

SPRING-SUMMER 2024

Workshops and Resources



Lifelong Learning: Trauma-Informed Training for Helpers

ctrinstitute.com
877.353.3205

Message from the CEO



IF YOU WORK WITH people in any capacity, it's inevitable that you will encounter the effects of trauma.

At CTRI, when we talk about our mission of creating a trauma-informed world, we recognize that there's no set destination. Rather, being trauma-informed is about adopting a curious mindset and committing to lifelong learning – gaining wisdom from those you support as you learn about the many ways trauma shows up, along with the many paths to healing you can help them take.

In this catalogue, you'll find training and resources to help you on your learning journey. There's a worthwhile blog from an experienced therapist

about the importance of adopting a learning mindset, and you'll find a wide range of trainings to help you learn a variety of skills for providing support.

Check out our upcoming workshops, and don't miss the opportunity to learn alongside other helping professionals by participating in one of our summer certificate programs (see page 11)! People who attend often come away with profound experiences that shape their work in positive ways.

Thank you for being a part of the CTRI community.

A handwritten signature in black ink, appearing to read 'Eric Stutzman'.

Eric Stutzman, CEO

Our Podcast



Want to keep your finger on the pulse of the counselling world? Join Therapist Vicki Enns as she discusses current counselling topics with other professionals in the field.

Available at ctrinstitute.com and on:



Apple Podcasts



Spotify



Google Podcasts

amazonmusic

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FREE Resources on Our Website



Podcasts
and Blogs



Printable
Resources



Video Teachings From a
Traditional Elder



Lifelong Learning

Gaining Wisdom From the People We Support

BY VICKI ENNS, MMFT, RMFT

AS HELPERS AND COUNSELLORS, relationships serve as the cornerstone of our well-being. Our roles are inherently intertwined with the relationships we foster – not only with the individuals directly in our care, but also with the broader network of couples, families, and communities we engage with.

Within the intricate web of human connections, there exists a multitude of threads, each contributing to the tapestry of our physical, emotional, and social health. These relationships play a significant role in shaping

our overall well-being, whether we actively acknowledge their influence or not.

Embrace a Learning Mindset

A learning mindset invites us to delve deeper into the myriad of layers of influence in these relationships. It prompts us to adopt a curious stance, exploring the diverse perspectives and historical narratives that shape individuals, families, and communities. By understanding the dynamics at play within the people we support, we unlock the potential to facilitate meaningful change and growth.



“While clients often present their challenges and aspirations for change, it is by getting curious that we gain insight into the underlying patterns that either foster or hinder growth and well-being.”

Central to this process is recognizing that supporting others is an ongoing journey of discovery. It entails recognizing the interconnectedness of emotions, beliefs, and behaviours. While clients often present their challenges and aspirations for change, it is by getting curious that we gain insight into the underlying patterns that either foster or hinder growth and well-being.

In over two decades of experience as a counsellor, couples and family therapist, and supervisor, I have come to understand that effective counselling extends beyond problem-solving. It involves a nuanced exploration of the intricate connections and patterns that shape us and our interactions. This journey of discovery is perpetual, requiring us to remain open and receptive to new insights and perspectives.

Gain Wisdom From Your Clients and Colleagues

The pursuit of wisdom in this field transcends formal education or professional accolades. Instead, it is rooted in the wisdom of those we have the privilege of supporting. Each client becomes a teacher, offering invaluable lessons and challenging us to evolve in our practice. Furthermore, our peers and colleagues serve as a source of ongoing mentorship, enriching our understanding and approach to counselling.

As we share experiences and insights from our work, we contribute to a collective reservoir of knowledge within our own helping community. By reflecting on our approach to supporting others and remaining receptive to the wisdom of those around us, we foster an environment of mutual growth and lifelong learning.

To read our weekly blogs, visit ctrinstitute.com/blog

Mapping Your Communities

As helpers, we share a unique experience - caring for other people's physical, mental, emotional, relational, and spiritual well-being. But staying curious and open to learning from those we support can be difficult if we see it as a source of stress rather than something that can restore and revive us. Luckily there are ways that we can make caring for others our medicine by expanding our notion of self-care to include our broader relational context.

