

# Trauma & Attachment SYMPOSIUM

May 2-3, 2019 | Hadley Farms Meeting House

**Sponsored By**  
Cutchins Programs  
*for Children & Families*

## Description

Join Cutchins Programs as we host our *2nd Annual Trauma and Attachment Symposium: Translating Science into Practice*. This two-day symposium brings together experts from the fields of psychiatry, social work, and occupational therapy focusing on attachment and developmental trauma. Internationally renowned presenters will explore some of the prevailing, best and promising practices while translating neuroscience and research supporting safety and resiliency.

## Presenters



**Ruth Lanius, MD, PhD.**

*Keynote Speaker*

Ruth Lanius, MD, PhD, Professor of Psychiatry is the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program services that specialized in the treatment and research of Posttraumatic Stress Disorder (PTSD) and related comorbid disorders. She currently holds the Harris-Woodman Chair in Mind-Body Medicine at the Schulich School of Medicine & Dentistry at the University of Western Ontario. Her research interests focus on studying the neurobiology of PTSD and treatment outcome research examining various pharmacological and psychotherapeutic methods. She has authored more than 150 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. She regularly lectures on the topic of PTSD nationally and internationally. She has recently published a book: *Healing the traumatized self: Consciousness, neuroscience, treatment* with Paul Frewen.



**Sebern Fisher**, MA, LMH, BCN  
*Keynote Speaker*

Sebern Fisher has integrated Neurofeedback and psychotherapy in her treatment of developmental trauma with adolescents and adults over the past 17 years. Prior to adopting Neurofeedback, Sebern was the clinical director of a residential treatment program for adolescents with serious emotional disturbance for fifteen years. While there she introduced the understanding of the impact of *attachment rupture* and was the first to implement DBT in a residential setting. She has recently published *Neurofeedback in the treatment of developmental trauma: Calming the fear-driven brain* with W.W. Norton. She consults and trains on the integration of Neurofeedback and therapy, nationally and internationally.



**Stephen Porges**, PhD.  
*Virtual Presenter*

Dr. Porges is a Distinguished University Scientist at the Kinsey Institute at Indiana University Bloomington and research professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill. Prior to moving to North Carolina, Dr. Porges directed the Brain-Body Center in the department of psychiatry at the University of Illinois at Chicago, where he also held appointments in the departments of psychology, bioengineering, and worked as an adjunct in the department of neuroscience which he found suited him and it became his priority. He developed the Polyvagal Theory, which has provided insights into the mechanism mediating symptoms and neuroscientific observations in the brain. Polyvagal theory has stimulated much research and treatments emphasizing the importance of physiological state and behavioral regulation.



**Tina Champagne**, OTD, OTR/L, FAOTA, CCAP

*Presenter*

Dr. Tina Champagne is the Chief Executive Officer of Cutchins Programs for Children and Families, Inc., the owner of Champagne Conferences & Consultation, and a renowned national and international consultant. She is also a professor for American International College's Post Professional Occupational Therapy (OT) Doctorate Program. Dr. Champagne is a licensed OT with specific expertise in trauma and attachment, sensory integration, a wide variety of therapeutic modalities, administration, and fostering organizational change. She consults with and provides trainings for a variety of mental health, professional, and educational organizations on state, national, and international scales. Dr. Champagne has numerous publications, including two books, numerous book chapters, continuing education and research articles, and is a reviewer for several OT and nursing journals. She has received numerous awards for her work, most recently being a Fellow of the American Occupational Therapy Association.



**Colleen Cameron Whiting**, MS, OTR/L

*Presenter*

Colleen Cameron Whiting, MS, OTR/L is a licensed occupational therapist who specializes in sensory processing for children 1-7 years old. She is the founder of SPARK Sensory Clinic, and has been working with children with sensory processing issues for 18 years. She is passionate about the integration of sensory and relational supports for children. As a clinician, she prides herself on being grounded in engagement with a focus on fun and the goal of improving the quality of life for the children she works with. She is Sensory Integration and Praxis Tests certified as well as DIR/Floortime certified. In addition to a multitude of advanced trainings on sensory integration theory and treatment, she has completed two mentorships with sensory integration pioneer Dr. Lucy Jane Miller. Colleen also teaches as one of the faculty for Dr. Miller's center, the STAR Institute for Sensory Processing Disorder. She has published two research articles and developed programming around treatment for children with trauma. Colleen utilizes advanced clinical reasoning and planning in her treatment sessions to maximize effectiveness.



