



9TH ANNUAL TRANSFORMING TRAUMA CONFERENCE: SUMMARY REPORT

One day conference on best practices in
supporting survivors of childhood sexual abuse

Thank you to our event supporters!



Friday, May 31, 2019 | 9:00 AM - 3:00 PM
Toronto Police College, 70 Birmingham St.

TABLE OF CONTENTS

TRANSFORMING TRAUMA 2019

Event Summary.....	1
Guest Speakers.....	2
Event Statement.....	3
Open Space Process.....	5
Introduction.....	6
Group 1: Neuroplasticity.....	7
Group 2: Prevention of Secondary Trauma in the Criminal Justice System.....	8
Group 3: Healthy Touch.....	9
Group 4: Art Therapy.....	9
Group 5: Invisibility.....	10
Group 6: Parenting.....	11
Participant Feedback.....	14
Highlights.....	15
Participant Voices.....	15
Conference Materials.....	16
Upcoming Events.....	28

**"BE THE CHANGE YOU WANT TO SEE IN THE WORLD."
-MAHATMA GHANDI**

EVENT SUMMARY

TRANSFORMING TRAUMA 2019

EVENT SUMMARY

TRANSFORMING TRAUMA 2019

Thank you to all who joined us on Friday May 31st for the 9th Annual Transforming Trauma into Triumph Conference. 90 attendees shared the day with us.

We are grateful to the wonderful line-up of presenters for generously donating their time, energy and effort to this event.

Thank you to the Toronto Police Service for their generosity, support and commitment to community partnerships.

Thank you to the wonderful Landi Haderaj, Coordinator, Training, Accreditations & Records at the Toronto Police College, the Toronto Police 22nd Division Rover team and catering services provided by Compass group under the direction of Ms. Shyamali Fernando, Food Service Manager.

Photography by Edison Yao, Unicorn Studios, unicornstudios2015@gmail.com

Thank you to all our Staff, Volunteers, Board Members, and community supporters.

Guest Speakers

1. **Jay & Carolyn Smith**, The Gatehouse Partners Program Facilitators
2. **Nicola**, Gatehouse Facilitator, Trauma-Informed Yoga Practitioner, Yogi, Writer
3. **Stewart Thompson**, Personal Transformation Web Radio Show Host, Public Speaker, Survivor, Advocate
4. **Saffron A.**, Solo Artist, Musician, Poet
5. **Cola Bennett**, Artist, Author
6. **Rebecca Rosenblat**, Relationship & Sexuality Therapist
7. **Greg Andrews**, Gatehouse Facilitator
8. **Mitchell Maher**, Gatehouse Facilitator
9. **Sarah H.**, Gatehouse Facilitator
10. **Daniella**, Gatehouse Facilitator
11. **Sarah Choujounian**, Gatehouse Facilitator, Founder of Lighting Up Dark Corners
12. **Lacy Ford**, Full Circle - Art Therapy Centre
13. **Carol Tarasio**, Transformational Life and Business Coach
14. **Marc Beaudry** - Victor Walk - July 27, 2019

EVENT SUMMARY

TRANSFORMING TRAUMA 2019

Event Statement from Arthur Lockhart, The Gatehouse Founder

On May 31, 2019 over 90 people (with one person zooming in on video from Lancashire, England) attended the 9th Annual Gatehouse Conference, held at the Toronto Police College.

It is truly remarkable to be witness to the courage of people speaking with empathy, eloquence and a deep profound willingness to engage in processes of transforming the trauma of childhood sexual abuse.

What I saw was a vibrant woman who is dealing with the onslaught of Amyotrophic lateral sclerosis (ALS) - also known as Lou Gerhig's Disease (for which there is no known cure) - get up and speak not about her fight with ALS, but rather invite the participants to join in her initiative to have all schools in the province of Ontario create a program that would offer ways for all school aged children to learn about Childhood Sexual Abuse. Her petition has over 1,000 names thus far and has the support of at least one MPP to bring it forward for reading in the provincial legislature - absolutely incredible!

I saw a man talk about how he had dealt with suicide ideation and the experience of being invisible and how he now has a podcast, based at The Gatehouse, on Personal Transformation that has been running for the past 5 years, and is heard around the world. In fact, through the podcast he connected with an organization named The Invisible Child from England who sent a video message to the conference noted above and will be participating in next year's conference.