One way we can do this is by shifting our perspective of who the "others" are that we care for. Most of us probably think about our clients and patients, which is absolutely true, but "others" can also include our peers, our colleagues, and our communities of practice. We nurture our wellness by giving and receiving care within these relationships, and they contribute to our sense of belonging within a collective identity or group.

Connecting with like-minded professionals in your field can motivate you to stay curious about those you support, and they may provide helpful insights into those you support. All this contributes to creating a mindset of lifelong learning.

This mapping activity will help you brainstorm and gather your thoughts about community and collective care.

- 1 To create your map, get a blank piece of paper. Then write your name in the centre of it.
- 2 From your name, draw out lines. At the end of each line, write down one aspect of your identity (gender, faith, cultural, sexual, racial, occupational, leisure, etc.). There's no right or wrong identifier, just write some words to help you consider your identity. You can include hobbies or activities you participate in as well (knitter, climber, dancer, baker, runner, etc.). Draw out as many lines as you'd like, one for each identifier.
- 3 Use whatever colours or symbols you want to indicate if this is a community you feel supported in, if it's challenging for you, or if it's one you haven't engaged with. For instance, maybe you're a runner but have never connected with fellow runners.
- 4 Once you're done, take a minute to notice how you're feeling emotionally and physically. You don't need to do anything with what you notice – just pay mindful, curious attention to what you're feeling.
- 5 Now look back at your map. Where do you sense belonging? Which communities do you care for, and which ones care for you?
- 6 If none jump out at you, notice if you feel drawn towards a particular community or if you feel a desire to engage with any of them. If so, what's the first step you'd consider taking?
- 7 If you'd like, note the date that you completed this map. Consider redoing this exercise every few months or even a year down the road. Or perhaps revisit this same map to see what's changed and what hasn't.



This resource comes from our book *Self-Care Transformed*

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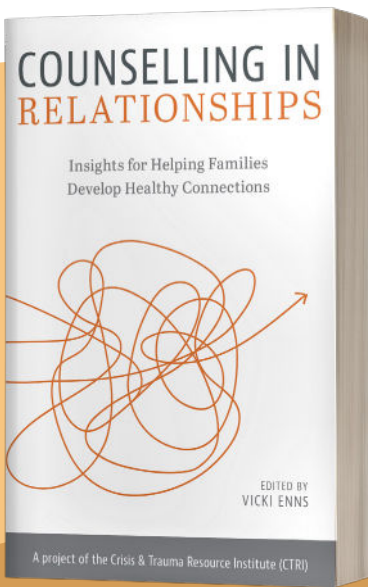
Scan here with your camera to access a digital version of this handout.

ACHIEVE Publishing



ACHIEVE Publishing is a division of CTRI, and we publish meaningful and accessible books on counselling, wellness, leadership, and workplace culture. We also have two children's books to help facilitate change for kids in the counselling room.

One of the most valuable ways you can improve in your role is by learning from other helping professionals. Our book, **Counselling in Relationships**, teaches you how to support a range of relationships, from couples to blended families. Each chapter is written by an experienced therapist who shares practical insights and wisdom that they gained in the counselling room.



Counselling in Relationships

This book explores guiding principles for working effectively with families. Authors address relationship dynamics including those among parents and teens, couples, and adoptive, blended, and single parent families. Broader themes related to intergenerational trauma, race, and systemic oppression are also considered.

“This book is laid out in an accessible, easy-to-read format and provides helpful guidance and opportunities for self-reflection throughout.”

– Prabhjit (Penny) Gill, *Counselling Therapist, Thrive Community Support Circle*



Scan here with your camera for more information on this book!

All our books are available for sale on our website.

About Our Workshops



Want to expand your counselling skills so you can more effectively facilitate change in your clients? Or learn how your organization can better respond to a crisis? Or maybe you want to gain some skills for parenting a child with ADHD.

We offer **over 60 workshop topics** in the areas of trauma, mental health, and violence prevention, all developed from a trauma-informed perspective.

We've worked hard to create trainings that are:



Accessible

Our content is easy to understand.



Applicable

The material is relevant to real-world challenges.



Engaging

Trainers bring the content to life with stories and humour.



Interactive

There are plenty of activities and discussions.



Practical

The skills and tools you will learn can be used in a variety of settings.

