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INSIDE THIS  
ISSUE:

- Message from the Clinical Director 1
- I Am An Inuk... 2
- Welcome to the New Coordinator 2
- Upcoming Lecture Series 3
- About the Centre 3

## Message from the Clinical Director

*-"It has been a very eventful year for the Centre ..."*

Dear Friends and Colleagues,

*I am quite delighted to have been asked by the Associates of the Centre to bring all of you Holiday Greetings along with our yearly update. As you have probably noticed, our end of summer newsletter has been moved to a different time of year so that the Associates can be more free with their summer holidays instead of rushing back to put together our annual updated newsletter. This is designed to keep us in close contact with the many mental health professionals in our community. More than ever, at this time in history, we all need community support and compassion to deal with the multiple stressors and traumas that we encounter in person or in the news. Traumatic events are a daily occurrence for those near to us, as well as those far away.*

*It has been a very eventful year for the Centre with the addition of a wonderful new Associate, Dr. Deborah Gilman, who works with both adolescents and adults who have experienced trauma. Deborah has many years of experience as a clinician and supervisor in outpatient and inpatient settings for children, adolescents, and adults. She has also worked with urban, rural and remote Aboriginal communities in Canada and the United States.. In addition, we have been pleased to offer a rich practicum experience to students from the University of Calgary (Allyson Smith), Saint Paul University (Stephanie Stewart, Lise Rowell and Susan Graham), and the University of Ottawa (Matthew Kerr, Rebecca Nemiroff and Katerine LeMay). Our internship/practicum program is so successful that we get requests from prospective students almost a year in advance. As well, we are able to see clients in the program for up to one year at a very reduced rate. Excellence all around!*

*In the eight years that I have been Clinical Director, I have met many of you through your attendance at our yearly conferences and workshops. I am so delighted to be participating with my colleagues in the coming year in a lecture series where we will speak of our own experiences with trauma clients, and provide interesting information that you can use with your own clients. As of now, we are making decisions around forthcoming conferences which you will receive in the near future. We hope to bring many exciting speakers to Ottawa which has a growing and thriving community of mental health professionals.*

*It is with great hope that the New Year brings peace and harmony to you and your families, and to our world.*

Warmly,  
Dr. Brenda Saxe

Save the Dates!

Voices of  
Trauma Therapists:  
Different Perspectives/  
Different Experiences

A Monthly Lecture Series

January - November 2007  
18h30 - 21h30

Come - Listen - Share - Learn  
See inside for details

# I Am an Inuk...

by Lalita Salins & Dr. Mary Hogan-Finlay



Over the past few months a number of associates have traveled to Nunavut to participate in the ongoing work of The Qauma Mobile Treatment Project. Funded by the Aboriginal Healing Foundation, the Qauma Project first began to provide healing workshops, information sessions, and group and individual counseling for PTSD in 2004. It also arranged reunions for Inuit survivors and families who were affected by abuse in the church and government-run residential schools in the 1950's, 60's & 70's. The intention of the Project is to help communities become more aware of the intergenerational impact of the residential schools and the need for local caregivers to continue the healing process after the Project officially ends.

Participants in the Qauma Project have included both traditional Inuit healers and *Qallunaaq*, or "white foreigners", who specialize in the treatment of traumatic stress. The hope is that an integration of these different approaches will provide an optimal heal-

ing experience for all concerned. In our work up North, we had the privilege of working with those affected by emotional, physical, and sexual abuse in the residential schools, as well as with community members whose lives



Haily in her mother Toi's amauti

have been torn apart by family violence and suicide. We also witnessed the pride that community members are taking in reclaiming the Inuktitut language and culture.

In the three communities we visited in 2006 (Iqaluit, Kugaaruk, and Naujat), we were able to participate in healing gatherings for men, women, students, and Elders. We offered trainings on post-

traumatic stress to the staff at the Baffin Correctional Centre in Iqaluit, and informed the social service workers of the impact of prior sexual abuse on pregnancy and childbirth. With the aid of EMDR, art materials sand tray therapy, or simply being there as a witness, individuals were able to share their devastating secrets, let go of some of their pain and shame, and arrive at a place of some inner peace. The work was very rich and rewarding. We, as the *Qallunaaq*, were mistrusted at first, but we learned to listen and to reach across the barrier, to share our similarities and to respect our differences. We learned that "I am an Inuk" - also means "I am alive". This was written in Inuktitut syllabics on the beautiful, thick sweatshirts that were handed out to all participants in the Qauma Project.

We were thankful, once again, to have had the opportunity to witness the remarkable journeys of these courageous people of the North, and we look forward to additional opportunities in the future.

## Welcome to the New Coordinator

by Susan Oke



Nicole Wallace began working as our new Coordinator this past June. Nicole has been ably learning our computer systems, revising our website and newsletters, doing our bookkeeping,

and generally keeping us all organized. Her main job is to be a welcoming voice to those calling the Centre for the first time: to explain how we work, do intakes, and answer questions.

Nicole grew up in the Caribbean Island of Dominica and is a recent graduate of the University of Ottawa, where she majored in philosophy and psychology. Welcome to the Centre Nicole!

## Voices of Trauma Therapists: Different Perspectives / Different Experiences

The centre is delighted to start the New year by launching a monthly lecture series. The idea for this has been germinating over years of working with our clients, who have courageously trusted us to share their stories as they move through their healing process.

This lecture series is intended to provide a forum for therapists of the Centre to share their perspectives, ideas, and therapeutic approaches to trauma work. The lecturers will use didactic components, discussion, case presentations, experiential exercises and/or film excerpts.

Details about the individual lectures and presenters can be found on our website [www.centrefortreatment.com](http://www.centrefortreatment.com), or by contacting us at (613) 233-4929.

- Jan 29 ~ *Integrating Models of Ego State-Functioning*
- Feb 26 ~ *Treating Addictions While Treating Trauma: The Perilous Balance*
- Mar 26 ~ *Embracing the Emptiness Within*
- Apr 30 ~ *Trauma & Intimate Relationships*
- May 28 ~ *Basics of Psychotropic Medication*
- Sep 24 ~ *Relational Healing: Using Transference & Countertransference in the Treatment of Trauma*
- Oct 29 ~ *Like a Moth to a Flame: Sex Addiction & EMDR*
- Nov 26 ~ *"Doctor, Why Can't You Help Me?": Trauma, Dissociation & Physical Symptoms*

Date: January - November 2007

Time: 18h30 - 21h30

Venue: St. Paul University, Room 103  
223 Main Street, Ottawa ON

**\*\*Register for all 8 lectures & get one free! Student discounts are available\*\***  
Call (613) 233-4929 or visit us at [www.centrefortreatment.com](http://www.centrefortreatment.com) for registration details

## About the Centre

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.