lives that can be severely affected by past trauma, especially sexual assault or repeated sexual abuse. Women experiencing complex PTSD are vulnerable to re-experiencing trauma (e.g., flashbacks), especially during childbirth, an experience that has been referred to as birthing ghosts . Apart from the impact of past trauma, childbirth itself can be traumatizing for women and their infants. Experiencing trauma during birth can negatively impact mother-infant bonding and beyond, contribute to post-partum depression, anxiety, unresolved grief and loss issues. This workshop will examine psychological aspects of pregnancy and birth, birth trauma, and the impact of past sexual, physical and emotional trauma on women's ability to manage labour, birth, and breastfeeding. Dissociation, flashbacks, and trauma triggers specific to labour and birth will be highlighted. Suggestions for helping women resolve the effects of past trauma prior to birth and for minimizing trauma during birth will be addressed. When women are empowered in the birthing process it is possible that birth will be experienced as transformative rather than traumatizing.

### **LEARNING OBJECTIVES**

This course is designed to help you:

1. To identify the psychological aspects of pregnancy and childbirth.

2. To understand the impact of trauma on women's experiences of pregnancy, childbirth and post-partum adjustment, including the effects of past trauma (e.g., complex PTSD), triggers and trauma experienced during birth.
3. To understand the importance of grounding and safety during pregnancy and childbirth and to learn strategies that will assist women to have an empowered birth experience.

### **III. Workshop on Medico-legal Issues in PTSD**

by *G. Passey, MD, FRCPC & W. Wanis, MD, FRCPC*

An initial discussion of legal terminology and diagnostic criteria as it applies to mental disorders (specifically PTSD) and legal judgments will be given. Distinction between burden of guilt in civil versus criminal cases will be described. Malingering and PTSD will be reviewed and validity of symptoms discussed. The essentials of writing medical legal referrals and reports will be reviewed. A plea/judgment of NCR MD (Not Criminally Responsible due to Mental Disorder) will be defined and some of the precedent setting cases will be briefly described. A review of some recent PTSD legal cases and their outcomes will be discussed.

#### **LEARNING OBJECTIVES**

This course is designed to help you:

1. Become aware of basic legal terminology in regards to PTSD and mental disorders
2. Learn the diagnostic criteria and legal interpretation for Not Criminally Responsible due to Mental Disorder (NCR MD), specifically PTSD
3. Essentials for composing a Medical Legal Report and determining validity of symptoms

# Local Vancouver Happenings

## *Theatre*

### **Tony and Tina's Wedding**

Dates: Jan 1, 2003 ongoing

Location: St. Andrew's Wesley Church, 1012 Nelson Street, Vancouver, BC

Details: The wildest, wackiest Italian wedding you will ever experience!

Ticketing Phone Number: 604.280.4444

### **Dial M for Murder**

Dates: May 08 - Jun 15

Start Time: 2pm matinees, 8pm evenings

Ticket price: \$19 to \$48

Location: Stanley Theatre, 2780 Granville Street, Vancouver, BC

Details: The Arts Club Theatre Company presents their production of the classic thriller .

Event URL: [www.artsclub.com/onstage/20022003/dialmformurder.htm](http://www.artsclub.com/onstage/20022003/dialmformurder.htm)

Ticketing Phone Number: 604.280.3311

Event Phone Number: 604.687.1644

### **Fully Committed**

Dates: May 23 - Jun 21

Start Time: 2pm matinees, 8pm evenings

Ticket price: \$17.50 to \$38

Location: Arts Club Granville Island Stage, 1585 Johnson Street, Granville Island, Vancouver, BC

Event URL:

<http://www.artsclub.com/onstage/20022003/fullycommitted.htm>

Ticketing Phone Number: 604.280.3311

Event Phone Number: 604.687.1644

### **Mystery in the Woods**

Dates: Mar 11, 2003 - ongoing

Start Time: 7:00 pm to 9:30pm

Location: Prospect Point Restaurant, Stanley Park, Vancouver, BC

Details: Every Friday night, Comedy Theatre Productions presents hilarious interactive Mystery dinners.

Event Phone Number: 604.737.1750

### **Theatresports**

Dates: Mar 18, 2003 - ongoing

Start Time: 10pm; Fri and Sat nites only

Ticket price: \$11.75 to \$14.75

Location: Arts Club Revue Stage, 1585 Johnson Street, Granville Island, Vancouver, BC

Details: Based on audience suggestions & contributions, the professional improvisers amaze audiences with their quick-witted, on the spot creations of hilarious scenes, songs and skits.

Event URL: <http://www.vtsl.com/>

Event Phone Number: 604.738.7013

### **Lord of the Things: The Battle for Middle Mirth**

Dates: Apr 16, 2003 - ongoing

Start Time: Various

Ticket price: \$9.75 - \$14.75

Location: New Revue Stage, 1585 Johnston St., Granville Island, Vancouver

Details: TheatreSports improvisers will embark on an epic struggle between good and evil as they battle to take possession of the ..