Workshop FAQs

On the following pages, you'll find our upcoming workshops. But before you take a look at the schedule, please read through the following FAQs:

How do I register?

- 1** Go to the Upcoming Training Events section of our website to find the workshop you're looking for.
- 2** Click "Register Now."
- 3** Fill out the attendee information, and proceed to the checkout.

You can register for multiple workshops on the same order, and there's the option to either pay by credit card right away or receive an invoice to pay at a later date.

Are there any discounts available?

Yes! We have a few discounts you may be eligible for:

Early Bird Rate

Register at least three weeks before the workshop to receive **up to 10% off**.

Bulk Order

Register for four or more workshops or attendees on the same order to receive an additional **5% off**.

Student/Senior Discount

If you're a student or 65+, you can get an additional **25% off**. Email training@ctrinstitute.com for more info.

Member Plan Subscription

Subscribe to our member plan to get an ongoing **10% off** workshop registrations. You'll also receive unlimited access to our on-demand webinar library, and other exclusive monthly discounts.



Scan this QR code to see the complete online library of all our workshops!

Will I receive continuing education credits (CECs)?

Yes! After participating in any of our trainings, you will receive a certificate with the CECs listed. One hour of training is worth one CEC – so if you attend a three-hour training, it's worth three CECs.

Our workshops are pre-approved for CECs by the following licensing associations:

- Canadian Counselling and Psychotherapy Association (CCPA)
- Canadian Professional Counsellors Association (CPCA)
- Association of Social Work Boards (ASWB)

Other licensing boards, professional colleges, or associations still accept CTRI workshops for CECs, but you'll have to contact them directly to confirm their requirements.

Visit our website for further information and the complete list:

www.ctrinstitute.com/continuing-education-credits

What if I can't make it to a workshop or live webinar?

No problem! Most of our trainings are available in an on-demand video format that you can access from anywhere at any time. Visit the **On-Demand Training** section of our website for more info: ctrinstitute.com/on-demand-training



Scan here with your camera to access On-Demand Training.

Special 10% Discount!

To help you learn something new, we'd like to offer you an additional discount for the live virtual workshops dates below.

Use the code **SUMCAT2024** for **10%** off at the checkout. If you can't make it to one of the live virtual dates, the coupon also works for the on-demand workshop.



Brief Focused Counselling Skills

VIRTUAL
May 22-23

Strategies from Leading Frameworks

This workshop explores strategies and techniques from cognitive behavioural, strengths-based, narrative, and solution-focused counselling frameworks.

~~\$529~~ **\$477**

Topics include:

- History of Counselling Frameworks
- The Value and Purpose of Theory
- The Assessment Process
- Helping Clients Understand the Process
- Considerations Around Single Session Counselling



Questions in Counselling

The Art and Skill

VIRTUAL
Apr 3
Aug 21

This workshop explores the curiosity, skill, and artistry it takes to discern the what, where, when, and why of effective questions, and what can prevent you from asking them.

~~\$299~~ **\$269**

Topics include:

- Why Questions?
- What Gets in the Way of Asking Good Questions?
- The Art of Effective Questions
- Recognizing Power, Privilege, and Vulnerability in Your Questions
- Choosing the Right Words
- Problematic Questions



Reconciliation Statement

We recognize the privilege that comes with being invited to train with Indigenous communities and organizations. Fundamental to all our work is building relationships and listening humbly with an open heart and mind. That is why we'd like to share our new statement on reconciliation:

As we walk the path of reconciliation, we are mindful of the connections we share with all our relatives.

We understand that these connections are impacted by colonization and that there is trauma in our relationships and to the land and Indigenous ways of life. We commit to listening and learning from our relationships, and to be guided by the *Truth and Reconciliation Commission of Canada's 94 Calls to Action* and the *United Nations Declaration on the Rights of Indigenous Peoples*.

Certificate Programs

Want to gain in-depth expertise and find a sense of community while you learn? Our five- and ten-day certificate programs are a unique opportunity to learn and build relationships with other like-minded helping professionals, all while growing your own capacity and skills for supporting others.

Summer Certificate Programs

Certificate Program in Mental Health Counselling Skills

LIVE VIRTUAL \$3250

July 8-12 & 22-26*

*No training July 13-21

This program offers an understanding of a range of mental health issues, the change process, and strategies for overcoming roadblocks in therapy. Participants will learn skills for brief focused counselling, harm reduction, and motivational interviewing, all of which are effective tools for working with complex mental health concerns.