**Sarah Sawyer, MA, OTR/L**

*Presenter*

Ms. Sawyer is the Clinical Director at OTA the Koomar Center and is responsible for overseeing all therapeutic activities. She has extensive clinical experience working with children and families. Sarah began her career in the United Kingdom working with children, adolescents and adults with Sensory Processing Dysfunction (SPD) across home, school and clinic-based settings. In 2003, Sarah was awarded the Elizabeth Casson Trust Scholarship from Oxford Brookes University in Oxford, UK, to attend Tufts University to complete her post-professional master's degree. Her thesis focused on therapists' clinical reasoning. Sarah has broad experience evaluating and working with individuals with SPD and has specialized training in Listening Therapies, Trauma, and Visual Vestibular difficulties. She has a particular interest in working with individuals on the Autism Spectrum and has specialized training in DIR® Floortime Approach. As well as overseeing the day-to-day running of the clinic, Sarah regularly trains and presents to educational facilities and other professionals in broadening understanding of SPD and Sensory Integration Therapy.



**Teresa May-Benson, Sc.D., OTR/L**

*Presenter*

Teresa May-Benson is the Executive Director of the Spiral Foundation and President/Owner of TMB Education, LLC and OTR, Inc. She is a well-known lecturer and researcher on sensory integration and the author of the *Adult/Adolescent Sensory History (ASH)*, the *GI Assessment* and the *Test of Ideational Praxis* in addition to numerous articles and book chapters on praxis, ideation, and sensory integration. She has extensive experience with children and adults with autism and a diverse clinical background, having worked in private and public school settings as well as private practice. She is past Chairperson of the Sensory Integration Special Interest Section of the American Occupational Therapy Association.

## Schedule

### Day 1

8:30-9:00 am      Registration

9:00-10:00 am      **Tina Champagne**, OTD, OTR/L, FAOTA, CCAP-*Presenter*  
**Plenary Address- Developmental Trauma: Where Have We Been and Where Are We Going?**

Join us as we kick off the symposium by exploring the evolution of our understanding of the impact of early childhood trauma on overall health outcomes and some of the key, neuroscientific contributions influencing the art and science of trauma and attachment informed care.

10:00--10:15 am      Break

10:15-12:00 pm      **Colleen Cameron Whiting**, MS, OTR/L -*Presenter*  
**Collaborating in the Schools to Support Regulation for Students that Have Experienced Trauma**

This presentation will provide an explanation of the effects of toxic stress on school performance and a framework of how to provide multifaceted sensory-based supports within the schools (Whiting, 2018). By understanding the effects of toxic stress, clinicians can help provide a pathway to participation-focused gains in education, social interaction, and play. The goal is for the student to begin to develop their own self-regulation strategies, which ultimately can lead the student to increased self-awareness and sense of agency. This presentation will advance the knowledge of school-based occupational therapy practitioners in the area of trauma and to empower them to move forward to develop programming for this population when they return to their own schools.

12:00-1:00 pm      Lunch (on your own)

1:00-2:30 pm      **Sarah Sawyer**, MA, OTR/L &  
**Teresa May-Benson**, Sc.D., OTR/L -*Presenters*  
**SAFE PLACE: A Collaborative Sensory Integration-Based Trauma Program**

This workshop will introduce SAFE PLACE, a new collaborative sensory integration-based intervention program for children with trauma and attachment concerns. Theoretical foundations, program components, assessment and intervention processes, and research supporting the development of the program will be discussed. Practical assessment tools and treatment ideas will be provided.

2:30-2:4 pm      Break

2:45-4:45 pm **Sarah Sawyer**, MA, OTR/L &  
**Teresa May-Benson**, Sc.D., OTR/L  
SAFE PLACE: A Collaborative Sensory Integration-Based Trauma Program  
(Continued)

4:45 – 5:00 pm Closure and Course Evaluation

## Day 2

8:30-9:00 am Registration

9:00-10:00 am **Stephen Porges**, PhD. -*Virtual Presenter*  
**Applying Polyvagal Theory: Supporting Safety & Resiliency with Children with Developmental Trauma**

In this virtual presentation, Dr. Porges will be interviewed about his groundbreaking Polyvagal Theory, how the nervous system detects risk and safety, and ultimately fosters either social interactions or defensive behaviors. Dr. Porges will review how the Social Engagement System is compromised by stress and trauma, and interventions that can be used to support nervous system functioning from this richer understanding.

10:00-10:15 am Break

10:15- 12:00 pm **Ruth Lanius**, MD, PhD. –*Keynote Presenter*  
**Reconnecting Brain, Mind and Body: An Integrative Treatment Approach to Developmental Trauma**

Trauma can have devastating effects on the mind/brain and body connection. Traumatized individuals often find themselves disconnected from bodily sensations and sometimes feel like their body no longer belongs to them. These experiences are not only associated with symptoms of depersonalization and severe emotional numbing but can also lead to a loss of balance and disturbances in gait. This lecture will discuss potential brain mechanisms underlying the disconnection between mind/brain and body and describe an integrative approach to overcoming these complex clinical challenges.