Event URL: [www.vtsl.com](http://www.vtsl.com)

Event Phone Number: 604.687.1644

### **Ten November**

Dates: May 23 - Jun 14

Start Time: 8pm

Location: Pacific Theatre, 1440 West 12th Avenue, Vancouver, BC

Details: Pacific Theatre presents .Ten November., a modern sea tragedy which becomes a source of light, reflected through precise characterization and achingly beautiful folk songs. Runs Wednesday through Saturday.

Matinees Saturday.

Event Phone Number: 604-731-5518

### **Blue/Orange**

Dates: Jun 05 - Jun 14

Start Time: not available

Ticket price: \$11 to \$22

Location: Performance Works, 1218 Cartwright St. Granville Island, Vancouver, BC

Details: *Blue / Orange* is a witty, insightful, fresh and funny play about medical ethics, institutional politics, race and insanity. Christopher is a young black man who has been picked up at a market for .

Ticketing Phone Number: 604.257.0366

### **Long Day's Journey Into Night**

Dates: Jun 06 - Jun 24

Start Time: tba

Ticket price: tba

Location: Jericho Arts Centre, 1675 N.W. Marine Drive, Vancouver, BC

Details: With dialogue that reverberates poetically, O'Neill's characters reveal their lifetimes of stored up family feelings: resentment, denial, blame, and self-deception, but with a powerful grounding of underlying love that, along with rivers of alcohol, somehow keeps the family from total disintegration.

Event URL: [www.unitedplayers.com](http://www.unitedplayers.com)

Ticketing Phone Number: 604.224.8007

### **Relative Values**

Dates: Jun 07 - Jul 05

Location: Metro Theatre, 1370 S.W. Marine Drive, Vancouver, BC

Details: A comedy of manners in which an American movie actress is preparing to wed a British Earl. For fans of Sir Noel, here is one of his lesser known works that still provides a hilariously delightful evening of entertainment.

### **Bard on the Beach Shakespeare Festival**

Dates: Jun 11 - Sep 21

Start Time: Various

Ticket price: \$16.00 - \$27.00

Location: Vanier Park, 1100 Chesnut St., Vancouver, BC

Details: Vancouver's professional Shakespeare Festival stages three productions in repertory, in open-ended tents on the waterfront in Vanier Park, against a spectacular backdrop of mountains, sea & sky.

Playing in repertory on the Mainstage will be the merry farce *The Comedy of Errors* and the ever-provocative *The Merchant of Venice*. From July 8 to August 31, on the Douglas Campbell Studio Stage, Bard will present an 8-week run of another rarely-seen Shakespeare classic, *Pericles, Prince of Tyre*. Michael Shamata will direct *The Comedy of Errors*, Katrina Dunn *The Merchant of Venice* and Dean Paul Gibson *Pericles, Prince of Tyre*.

Event URL: [www.bardonthebeach.org](http://www.bardonthebeach.org)

Ticketing Phone Number: 604.739.0559

Event Phone Number: 604.739.0559

**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](mailto:info@vancouverplayhouse.com)

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

**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](mailto:firehall@firehall.org)

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

## Visual Arts/Galleries

**Emily Carr: Art, Place, Culture**

Dates: Feb 22 - Sep 30

Category: Museums, Visual Arts / Galleries

Location: Vancouver Art Gallery, 750 Hornby Street, Vancouver, BC

Details: One of Canada's most important and beloved artists, renowned for her unique depictions of the landscape and First Nations cultures of coastal

British Columbia, this exhibition covers the full spectrum of her career as an accomplished painter.

Event URL: [www.vanartgallery.bc.ca](http://www.vanartgallery.bc.ca)

Event Phone Number: 604.662.4719

### **The Big Picture**

Dates: Apr 11 - Sep 01

Location: Vancouver Art Gallery, 750 Hornby Street, Vancouver, BC

Details: With the recent acquisition of more than 60 works by 16 internationally acclaimed artists, the Vancouver Art Gallery now holds one of the most comprehensive contemporary photo-based art collections in North America and offers works from highly regarded European, British and American artists.

Event URL: [www.vanartgallery.bc.ca](http://www.vanartgallery.bc.ca)

Event Phone Number: 604.662.4700

## Film/Video

### **Extreme**

Dates: Apr 17, 2003 ongoing

Start Time: Various

Ticket price: \$9.00 - \$11.00

Location: CN IMAX Theatre at Canada Place, 999 Canada Place, Vancouver

Details: Combines incredible extreme sport action with narration from the athletes and an eclectic, contemporary soundtrack as it explores the paradox of human nature: facing fear from the edge of life. EXTREME shares an understanding of those who have made their passion a lifestyle and provides a unique glimpse into the relationship between nature and humanity - of an earth at its most surreal and athletes who continuously strive to feel her magnanimous, powerful shapes. By capturing the calculated precision of sport in the most intimidating elements of nature on 15/70mm film viewers will see and experience the action as though they are actually there.