- Key Aspects of the Helping Relationship
- Assessment and the Counselling Process
- Working With Anxiety
- Anxiety Reduction Strategies
- The Impact of Stigma

Certificate in Trauma Counselling and Support

WINNIPEG \$3250

August 12-23**

**No training August 17-18

This program provides a variety of evidence-based counselling strategies for trauma counselling. Participants will learn skills for establishing safety and self-regulation, dealing with flashbacks and other post-traumatic symptoms, healing through body-oriented strategies, and promoting resilience.

- Empathy – A Vicarious Experience
- Building Self-Awareness of the Impact of Working With Trauma
- The Impact of Trauma on the Body and Brain
- Safety and Stabilization
- Body-Oriented Counselling Approaches



Giwiidabindimin “We Sit Together”

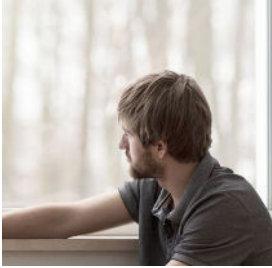
WINNIPEG Apr 22-26
OTTAWA June 3-7 \$2499

Support Indigenous people impacted by trauma and grief in culturally relevant ways.

This five-day certificate program is co-facilitated by Indigenous and non-Indigenous trainers who blend Indigenous cultural practices with a Western clinical approach to responding to grief and trauma.

Can't make it? Some of our certificate programs are available in a self-guided format so you can learn at your own pace. Visit the **Certificate Programs** section of our website for more details.

Public Workshops



Addictions and Mental Health

Strategies for Complex Issues

This workshop explores the experience of living with an addiction and mental health concern, reviews contributing and protective factors, and provides strategies that respect the person and supports their health.

\$299

VIRTUAL

July 25



Addictions and Youth

Substances, Technology, Porn

This workshop provides a framework for responding to a variety of addictions, including those related to substances, gaming, internet, and pornography.

\$299

VIRTUAL

June 25



Adolescent Brain Development

Myths and Truths

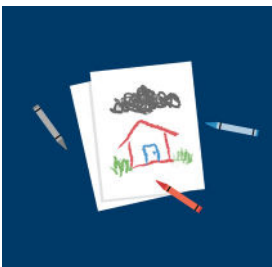
This workshop explores the neurobiology and development of the adolescent brain, as well as the subsequent effects on cognition, emotions, physiology, relationships, and behaviour.

\$149

HALF-DAY

VIRTUAL

May 14



Adverse Childhood Experiences

Healing Childhood Trauma

This workshop provides a deeper understanding of trauma's effects on a child's brain and teaches practical strategies for supporting children and their caregivers.

\$299

VIRTUAL

June 12



Anxiety

Practical Intervention Strategies

This workshop explores practical and accessible strategies which can be applied to all ages, and help address the physical, emotional, cognitive, and social aspects of anxiety.

\$299

VIRTUAL

May 29



Anxiety in Children and Youth

Practical Intervention Strategies

This workshop provides a diverse range of skills that can be taught and practiced with children and youth to expand their capacity for managing anxiety.

\$299

VIRTUAL

May 1

July 3

August 28

MEET THE TRAINER



MONICA BHATARA, MA

Monica has over 25 years of experience in the community-based social services field as a Therapist and Community Educator. She is a Registered Therapeutic Counsellor, Certified Synergetic Play Therapist, and Focusing-Oriented Therapist with her own private counselling practice where she incorporates somatic experience, play and expressive therapies, and interpersonal neurobiology in her work with children, youth, and adults. She believes in the power of human resiliency and is an experienced trainer who understands the importance of building the capacity of paraprofessionals and nonclinical workers.



Attachment

Strategies for Fostering Connections

This interactive and experiential workshop will explore attachment theory, as well as common attachment dynamics at play for children and adults alike.

\$299

VIRTUAL

May 7



Attention Deficit Hyperactivity Disorder

Strategies for Supporting

This workshop provides practical strategies and interventions for caregivers, teachers, and service providers to support a range of individuals (children, adolescents, adults) with ADHD.