I saw a couple talk about relationships that have been impacted by the trauma of CSA, and how they now facilitate sessions for couples and for partners of adults who have been traumatized by CSA, these programs that are the first of their kind in Canada.

I saw people present their life story though poetry, through writing their own book, through publishing and singing their own songs.

I saw a woman talk about Art Therapy, a program she and a friend created as a result of their own healing journey - incredible.

I saw women and men speak about the experience of having your voice stolen through childhood sexual abuse and how their journey of healing has led them to become facilitators for other men and women to come together to create their own unique healing journey - what a gift these people are.

EVENT SUMMARY

TRANSFORMING TRAUMA 2019

I heard the voice of people who have and are transforming trauma in ways that not only, of course, help themselves personally, but in ways that are helping literally thousands of others - people they may never ever meet.

I saw people gathering in small groups talking about areas that they feel are so important and vital to be explored as we all move forward together. As I listened to the small group discussions, I heard laughter, wisdom, compassion, creativity, empathy. I saw people listening to one another, sharing with one another. I saw people shedding tears together. What I saw at the conference was people growing together, creating hope together in very real, and profoundly meaningful, doable ways.

What I saw was not your average, everyday conference. What I saw was authentic transformation unfolding in real time, real life, spirited by honest, courageous, authentic human beings.

What an absolute joy!

With deep affection,
Arthur Lockhart

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

Introduction

The open space process for this particular day is based on the formal Open Space process developed by Harrison Owen.

“Open Space is the only process that focuses on expanding time and space for the force of self-organization to do its thing. Although one can't predict specific outcomes, it's always highly productive for whatever issue people want to attend to. Some of the inspiring side effects that are regularly noted are laughter, hard work which feels like play, surprising results and fascinating new questions.”

Specific to this particular event the following steps would be offered:

- 1) “This time (open space) is understood as ‘a "breathing" or "pulsation" pattern of flow, between plenary and small-group discussion.”
- 2) The open space topics typically grow out of the plenary sessions-i.e. discussion on the transformative justice/social change panel, may lead someone to want to explore in more depth how does their specific organization build in ways to integrate in transformative justice practices within their specific organization, community, school
- 3) This person would put forward this statement on a wall/ bulletin board with space underneath the statement for people to sign up; (as a theme-these statements are often framed as a question being preface with (“HOW TO... OR HOW CAN WE...”) statements would be going up throughout the day, and in fact may start going up when people first arrive-because they may have already been motivated to explore a topic based just on the outline of the day’s program
- 4) The person making the statement would also facilitate the discussion in the small group process
- 5) There would be a note taker/laptop scribe recording and playing back points that are surfaced in the discussion
- 6) While the time is limited (60-75 minutes) one of the outcomes can be an action statement: i.e. “ we are creating a working group to create a workshop on transformative justice that will be open to community agencies in the Toronto area”
- 7) Elements of open space are: passion, diversity, listening rather than waiting to speak, a feeling of urgency, inclusiveness; these are just a few of a great many more elements that are to be present in an open space group discussion
- 8) Understanding that the content of the open space is intended to be shared-through a follow up report of the full symposium with all participants of the symposium

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

9) The size of the group can be from 1 person onwards-there is no set number-whoever shows up is considered to be the person with a genuine interest in the issue being presented-also people may join in the group and decide to leave the group-the butterfly element of flitting around is not uncommon to this process; ii) the most common start point is the person providing context to the statement they put on the wall during the day; iii) usually there is a go round in the group for people to say their name and what their connection is to the topic being discussed; iv) at this symposium there will be the option of having a talking stone for each group-this can be helpful in having each person given an opportunity to speak or to pass on speaking and just being there to listen; v) this time is in essence an introduction to the issue it is not intended to solve the issue-it is a time to find ways and means for people to continue the momentum -creating next steps-for the issue; vi) it is important that there is someone keeping time; vii) a group check out is important i.e. "could we hear a word or statement from each person in the group about what just took place." Followed by a thank you from the person who presented the "How To statement"

10) Additional nuances:

i) each group will receive a space allocation depending on the number of people in the group, sometimes this can feel a little disorganized at the outset of the process as people may still be deciding on the group they want to sit in on, but this really is a good time to just go with the flow-there will be an inventory of group spaces to choose from-on this particular day: surprises or challenges surfacing in this overall process is not uncommon, so this is when it is best to first of all breathe, then smile, and then move forward from a stance of an open heart or you can also turn and run-lol!