12:00-1:00 pm Lunch (on your own)

1:00-2:30 pm **Sebern Fisher**, MA, LMH, BCN -*Keynote Presenter*  
**Going to the Core: Brainwave Training and Self-Regulation**

Every symptom- emotional, cognitive, physical and behavioral- can be understood as an error in self-regulation. In developmental trauma, these errors relate directly to the firing and misfiring of rear circuits in the brain. Sebern Fisher will explore how to quiet the wild, repetitive firing of these circuits using biofeedback to the brain, which in turn enhances the success of our other therapies.

2:30-2:45 pm      **Break**

2:45-4:45 pm      **Ruth Lanius, Sebern Fisher & Tina Champagne -Presenters**

Conversations on Neuroscience and the Art of Therapy

Fear reactivity affects every aspect of development from the brain stem to the cortex; from the sense of balance to one's sense of self. How do we address these multiple manifestations of neglect and abuse in early childhood most effectively with our multiple therapeutic modalities? This course will include conversations between the presenters and with course participants.

4:45-5:00 pm      **Closure and Course Evaluation**

## **Educational Objectives**

By the end of the program, participants will be able to:

### **Tina Champagne**

**Plenary Address- Developmental Trauma: Where Have We Been and Where Are We Going?**

- Identify key research contributing to the evolution of our understanding of trauma and its impact on overall health outcomes.
- Understand the necessity of assessing strengths and challenges in neurodevelopment when working with those that have experienced early childhood trauma.
- Describe two ways that trauma-related neuroscience influences trauma and attachment informed care practices.

### **Ruth Lanius**

**Reconnecting Brain, Mind and Body: An Integrative Approach to Developmental Trauma**

- Describe mind/brain body disconnection arising from trauma.
- Discuss the neurobiological underpinnings of brain and body disturbances arising from trauma
- Provide an integrative approach to overcoming mind/brain body disconnection in traumatized clients.

### **Sebern Fisher**

**Going to the Core: Brainwave Training and Self-Regulation**

- Discuss the primacy of fear in those who have suffered neglect and abuse as children.
- Explore the connections between fear activation in the brain and failures in self-regulation
- Recognize how brainwave training- neurofeedback- quiets the repetitive firing of fear circuits

## Ruth Lanius, Sebern Fisher & Tina Champagne

### Conversations on Neuroscience and the Art of Therapy

- Compare and contrast evidence-based and promising practices based on neuroscientific principles and research
- Discuss recent neuroscientific findings in developmental trauma as they are related to their own areas of practice

## Stephen Porges

### Applying Polyvagal Theory: Supporting Safety & Resiliency with Children with Developmental Trauma

- Define Polyvagal Theory and the social engagement system
- Identify how stress and developmental trauma impact the nervous system
- Identify 2-3 interventions that can be used to support nervous system function and resiliency

## Colleen Cameron Whiting

### Collaborating in the Schools to Support Regulation for Students that Have Experienced Trauma

- Describe how having experienced trauma in childhood can affect school performance
- Articulate how relational, sensory-based supports can help facilitate regulation for the child that has experienced trauma
- Identify what multifaceted programming occupational therapy practitioners can provide for this population in the schools

## Teresa May-Benson & Sarah Sawyer

### SAFE PLACE: A Collaborative Sensory Integration-Based Trauma Program

- Describe and list five characteristics which distinguish the SAFE PLACE Program from existing models of care
- Describe the relationship between sensory integration, attachment, and trauma concerns in children
- Identify 3 assessment measures and 3 intervention strategies used in the SAFE PLACE Program

## Education Level

This course is geared toward an *intermediate level* of education; more specifically to practitioners with a general working knowledge of current practice trends and literature related to trauma and attachment. Focus of this course is on increasing understanding and competent application of the subject matter. There are no prerequisites required for this course.

## Target Audience

This symposium is intended for:

- Mental Health Professionals
- Educators
- Family and Caregivers
- Child & Adult Serving Professionals/Paraprofessionals
- Medical, Emergency Responders and/or Forensic Professionals
- Criminal Justice Professionals
- Community Service Providers
- Organizational Leaders
- Members of Community Organizations
- Faith-Based Providers
- People with Lived Experience

## Symposium Format

Dr. Stephen Porges is presenting via live-stream interactive video. All other presentations will be delivered in person by the speaker. Coffee and tea is provided at registration and during the afternoon break. Lunch is not provided.