\$299

VIRTUAL
May 21



Autism

Strategies for Self-Regulation, Learning, and Challenging Behaviours

This workshop provides practical strategies for working with high-need individuals around self-regulation, learning practices, and challenging behaviours.

\$529

VIRTUAL
July 9-10



Body-Oriented Trauma Counselling Strategies

This workshop explores holistic body-based approaches to working with clients that focus on building resources and increasing tolerance of body sensations and related emotions.

\$529

VIRTUAL
June 18-19



Brief Focused Counselling Skills

Strategies from Leading Frameworks

This workshop explores strategies and techniques from cognitive behavioural, strengths-based, narrative, and solution-focused counselling frameworks.

\$529

VIRTUAL
May 22-23



Challenging Behaviours in Youth

Strategies for Intervention

This workshop will review challenging behaviours related to aggression, non-compliance, and attention-seeking, and will provide a framework for intervening with these behaviours.

\$299

VIRTUAL

July 23



Clinical Supervision

Skills for Developing Counsellors

This workshop focuses on the insights and tools that are necessary for supervisors to support other counsellors to grow in their ability to help others.

\$299

VIRTUAL

July 9



Cognitive Behavioural Therapy

Tools for Thinking Differently

This workshop provides a strong foundational knowledge of the principles and strategies involved in using cognitive behavioural therapy (CBT).

\$299

VIRTUAL

July 31



Counselling

The Essential Skills

This workshop explores the process of counselling and provides a problem-solving model to work with clients to identify issues and implement plans to address areas of concern.

\$529

VIRTUAL

July 30-31



Crisis Response Planning

VIRTUAL

Apr 11

This workshop focuses on how to organize effectively and quickly at a time of high stress so that groups are better prepared to respond to the emotional needs of those affected by a critical incident.

\$299



Critical Incident Group Debriefing

VIRTUAL

Apr 2

June 4

Aug 6

This workshop explores the critical incident group debriefing (CIGD) process as a method for lessening the likelihood of people experiencing symptoms of trauma and stress after a critical incident.

TORONTO

June 4

LIVE WEBINAR

Apr 30

Workshop: \$299; Webinar: \$49



De-escalating Children and Youth in Crisis

VIRTUAL

Aug 14

Skills for Emotional Regulation

This workshop explores the reasons behind difficult behaviours and provides strategies to help children and youth learn new ways to move forward as they navigate developmental challenges and times of crises.

\$299



De-escalating Potentially Violent Situations™

VIRTUAL

Apr 29

June 25

Aug 20

This workshop will help participants assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially violent situations.

\$299

Train-the-Trainer

VIRTUAL Apr 29-May 1; June 25-27; Aug 20-22

\$2499



Dementia

Strategies for Supporting

VIRTUAL

Aug 26

This workshop teaches practical dementia care skills for improving quality of life and responding to problematic issues, while maintaining meaningful relationships.

\$299



Depression

Practical Intervention Strategies

VIRTUAL

May 22

This workshop explores a holistic, strengths-based approach to understanding the experience of depression, influencing factors, and the recovery process.

\$299



Dialectical Behaviour Therapy

Balancing Acceptance and Change

VIRTUAL

May 10

This workshop explores key Dialectical Behaviour Therapy (DBT) concepts and useful skills such as tolerating distress, managing emotions, and enhancing interpersonal communication.

\$299



Eating Disorders

From Image to Illness

VIRTUAL

Apr 9

May 28

This workshop examines the symptoms and contributing factors of eating disorders, while also providing practical strategies for supporting individuals struggling with disordered eating.

\$299



Ethics of Helping

Boundaries and Relationships

This workshop is designed to give individuals and organizations an opportunity to review common principles and standards for ethical practice that are relevant for their settings.

\$299

VIRTUAL

July 18



Family Violence

Working with All Affected

This workshop examines different forms of violence within family relationships, including psychological, emotional, physical, and sexual abuse.

\$529

VIRTUAL

May 29-30



Fetal Alcohol Spectrum Disorder

Strategies for Supporting

This workshop gives participants practical and meaningful strategies to try differently, not harder, in their support of those affected by FASD.

\$529

VIRTUAL

Apr 24-25

July 30-31



Harm Reduction

A Framework for Change, Choice, and Control

This workshop provides practical strategies for working with individuals, families, and communities within a harm reduction framework.