Note: The following group notes reflect the thoughts and opinions of our wonderful participants, but are not necessarily a reflection of our organization's stances.

Group 1: Neuroplasticity

- Things the group has learned today so far or want to learn:
 - Didn't realize before that many people who experience abuse have hope
 - Want to learn anything that can grow the brain
 - How to help people through trauma
 - How forgiveness can help growth
 - How to integrate knowledge about abuse into therapy
 - How to discuss abuse and offer support for individuals of differing ages
- You are not your brain
- Brain story - little girl had a stroke and her right side of her body was paralyzed. The doctor put a heavy cast on the left arm. Eventually, she ends up moving the right hand because the left side was too heavy
- Voice is important. Two things happen when someone is abused:
 - 1) they lose their voice - off balance. Trigger is negative.

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- In neuroplasticity you say you have an insight – your brain slows down and tells you it's safe, but if you tell your brain it's a trigger you will feel bad
- I have a trigger – negative
- I have an insight – positive
 - Having an insight empowers you
- There are six steps of neuroplasticity for abuse recovery
- Do not run away from the trauma. Pause and think about it as a thought. 10% conscious, 90% unconscious
- Your brain has a hologram which is everything that happened in your life when you become aware and know these things are there, your brain would feel better
- 90,000 thoughts a day. If there are 3 goods and 1 bad, you will leave thinking about the bad. Brain looks at the negative first because it's a survival/primal filter. You can alter that path from a stand of good. Take a look at the negative thought from a distance, embrace it, and think about it
- Some people can't sleep in the night because they let the moments drive them, instead of us driving the moment.
- Tempered response: I am in the moment, I am the driver. Past/future focus does not let you be the driver anymore. Takes practice
- Your emotions are important. The energy you give out is what you will get. Pause and refocus on the breathing. Energy is key
- "If you don't want to be part of it, please don't be part of it. It will affect the whole interaction energy"
- What goes on in the brain can be framed in energy
- Default thinking is always negative
- People don't notice things when neuroplasticity plays a role
- Path switches when they get help for someone to talk to
 - Feelings of safety
 - Hearing my story from someone else
 - Empowering
 - Want empathy rather than sympathy
- Some people like one-on-one help. Some like group conversation. Everyone needs to connect in order to grow. You need multiple techniques and you put it all together

Group 2: Prevention of Secondary Trauma in the Criminal Justice System

- Judges and Crown Attorneys may benefit from training where they hear more about trauma
- There is a need to change some of the ways that police services approach these cases
- Should call survivors more frequently to update them on the cases
- Need for a "survivor witness system program"
- Need to revitalize old laws and better implement new laws – we still think and base decisions off older law/cases
- Need to be supportive, not second guessing survivors – believe the survivor

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- Should hear victim statement before suspect found guilty – view as a child, and not who they are now (adult)
- Shouldn't make judgments based on the image of the survivor on the court date
- Don't have the suspect and survivor in the same room/outside the courtroom waiting together
- Train officers on tactics that suspects use to shame victim and win case
- Wait 48 hours after statement is given to make sure they get all the info on the case as the survivor who gives a statement only once may remember something else later
- Use testimony in court
- Have an open-minded opinion
- Recognize physical and mental needs
- Make sexual abuse less taboo
- Allow time for those not ready yet to report
- Pay attention to revictimization and ways to avoid it
- Explain court processes to victims
- Offer support after the court is closed
- Have more open discussions within the system, talk about trauma
- Don't judge as you don't know their story
- Use evidence (hard evidence) but also dig into the case/investigate into the suspect and the accusation (e.g. it might have occurred before with other victims and the same suspect)

Group 3: Healthy Touch

- Setting boundaries must be considered
- Children – love is often conveyed through physical touch
- Healthy and appropriate touch must be distinguished between not health and inappropriate touch
- Important to consider culturally appropriate/inappropriate touch
- Touch can be a form of communication
- Touch can be important to healthy growth
- It is necessary and problematic
- Homelessness – mindset of thinking no one wants to touch you
- Children in hospitals – clinical touch, no permission sometimes
- Parenting dilemma – how do you explain healthy touch
- School policies in force now
- Taught how to speak, act, behave, but not taught how to touch

Group 4: Art Therapy

- There's a Phase 1 and Phase 2 Art Therapy program at The Gatehouse
- When doing art therapy, some individuals may feel hesitant at first or be scared that their art is being interpreted