Event URL: [www.imax.com/vancouver](http://www.imax.com/vancouver)

Event Phone Number: 604.682.IMAX

### **Adrenaline Rush: The Science of Risk**

Dates: May 9, 2003 ongoing

Start Time: Various

Ticket price: \$9.00 - \$11.25

Location: Alcan OMNIMAX Theatre, 1455 Quebec Street, Vancouver, BC

Details: Introduces the audiences to two risk-takers as they prepare to undertake a unique scientific experiment; trying to fly the parachute imagined in 1485 by Leonardo da Vinci, the very first parachute design ever recorded.

Event URL: [www.scienceworld.bc.ca](http://www.scienceworld.bc.ca)

Event Phone Number: 604.443.7443

### **Space Station 3D**

Dates: Jan 1, 2003 ongoing

Start Time: 3 pm & 6 pm

Ticket price: \$9.00 to \$11.00

Location: CN IMAX Theatre at Canada Place, 999 Canada Place, Vancouver

Details: First cinematic journey to the International Space Station.

Event URL: [www.imax.com/vancouver](http://www.imax.com/vancouver)

Event Phone Number: 604.682.IMAX

*sic*

### **Vancouver Symphony Orchestra Westminster Savings - Royal City Series An Evening with Cole Porter Concert 5**

Dates: Jun 12

Start Time: 8pm

Ticket price: \$27.75 to \$33

Location: Massey Theatre, 736 - 8th Avenue, New Westminster, BC

Details: Night and Day, Begin the Beguine, Love For Sale the hits of one of the 20th century's most accomplished songwriters, Cole Porter, are the stuff of popular legend. An evening of Porter's finest music features soprano, Jackalyn Short, tenor, Benoit Boutet and baritone, Theodore Baerg.

Event URL: [www.vancouverSymphony.ca](http://www.vancouverSymphony.ca)

Ticketing Phone Number: 604.280.3311

Event Phone Number: 604.876.3434

### **Vancouver Symphony Orchestra London Drugs - Symphony Pops An Evening with Cole Porter Concert 6**

Dates: Jun 13 - Jun 14

Start Time: 8pm

Ticket price: \$24.25 to \$70.75

Location: Orpheum Theatre, corner of Smithe and Seymour St.s, Vancouver

Details: Night and Day, Begin the Beguine, Love for Sale the hits of one of the 20th century's most sophisticated songwriters, Cole Porter, are the stuff of popular legend. An evening of quintessential Cole highlights three of Canada's greatest singers, soprano, Jackalyn Short, tenor, Benoit Boutet and baritone, Theodore Baerg.

Event URL: [www.vancouverSymphony.ca](http://www.vancouverSymphony.ca)

Ticketing Phone Number: 604.280.3311

Event Phone Number: 604.876.3434

## Miscellaneous

### **Playland**

Dates: Apr 18 - Jun 26

Start Time: 11:00 am to 7:00 pm; Fri, Sat, and Sundays only

Ticket price: \$9.95 - \$22.95

Location: Pacific National Exhibition, Po Box 69020, Vancouver, BC

Details: BC's premier amusement park is open Saturdays, Sundays and holidays. Fun for the whole family!

Event URL: [www.pne.bc.ca](http://www.pne.bc.ca)

Event Phone Number: 604.253.2311

### **The VanDusen Flower and Garden Show (10th Annual)**

Dates: Jun 12 - Jun 15

Location: VanDusen Botanical Gardens, 5251 Oak Street (at 37th Ave.), Vancouver, BC

Details: The ultimate gardening experience, this grand festival is a great place to find inspiring ideas, beautiful displays, great shopping, tasty treats and much more! Features more than 250 displays on everything from flowers to furniture, garden gnomes to gargoyles.

Event URL: [www.vandusengarden.org](http://www.vandusengarden.org)

Event Phone Number: 604-878-9274

### **Alcan Dragon Boat Festival**

Dates: Jun 13 - Jun 15

Location: Plaza of Nations, 750 Pacific Blvd, Vancouver, BC

Details: In sharing the ancient traditions and celebrating them together with the many solstice festivities of all our cultural communities, rekindle the spirit of the dragon on the sun splashed waters of False Creek.

Event URL: [www.canadadragonboat.com](http://www.canadadragonboat.com)

Event Phone Number: 604.688.2382

### **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)

### **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](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@vancouversightseeing.com  
Website: <http://www.vancouversightseeing.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

For a complete list of things to do in and around Vancouver, visit the Tourism Vancouver website things to do page at [http://www.tourism-vancouver.org/docs/visit/things\\_to\\_do.html](http://www.tourism-vancouver.org/docs/visit/things_to_do.html)

If you wish to extend your trip and visit other parts of British Columbia, visit the Tourism British Columbia website at <http://hellobc.com/index.jsp>