\$299

VIRTUAL

Aug 1



Land-Based Wellness

Nurturing Mental and Environmental Health

WINNIPEG

May 29

This workshop explores Indigenous and non-Indigenous land-based wellness practices to provide a holistic, two-eyed seeing approach to wellness.

\$299



Lateral Violence

Transforming Conflict to Lateral Kindness

VIRTUAL

June 10-11

In this workshop, you will explore the impacts of lateral violence and learn practical steps for conflict resolution to help stop the cycle.

\$529



Mental Health Concerns in Children and Youth

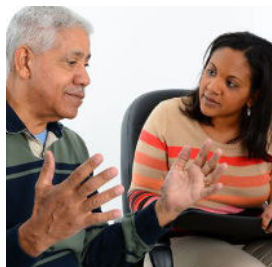
This workshop provides a general overview of the common mental illnesses for children and youth, including the signs and symptoms, themes for treatment, and the controversies that surround some of the diagnoses.

VIRTUAL

Apr 4

Jun 6

\$299



Motivational Interviewing

Strategies for Supporting Change

WHITEHORSE

Apr 16

VIRTUAL

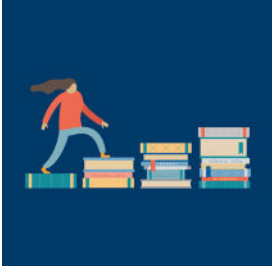
May 1

July 2

Aug 29

This workshop will provide new ways for helpers to facilitate the change process in the people they work with.

\$299



Narrative Therapy

Tools for Exploring Stories

This interactive workshop will provide participants with the tools and processes to begin using narrative frameworks with their clients.

\$299

VIRTUAL

Apr 23
Aug 8



Navigating Difficult Client Relationships

This workshop explores how to alter interactions with clients in order to transform unhealthy relational patterns into more positive interactions and outcomes.

\$299

VIRTUAL

Apr 16
July 11



Play Therapy

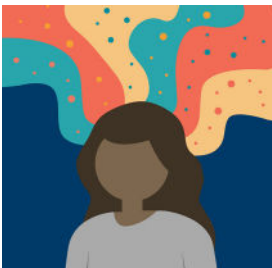
Tools for Helping Children and Youth

This interactive workshop focuses on how to use play therapy strategies to help children and youth positively cope and work through stressful life experiences.

\$529

VIRTUAL

July 16-17



Psychedelics

Uses, Cautions, and Providing Support

This workshop explores the history and use of different types of therapeutic substances. You will learn about the neurobiological effects of psychedelics, including their benefits, things to be cautious about, and contraindications.

\$299

VIRTUAL

Apr 25
Aug 20



Questions in Counselling

The Art and Skill

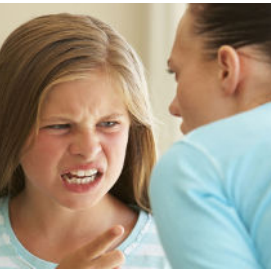
This workshop explores the curiosity, skill, and artistry it takes to discern the what, where, when, and why of effective questions, and what can prevent you from asking them.

\$299

VIRTUAL

Apr 3

Aug 21



Regulation Strategies for Children and Youth in Crisis

This workshop explores the reasons behind difficult behaviours and provides strategies to help children and youth learn new ways to move forward as they navigate these developmental challenges and times of crises.

\$299

VIRTUAL

Apr 18



Restorative Justice

Facilitating Dialogue

This highly experiential workshop utilizes a trauma-informed approach, and provides frameworks for identifying and responding to the needs of all those who were impacted by the wrong.

\$799

VIRTUAL

Apr 8-10

Aug 13-15



Self-Injury Behaviour in Youth

Issues and Strategies

This workshop will help participants understand self-injury behaviour in youth and learn a framework and strategies for effective intervention.

\$529

VIRTUAL

Aug 6-7



Solution-Focused Therapy

Skills for Short-Term Counselling

VIRTUAL

May 8

This workshop provides practical strategies for helping others reach achievable goals and gain an increased confidence and capacity for supporting others when there are time constraints.