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- Art therapy is a casual therapy session
- Themes for bringing calmness and grounding: breathing, engaging with nature, travel, pets, music, reading
- Some people may not be open to sharing their art
- This group did some practice art activities (e.g. working with a partner to communicate about a shape and drawing a shape and filling it with words that promote calmness or balance)

Group 5: Invisibility

- Denial: a form of invisibility, a way to build walls to protect oneself and their vulnerability
- Invisibility may be felt with survivors of childhood sexual abuse
 - May also be felt by other groups including children in foster care, visible minorities, those with cultural differences
 - May be cumulative disadvantage (e.g. a survivor who is also racialized)
- Invisibility may be personal (e.g. denial) or external (e.g. failure to believe disclosures, not recognizing symptoms of survivors)
- Children may not explicitly disclose, but may instead withdraw or display other symptoms
- Shift from denial to state of peace when seeking support
- People may feel more invisible when the abuse is closer to home
 - Family may be less likely to believe
 - Family dynamics post-disclosure may be difficult
- The Gatehouse is a safe place, may be the first time a survivor feels safe or visible
- Things like the conference bring visibility to survivors
 - Visibility and vulnerable, may involve mixed feelings (e.g. peace but also uncomfortable stepping out)
- How can we make the issue of sexual abuse more visible? How can we help survivors feel more visible?
 - Creative writing opportunities in prison
 - Focus on developing identity
 - Creative methods allows people to be more vulnerable and have more open conversations
 - Art therapy
 - Music therapy, music may be able to speak in ways people aren't able to
 - Not always a professional needed, just someone who cares and will invest
 - Power of colours in expression (changes in nature, wearing clothing)
 - A survivor's own will and courage in coming forward (we can't force them to be visible, need to wait for right time for them)

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- In schools, personal safety and good/bad touch could be taught
 - Loverin's Law
 - Like Elmer the Safety Elephant but specific to abuse
- Need to be more proactive than reactive in approaches (e.g. education and safety mechanisms in place before abuse)
- Parent education is an option as well (e.g. what to do if a child discloses, what to tell your child about good/bad touch)

Group 6: Parenting

- Things that affect parenting
 - Intergenerational relationships
 - Culture, religion, society
 - No education
 - Mother vs. father
- Challenges for parent-child relationships
 - Parents not talking
 - Unsure of how to have conversations, check-in
 - How to have age-appropriate conversations
 - Threat of re-traumatization
 - Words vs. actions, but words may be more impactful
 - When parents themselves are dealing with their history of abuse
 - Funding
 - Culture of silence
 - Not meeting you where you're at
 - Culture of protection
 - How to share our feelings with them
 - Fine with high-level conversations
 - Parents can be toxic too
 - Parents aging - more likely to be re-abused
 - Kids blaming grandparents
 - Where would parents go
 - She won't read a book - what can you do?
 - Boundary with parents - perception that you can't talk about sex
 - Parents gossiping about me - threatening to their parenthood
 - I can't take care of kids
 - Sometimes space allows them to shift
 - She didn't want me, we're fighting because of you
 - My kid thought I was going to die
 - She didn't understand
 - Complexity with gender identity
 - Don't like me being open

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- Didn't want her to find out
- I didn't want her to feel like a failure
- Single parent, low-income, mental health
- Not believing/denying
- Same sex body boundaries
- Negative reactions
 - I have forgotten so you should forget
 - Has broken my family by telling
 - I was the problem
 - Cleansing ritual
 - You didn't come for me
 - Don't take responsibility
 - You weren't listening
 - You can't handle reality
 - I don't know how to feel
 - She didn't guide me
 - I'm the bad daughter
 - Not our mess
 - Continuum of guilt
 - "Why didn't you tell me"
 - "I didn't do that"
 - This is who I am
 - Your "crap is your crap" - distance, giving her space
 - They feel guilty
 - If they use terms, teachers think it's rude
- How to reconnect with your parent - love them
 - Sitting together, writing letters, gentle but tough love
- Social media and abuse
 - Me too - white, elite Hollywood females
 - How to heal in the age of social media
 - Triggered constantly
 - Kids sexualized
 - Boys will be boys
 - Stay home
 - Social media - trolls - block
 - Social norms - social media
 - Screen monitoring
 - Speak to person right away if sensitive
 - Secure - <https://>
 - Some people may never join
 - Seeing effects on other people in a group

