

THEMATIC MAP & RELEASE[®]: HELPING YOUR CLIENTS "GET UNSTUCK" FROM NEGATIVE BELIEFS

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Dr. Baranowsky is a Toronto-based psychologist specializing in helping trauma survivors. She is also founder and CEO of the Traumatology Institute, and sits on the board of directors at the Green Cross Academy of Traumatology. Dr. Baranowsky has developed several esteemed programs and tools in her field, including the Clinical Traumatologist training program, the Trauma Recovery Program, Trauma Practice: Tools for Stabilization & Recovery and the *Ask Dr. Anna* online video series.



Thematic Map & Release (TM&R) is a powerful **advanced-practice intervention** for helping trauma survivors resolve core negative beliefs. It is a key component of the Trauma Practice, a tri-phasic trauma treatment model created by Dr. Baranowsky. In this one-day experiential workshop, practitioners will learn to implement TM&R while navigating three areas: safety and stabilization; working through trauma; and reconnecting to meaningful activities.

LEARNING OBJECTIVES:

- Expand the specialty of your practice in the field of trauma recovery and gain skills in managing negative beliefs.
- Acquire the skills and tools to help clients harness calm as a baseline, enabling them to work through trauma and reconnect to meaningful activities.
- Understand how to implement the three-phase treatment model, using TM&R as the core exercise.

Date: March 10, 2016
Location: Cartier Place Suite Hotel
180 Cooper, St.
Ottawa, ON, K2P 2L5
Time: 9:00 am - 4:30 pm
Cost: Early Bird (before Feb. 12, 2016)
\$199 +HST
Regular Admission
\$225 +HST
Group & student rates avail.

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