\$299



Suicide Intervention Skills

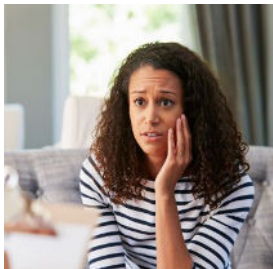
Promoting Life

VIRTUAL

July 23-24

This workshop explores various insights related to suicide intervention, with a key emphasis on life promotion. Participants will practice the skills needed to identify and assist those at risk of suicide and learn how to support people and communities impacted by suicide.

\$529



Trauma

Counselling Strategies for Healing and Resilience

VIRTUAL

Apr 16-17

Aug 13-14

This workshop reviews key principles and strategies for working with trauma that apply to a diverse range of experiences and which can be applied to all ages.

\$529



Trauma-Informed Care

Building a Culture of Strength

VIRTUAL

May 14

July 16

LIVE WEBINAR

Apr 25

Based on our book, *A Little Book About Trauma-Informed Workplaces*, this workshop explores five key principles to integrate a trauma-informed approach throughout the organization.

Workshop: \$299; Webinar: \$49

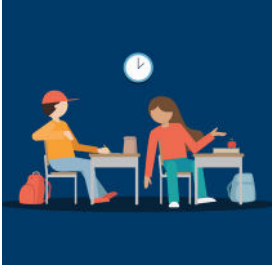
Train-the-Trainer

VIRTUAL May 14-16; July 16-18

\$2499

The trainer's way of being, listening, engaging with participants was beautiful - she was so knowledgeable and able to hold space well, and helped us understand the concepts deeper.

– Amber Neufeld, Candace House



Trauma-Informed Schools

Building Safety for Learning

This workshop provides practical strategies for implementing five key principles of trauma-informed schools: promoting awareness, shifting attitudes, providing choice, fostering safety, and highlighting strengths.

Workshop: \$299; Webinar: \$49

VIRTUAL

June 20

LIVE WEBINAR

Apr 12



Vicarious Trauma

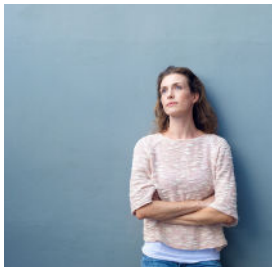
Strategies for Resilience

This workshop will provide participants with the opportunity to examine their own experiences and become aware of the signs of both vicarious trauma and vicarious growth.

\$299

VIRTUAL

June 11



Walking With Grief

Helping Others Deal with Loss

This workshop is designed to give helpers an increased awareness of the dynamics of grief, and to provide tools and strategies to best support someone who is grieving.

\$529

VIRTUAL

June 18-19

Can't make it to a workshop?

No problem! Most of our trainings are available as on-demand videos that you can watch at any time. Visit the **On-Demand Training** section of our website for more info.

COMING SOON

Free Live Webinar Series!

Want to gain practical insights and knowledge from some of our most experienced trainers . . . for free? To help you continue to learn and grow as a helper, we're excited to offer a few of our most sought-after training topics for free over the coming months!



Each webinar will be 30 minutes of content, plus 10-15 minutes for a Q & A, where you can ask the trainer questions.

This is an opportunity to learn from our organization's leaders who have worked on the front lines, and now want to share their insights around a variety of relevant topics. As a participant, you'll be able to connect with other helping professionals while you learn skills for providing support.

Sign up for our newsletter to get the most up-to-date information on our free live webinar series!



MEET A TRAINER

Joddie Walker, MSC, RP

As CTRI's Clinical Director, Joddie (she/her) oversees the development of our trainings and provides clinical guidance to ensure the materials embody trauma-informed principles and are consistent with our values. She also has her own private practice,

where she supports people of all ages through grief, loss, stress, and anxiety.

Joddie is passionate about working with first responders and their families who are experiencing PTSD or secondary traumatic stress. She takes a multidisciplinary, strengths-based approach to counselling and uses evidence-based, trauma-informed practices. She believes curiosity and the desire for change can result in creative solutions for her clients. As a trainer, Joddie draws on the strength and resilience she has seen throughout her 30 years in the field to bring the content to life.

De-escalating Potentially Violent Situations™

E-Course



Self-Paced

We all learn at different speeds. Our e-course can be done in 2.5 hours, 2.5 days, or 2.5 weeks. You'll have access for as long as it takes you to complete the course, and you'll be able to track your progress along the way.