OPEN SPACE PROCESS

TRANSFORMING TRAUMA 2019

- Seeing effects on other people in a group
- Skype – secure; periscope, slack
- But might get anyone into online forums – need good admins
- When connecting, can regress
- Different perceptions of survivors
 - I'm still grieving
 - I will never recover
 - Timeline expectations
 - Anger
 - Illusion to survive
 - Am I exaggerating
 - Feel so alone
 - I thought I was abnormal
- Addressing abuse
 - Support when it happens
 - Regression and progression – journey – video
 - Nobody has a perfect relationship
 - Importance in society given to families
 - Page on resources – chapter from phase 1 manual, just resources
 - University
 - Asking for resources for first years
 - They think it will freak parents out
 - Joint orientation with parents
 - Schools
 - Sex education, body safety
 - Need to talk to parents about it – who talks to them
 - May learn from movies – source
 - Family's responsibility to teach
 - Use the proper body terms
 - Boundaries
 - The Gatehouse
 - Joint journey
 - Need her to go to training/access resources
 - Safe home environment
 - Parents: you can say no to anyone
 - These conferences should be for parents and educators

PARTICIPANT FEEDBACK

TRANSFORMING TRAUMA 2019

PARTICIPANT FEEDBACK

TRANSFORMING TRAUMA 2019

Highlights

All of the survey respondents (100%) found the Conference topics discussed to be helpful and appropriate for survivors and non-survivors of childhood sexual abuse. The majority of survey respondents rated their experience with the Conference as "excellent" or "good" (~86%) and indicated that they would be interested in attending future Gatehouse conferences (~71%).

Participant Voices

"I was inspired to see how The Gatehouse has changed people's lives to the point they can share their story publicly and inspire others."

"My experience today was definitely genuine, heartfelt connectivity. Whether someone experienced trauma personally, or they are supporting another or they are a frontline worker in the community there is lots of passion and motivation to heal and help heal."

"I felt safe and empowered."

"I was nervous at first, but felt very much at ease being with a beautiful group of people who want to change the world in a positive, loving way."

CONFERENCE MATERIALS

TRANSFORMING TRAUMA 2019

AGENDA

TRANSFORMING TRAUMA 2019

9:00 AM - 9:30 AM	REGISTRATION & REFRESHMENTS
9:30 AM - 9:45 AM	INTRODUCTION & OPENING - ARTHUR LOCKHART, FOUNDER & MARIA BARCELOS, EXECUTIVE DIRECTOR
9:45 AM - 10:15 AM	RELATIONSHIPS: PARTNERS PERSPECTIVE & SOCIAL MEDIA AWARENESS/CONNECTION - CAROLYN, JAY, NICOLA, AND STEWART
10:15 AM - 10:30 AM	SAFFRON A., MUSICIAN & POET
10:30 AM - 10:50 AM	COLA BENNETT, POET
10:50 AM - 11:00 AM	BREAK
11:00 AM - 11:15 AM	REBECCA ROSENBLAT, SEXUALITY AND CHILDHOOD SEXUAL ABUSE RECOVERY
11:15 AM - 11:20 AM	Q&A
11:20 AM - 12:00 PM	THE GATEHOUSE PANEL - GREG ANDREWS, MITCHELL MAHER, SARAH H., DANIELLA, SARAH C., DEBORAH I.
12:00 PM - 12:55 PM	LUNCH
12:55 PM - 1:15 PM	LACEY FORD, FULL CIRCLE ART THERAPY CENTRE
1:15 PM - 1:25 PM	Q&A
1:25 PM - 1:35 PM	OPEN SPACE PROCESS OVERVIEW - ARTHUR LOCKHART
1:35 PM - 2:30 PM	OPEN SPACE PROCESS - CAROL TARASIO, TRANSFORMATIONAL LIFE AND BUSINESS COACH
2:30 PM - 2:45 PM	GROUP SUMMARIES & CLOSING

THEME STATEMENT

TRANSFORMING TRAUMA 2019

WHEN COLLABORATION CREATES MAGIC

The other morning I happened upon 3 people playing in the labyrinth outside The Gatehouse: a mother, father, and their young child who was maybe 3 or 4 years old. I sat on one of the log seats and watched them teaching their daughter how to navigate the labyrinth. Here were 3 people, who had happened upon the labyrinth and they were laughing, chasing one another, in essence being in a moment of pure joy.