### Event Details

**Date:** May 2-3, 2019

**Time:** 8:30 am- 5:00 pm (daily)

**Venue:**

**Hadley Farms Meeting House**

41 Russell Street

Hadley, MA 01035

### Cost of Attendance

Early Bird- By April 15<sup>th</sup>

**Individual:** \$279

**Students:** \$199

**Groups of 3 or More:** \$199

After April 15<sup>th</sup>

**Individual:** \$299

**Students:** \$249

**Groups of 3 or More:** \$249

## Register

To register online, please visit:

Website: [www.cutchins.org](http://www.cutchins.org)

Event Brite: <https://2nd-annual-trauma-and-attachement-symposium.eventbrite.com>

Or to pay by check, please contact Rowen Gray-

Email: [rgray@cutchins.org](mailto:rgray@cutchins.org) Phone: (413)-584-1310

## Continuing Education Credits/ Contact Hours

Placeholder:

AOTA APP Logo and Statement Will Go Here, Pending Approval

AOTA classification codes:

1. **Content Category**- Domain of OT  
**Content Topic**- Areas of Occupation (ADL, IADL, work, play, and leisure); Performance skills (motor skills and process skills)
2. **Content Category**- Occupational Therapy Process  
**Content Topic**- Evaluation; Intervention; Activity and Occupational Demands; Outcomes
3. **Content Category**- Professional Issues  
**Content Topic**- Administration & Management; Legal, Legislative, & Regulatory; Reimbursement Issues; OT Research; Supervision; Contemporary Issues & Trends

Application for AOTA Continuing Education Credits has been submitted. This course provides AOTA 1.3 CEU's- Continuing Education Units, equivalent to 13 contact hours. Please contact Rowen Gray at [rgray@cutchins.org](mailto:rgray@cutchins.org) or (413) 584-1310 x. 338 for the status of AOTA CE credits.

Please contact Rowen Gray at [rgray@cutchins.org](mailto:rgray@cutchins.org) or (413) 584-1310 ext. 338 to inquire if Continuing Education credits are available for your field.

## Course Completion Requirements

**Attendance:** All attendees will verify attendance through monitored sign-in/sign-out sheets, as well as post-course evaluation which will be returned and verified by the program administrator- Rowen Gray. Attendees are required to attend 100% of the Trauma and Attachment Symposium- which is verified through daily sign-in/sign out sheets.

**Post- Course Evaluation:** For every activity for which AOTA CEU's are awarded, the Provider has an obligation to require learners to demonstrate that they have attained the learning outcomes. In order to fulfill this obligation, Cutchins Programs will provide a post-program evaluation that all attendees are required to complete to determine that they have attained the learning outcomes outlined by each presenter, along with the extent to which specific learning outcomes were met. Each learning outcomes must be evaluated by learners as an indication of the extent to which learning outcomes were met.

Once attendance and post-program evaluations have been verified, each attendee will receive via email- a Certificate of Completion, along with a certificate of acquired CEU's or contact hours.

## **Notification of Acceptance**

Upon the completion of online registration and payment, applicants will receive email confirmation of acceptance.

## **Refund/Cancellation Policy**

**Cancellation by Learners:** Registration payment is non-refundable. If cancellation is due to extenuating circumstances, the cancellation policy may be negotiated with the Provider.

**Cancellation by Provider:** Participants will be immediately notified via email and the cancellation will be publicized via the website. Participants will be given a choice of a full refund or a voucher to use at another activity or the same activity at a later date.

**Questions** regarding these policies should be addressed to Rowen Gray- [rgray@cutchins.org](mailto:rgray@cutchins.org) or (413)-584-1310 x. 338

## **Accessibility/Special Needs Requests**

Conference site is an accessible, barrier-free location. Reasonable accommodations can be made for individuals with visual and/or hearing impairments if needed.

If you have special needs requests, please contact Rowen Gray at [rgray@cutchins.org](mailto:rgray@cutchins.org) to arrange accommodations in advance for this event.

## **Complaint Resolution**

If you would like to issue a complaint in regards to any aspect of this event prior to the start date of the event, please contact Rowen Gray at [rgray@cutchins.org](mailto:rgray@cutchins.org). You will receive a notification that

we have received your complaint. Your complaint will then enter our complaint procedure process for full review.

## **Lodging**

### **Hampton Inn- Hadley**

24 Bay Road  
Hadley, MA 01035  
(413)-586-4851

### **Roadway Inn- Hadley**

237 Russell Street SR 9  
Hadley, MA 01035  
(413)-584-9816

### **Homewood Suites**

340 Russell Street  
Hadley, MA 01035  
(413)-387-0583

\*Some conference attendees have also found housing through Airbnb