Perfect for Teams, Big or Small

Save the headache of planning your next PD day and train your team with our e-course. Whether you're leading one or 1,000 people, our platform will work for you.



Cost-Effective

Our e-course is a great value for high quality, interactive learning. And we have tiered pricing to make this an affordable option for groups of any size.

Learn more at ctrinstitute.com/e-courses/

Train-the-Trainer

Want to have your very own in-house trainer who can deliver one of our workshops? CTRI's Train-the-Trainer program will equip your designated staff member to deliver our workshop to your organization, saving you time and money.

How it works:

- 1** In three days, your designated staff member will learn how to facilitate a CTRI workshop from one of our experienced trainers.
- 2** They can then customize our evidence-based material to suit your organization's unique context.
- 3** With additional resources, ongoing support, and easy recertification, your CTRI Certified Trainer will have all the tools they need to develop your staff.

In this catalogue, you'll find open enrollment, public Train-the-Trainer workshops for two of our trainings: De-escalating Potentially Violent Situations™ (page 16) and Trauma-Informed Care (page 22).

We can also facilitate private Train-the-Trainer workshops for any of our trainings. **Contact us to learn more (page 27).**

Consulting

Need more hands-on help? Our consultants can assess your strengths and implement positive change. We choose to start with empathy and curiosity over judgement, and our goal is to help you create environments and connections where everyone can thrive.

Below are some examples of the consulting services we offer. If you don't see what you're looking for, contact us to discuss other possibilities.



Clinical Consultation



Crisis Response Team and Plan Development



Critical Incident Group Debriefing



Suicide Prevention Plan Development



Violence Risk Assessment and Management

To learn more, contact the Manager of Private Training and Consulting Chantel Runtz:

chantel@ctrinstitute.com

877-353-3205

Private Training

Can't find the right training for your unique situation? Any of our trainings can be customized and done privately in your organization or community, either in person or online.

How It Works



STEP 1

We'll chat about what's going on in your organization so we can find a training that works for you.



STEP 2

You'll be connected with an expert who can customize the training to fit your needs.



STEP 3

Your team will be equipped with the right skills and knowledge for your situation.

Meet Our Training Coordinators



Chantel Runtz

Manager of Private Training
and Consulting

chantel@ctrinstitute.com

877-353-3205



Elliot Grisdale



Sam Hupé-Wells



Kloe Mak



Lori Tiessen

ACHIEVE Centre for Leadership



**Does your organization prioritize
client needs over staff well-being?**

**Do you feel like you might be working
in a toxic work environment?**

ACHIEVE Centre for Leadership is a division of CTRI that provides trauma-informed workplace training and resources, with a focus on leadership skill development so you can improve your workplace culture.

The guiding belief of ACHIEVE is that everyone deserves to like where they work. And when a workplace culture is purposefully created to be respectful and inspiring, employees are happier, more productive, and more engaged.



Below are a few ACHIEVE workshops coming up this year. Please visit achievecentre.com for the complete list.



Conflict Resolution Skills

VIRTUAL

Aug 15

This workshop explores the various dynamics of conflict and provides participants with the necessary skills to respond to it confidently and effectively.

\$299



Diversity, Equity, and Inclusion

VIRTUAL

July 3

How to Build a Thriving Workplace for Everyone

This workshop helps you identify the existing diversity in your organization so you can recognize potential gaps and become aware of ways that you can build a more equitable and inclusive work environment.

\$299



Trauma-Informed Leadership

HALF-DAY

VIRTUAL

June 5

Based on our book, *A Little Book About Trauma-Informed Workplaces*, this workshop explores how to lead with a trauma-informed approach and provides five key principles that trauma-informed workplaces embody.

\$179



Scan this QR code to see the online list of upcoming ACHIEVE workshops!

Crisis & Trauma Resource Institute
1-710 Westminster Ave.
Winnipeg, MB R3G 1E6



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ctrinstitute.com/workshops



About CTRI

We've helped thousands of people increase their capacity for creating positive change in others through our training, consulting, books, and resources. We believe that everyone should be trauma-informed, which is why we've researched and developed over 60 workshops that explore trauma, mental health, counselling skills, and violence prevention.