It was quite rendering, watching this moment unfold. Eventually, their playing ended and we exchanged smiles and they went on their way. This is not the first time I have been witness to people walking the labyrinth and enjoying the invisible but oh so very real energy that lives there. Now, I find myself reflecting on how this Labyrinth came to life and in doing so came across The International Labyrinth Society (TLS) - I never knew such an entity existed. I was also very happy to see their mandate which reads:

The TLS mission is, “to support all those who create, maintain and use labyrinths, and to serve the global community by providing education, networking and opportunities to experience transformation,”

Their mission which is reaching people around the world is so very much aligned with the mission of The Gatehouse which is in essence maintaining a space and place in the work of creating opportunities for people to experience the transformation of trauma into triumph.

It is critical to know that the Gatehouse Labyrinth literally grew out of the Open Space portion of one our past conferences. The point of this story is that whenever people gather together at the Gatehouse Transforming Trauma Conference, magic happens. If this is not the essence of Collaboration, then I don't know what is.

We can never know just how it will happen, or when it will happen, but what is knowable, truly knowable, is that magic will happen. It will happen because you are here. It will happen because you care about other human beings, and your collaboration creates the magic. Collaboration is the creative manifestation of your energy framed in empathy and compassion.

I just want to say thank you for being the alchemists who embrace the negative that has come our way and transform that state into something powerful and uniquely meaningful for everyone connected to the Gatehouse.

Because of you, that young family in the labyrinth experienced wonderful moments of joy in their life. Creating joy, transformation for people we may never ever meet - that is truly amazing to me. What a gift you all are to this world.

With deep affection,
Arthur Lockhart
Founder Emeritus, The Gatehouse

SPEAKERS

TRANSFORMING TRAUMA 2019

ARTHUR LOCKHART

Founder, The Gatehouse



Arthur Lockhart, M.Ed. is a professor in The School of Social and Community Services. Over the past years, Arthur has held the position of Chair of The School of Social and Community Services, as well as Chair of Board of Directors of The Gatehouse. Arthur is Founder Emeritus of the award-winning charitable organization: The Gatehouse, and Co-Founder of The Centre for Transformative Social Change.

Arthur founded the Annual International Transforming Trauma Into Triumph Conference. Arthur provides training and organizational transformation consultation on the local, national and internal levels. At the core of his workshops are the human spirit, humour, trauma transformation and transformative social change.

MARIA BARCELOS

Executive Director, The Gatehouse



Maria is the Executive Director at the Gatehouse. She believes wholeheartedly in community engagement and the importance of community-based responses to underlying social issues. She motivates, acknowledges and empowers students, volunteers and staff to be part of the change they want to see in the world. An avid believer in the principles of transformative community justice, she values building safer communities through collaborative knowledge sharing, idea and process formulation, and implementation. Maria is a graduate of the University of Guelph-Humber BA Justice Studies and George Brown College's HR Management Diploma program. She is currently completing Yorkville University Master of Arts in Counselling Psychology. Maria also volunteers her time in the community as part of an advisory panel in the Community Development Program at Humber College Lakeshore campus. Maria is also a founding member of the Centre for Transformative Social Change. Maria is also an opinion contributor to Toronto.com. Her articles focus on healing from childhood sexual abuse.

SPEAKERS

TRANSFORMING TRAUMA 2019

JAY & CAROLYN SMITH

Volunteer Facilitators, The Gatehouse Partners Program



Jay Smith - I'm a husband, father, facilitator at the Gatehouse and survivor of childhood sexual abuse. I'm a structural designer who relies on strong foundations to hold up the buildings I design. My own foundation was damaged by being sexually abused as a child. This has been put back together through the support of my incredible wife, The Gatehouse and the people who give their time and dedication to helping survivors. I'm honoured to be a member of a place that rebuilds hope and holds people up while they find it.

Carolyn Smith - Came to the Gatehouse along with her sweetheart, Jay. Together they support the Partners' programs, and Carolyn is a facilitator of the drop-in monthly Partner's only programs. Carolyn and Jay have been enjoying the adventure of marriage since 1992, and give thanks for two terrific young adult kids. Carolyn is also a trained childbirth doula, and in her regular life, she ministers with a congregation of the United Church of Canada in Mississauga.

NICOLA

Gatehouse Facilitator, Trauma-Informed Yoga Practitioner, Yogi, Writer



The light shines, I am living proof you can thrive, on the journey to victory after over 45 years of abuse, DV, CSA, Narcissist Abuse.

