

Mentalizing and Psychological Trauma:

“How to Think about the Unthinkable”

Registration Fees:

Early Registration: before Sept 5th

Standard: \$150 Student: \$95

Late Registration: after Sept 5th

Standard: \$175 Student: \$120

Name

Address

City Province Postal Code

Phone

Email Address

Professional Affiliation

Please detach registration form and mail with cheque or money order to:

**Centre for Treatment SACT
203 MacLaren Street
Ottawa, ON K2P 0L4**

The Centre for Treatment of Sexual Abuse and Childhood Trauma (CTSACT) was established in 1991 as a registered, not-for-profit, charitable organization. The Centre provides psychotherapy and counselling services for individuals who have experienced sexual abuse or other forms of trauma and neglect. Therapists at the Centre have expertise in providing trauma-focused therapy to children, adolescents and adults, as well as to couples and families. Another mandate of the Centre is to provide professional and public educational programs.



Centre for Treatment of Sexual Abuse and Childhood Trauma

203 MacLaren Street
Ottawa, Ontario
K2P 0L4

Phone: 613-233-4929
Fax: 613-233-4947
E-mail: centrefortreatment@yahoo.com
Web: www.centrefortreatment.com

Centre for Treatment of Sexual Abuse and Childhood Trauma



Presents:

Clare Pain, MD, FRCPC

*Mentalizing and Psychological Trauma:
“How to Think about the Unthinkable”*

Friday, September 19, 2008

9am – 5pm

RA Centre, Canada Room

2451 Riverside Dr., Ottawa, ON

Mentalizing and Psychological Trauma: “How to Think about the Unthinkable”

About Dr. Clare Pain

Dr. Clare Pain is an Assistant Professor of Psychiatry at the University of Toronto, Department of Psychiatry, Director of the Psychological Trauma Program at Mount Sinai Hospital, Co-project director of the Toronto Addis Ababa Psychiatry Project (TAAPP) (www.utoronto.ca/ethiopia), and Coordinator of the University of Toronto-Addis Ababa Collaboration Program. She is the recipient of the President's Award at the International Society for the Study of Dissociation and is the 2003 "Top Rated Resident Module Lecturer" in the Psychiatry Residency Program at the University of Western Ontario. She has also won the University of Toronto Supervisor's award.

Dr. Pain's focus is on the assessment and treatment of patients with psychological trauma and trans-cultural aspects of psychological trauma. She co-authored "*Trauma and the Body: a Sensorimotor Approach to Psychotherapy*" with Pat Ogden and Kekuni Minton (Norton, 2006).

Conference Outline

- 8:30-9:00** Registration and coffee
9:00-9:10 Welcome and introductions
9:10-10:30 Psychological Trauma – why is it unthinkable?
10:30-10:50 Coffee/Tea
10:50-12:15 **Mentalizing 101: the potent non-specific factor of therapy**
12:15-1:45 Lunch on your own
1:45-3:00 **Dissociation, emotional regulation and sensorimotor techniques, and adaptations for vulnerable populations**
3:00-3:20 Coffee/Tea
3:20-5:00 **Clinical vignettes and applications**

“It is with great delight that the Centre welcomes Dr. Clare Pain back to Ottawa. Her presentations are educated, engaging, well organized and full of intelligence and compassion.”

Susan Oke, CTSACT



Clare Pain, MD, FRCPC

Mentalizing refers to the accurate perception and interpretation of the needs, feelings, wishes and beliefs of ourselves and others. One's ability to mentalize is based very closely on our attachment history. Individuals with insecure and disorganized attachments (e.g. due to sexual, physical, and psychological abuse or neglect) often have greater difficulties in developing the capacity to mentalize and therefore often "misinterpret" their inner experience as well as the mental states of others.

The successful treatment of trauma is not to "get rid of" the trauma but, paradoxically, to think and talk through it safely and calmly. Treatment is challenging due to affective dysregulation, dissociation, avoidance, substance abuse, a chaotic lifestyle and fear and mistrust of people, including the therapist. Fostering the capacity to mentalize can lead to both self-awareness and self-regulation in our clients.

This conference will be useful for all mental health professionals who work with trauma issues in their practice.