SPEAKERS

TRANSFORMING TRAUMA 2019

STEWART THOMPSON

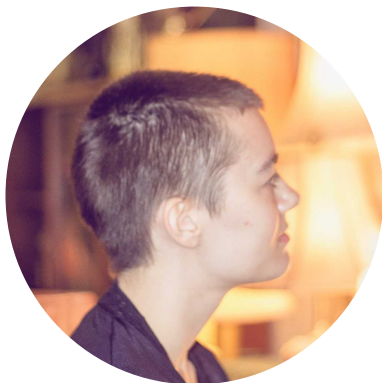
Personal Transformation Web Radio Show Host, Public Speaker, Survivor, Advocate



Greetings, my name is Stewart Thompson, I am a survivor of childhood sexual abuse. I came to The Gatehouse in 2011 as a participant. After completing the programs at The Gatehouse, I decided that I wanted to give back and started facilitating support groups to help other survivors find their voice through the group process. In May of 2014 I started a web based broadcast called Personal Transformation giving peer support and raising awareness about the impact of childhood sexual abuse. In addition, I have been part of various public speaking engagements, will continue advocating for survivors of childhood sexual abuse and helping those who have not yet found their voice. I have also won a Sovereigns Medal for Volunteers. Join me every Thursday at 7pm EST at www.blogtalkradio.com/personaltransformation

SAFFRON A.

Solo Artist, Musician, Poet



Saffron A is a solo artist who has transformed her trauma into music. She is currently touring with the Resilience EP, which is the first part of a concept record that explores the emotional aftermath of sexual assault. As a recent Justice Studies graduate, Saffron A combines her study of the Canadian Justice System and firsthand experience with her musical training.

SPEAKERS

TRANSFORMING TRAUMA 2019

COLA BENNETT

Artist & Author



Cola is a proud mother and inspirational artist from Toronto who developed a love for writing, poetry and the arts during her BFA in classical piano at York University. Cola is also a graduate of the theater group Artist Mentoring Youth (AMY) Project.

Cola self-published her first book and also her memoir, C.O.L.A. Recently with her memoir, she developed a creative writing program for local jails and schools. She is a speaker and was invited to several conferences including the 2015 Feminist Art Conference.

REBECCA ROSENBLAT

B. SC, (PSYCH), RP, CSAT, HAVENING TECHNIQUES® PRACTITIONER, CERT. L.C., REGISTERED PSYCHOTHERAPIST, RELATIONSHIP & SEXUALITY THERAPIST, CERT. TRAUMA & SEX ADDICTION THERAPIST, LIFE COAST TV HOST, MEDIA PERSONALITY, AUTHOR



Rebecca Rosenblat is a Registered Psychotherapist, Certified Sex Addiction & Trauma Counselor, Sex Therapist, and Life Coach, critically acclaimed as one of Canada's leading relationship & sexuality experts. Rebecca has reached millions as a host of 6 TV shows and 2 radio shows, with over a 1000 on-air hours; author of 7 books and hundreds of advice columns & articles; and as a workshop leader and keynote speaker at hundreds of events. Beyond that, she's a clinical associate and private practitioner in Toronto, dedicated to helping individuals and couples heal and grow. To learn more about Rebecca, visit www.TalkWithRebecca.com.

SPEAKERS

TRANSFORMING TRAUMA 2019

GREG ANDREWS

Volunteer Facilitator, The Gatehouse



Greg Andrews has spent the last 29 years as a faculty member in the college system. He is a husband, father and son, and an avid marathon runner. But for most of his life, he has struggled with the impacts of childhood sexual abuse. At The Gatehouse, Greg found a safe place to share his story and deal with the fear, guilt and shame associated with his experience. With the support of his wife, he continues his personal work by acting as a Facilitator at The Gatehouse and looks forward to sharing his story at this conference.

MITCHELL MAHER

Volunteer Facilitator, The Gatehouse

SARAH H.

Volunteer Facilitator, The Gatehouse

DEBORAH I.

Volunteer Facilitator, The Gatehouse

SPEAKERS

TRANSFORMING TRAUMA 2019

DANIELLA

Volunteer Facilitator, The Gatehouse



Daniella is a Professional Musician who can be found on stage and in the studio doing what she loves best. Daniella, a survivor of childhood sexual abuse, searched for understanding of the impact of sexual abuse and found The Gatehouse after living with trauma for the majority of her life. She came to The Gatehouse in 2014 and developed a passion for connecting with other survivors as well as helping them heal through her experience, strength and hope. She developed a love and appreciation for the beautiful teachings, people, compassion and strength that The Gatehouse shares with everyone who takes life changing steps towards healing. She is currently a facilitator and is incredibly grateful to have The Gatehouse in her life. Daniella, found a safe place to share her story and deal with the fear, guilt and shame associated with her experience. She is looking forward to being a part of The Gatehouse for many years to come.

SARAH CHOUJOUNIAN

Gatehouse Facilitator, Survivor, Founder of Lighting Up Dark Corners



Sarah is a survivor of childhood sexual abuse/incest. Since 2017, she has been obsessively studying on the topic of child sexual abuse hoping to learn & gain the capacity to overcome all the negative effects it has had on her life. With all this experience at hand, Sarah has now decided to turn her pains into gains. To do this, Sarah has founded "Lighting Up Dark Corners", an organization that aspires to empowering survivors to heal & rise and also to bringing awareness to this horrendous crime in order to prevent and decrease its occurrence. Sarah is also a nurse in long-term care and a facilitator at the Gatehouse.

SPEAKERS

TRANSFORMING TRAUMA 2019

LACEY FORD

Full Circle - Art Therapy Centre



Lacey Ford was born 1989 in rural Prince Edward Island, Canada. Lacey is a self-taught artist and began showing an interest in art when she was only seven years old, and started out by doodling cartoon characters she saw in children books. However, due to financial constraints she was unable to fully explore her interest in art until high school, where free art classes were offered.

During her adolescence, Lacey experienced a great deal of emotional distress caused by the negative effects of trauma, which she responded to by acting out. Fortunately, when she entered into high school and began taking art classes, she was able to express her feelings in a safe way and organize her thoughts, from this point visual arts became a regular therapeutic outlet for her.

In 2012, Lacey obtained her Bachelors of Arts in Psychology from the University of Prince Edward Island (UPEI). During the last year of her undergraduate at UPEI, Lacey randomly came across the definition for art therapy for the first time online, and realized this is what she had been practicing on herself, and decided then that she wanted to share the power of healing through art with other people in the world. Immediately after completing her undergraduate degree at UPEI, Lacey moved to Toronto in order to study art therapy at the Toronto Art Therapy Institute.

Lacey has recently launched a grass roots non-profit organization with her friend and business partner Pearl Lee, called the 'Full Circle-Art Therapy Centre'. The aim of the organization is to deliver art therapy services throughout Toronto and making mental health services more accessible to those who cannot afford private services.

SPEAKERS

TRANSFORMING TRAUMA 2019

CAROL TARASIO

Transformational Life and Business Coach



Carol's legacy in the Financial Services Industry stretches over 30 years and has been instrumental in helping shape the mortgage lending industry through business accomplishments with all the major banks as well as the hundreds of people she has mentored and influenced. Carol is currently the National Director of Alternate Lending with RBC Royal Bank where, for the past 15 years, has lead a team of professionals across Canada towards their business and personal success.

Carol also volunteers her time as a Board Member and Facilitator for the Gate House. The Gate House is a not for profit organization that provides support, community and resources for people impacted by childhood trauma and abuse. Carol's passion to help people struggling from childhood trauma, began in 2016, when she completing intensive facilitator training courses to become a trained facilitator and mentor to guide people through planed and results driven, transformational programs, and help them move from problem to solution to thriving. Carol has furthered her training and expertise as a Certified Personal and Transformational Life and Business Coach. She is certified as a Master Practitioner of NLP, Time Line Therapy, QCP The Quantum Change Process and the Fascinate Self Discovery Process recognized by top corporations in North America. Carol enjoys taking on personal clients that are ready to experience change in their life and realize their own true magnificence. The Gate House gives Carol the privilege to share her passion in help others and to seeing them grow upwards and outwards away from their biggest life challenges, and towards a new life.

It is said that what we do is not who we are, and in Carol Tarasio's case, she always leads with who she really is in whatever she does. If you ask Carol if the glass is half full or empty?, she would say, "let's take a sip and enjoy it regardless". Carol's natural tendency is to find solutions to any challenge and inspire others in becoming the best version of themselves. She's an inspirational Coach and leads by example. She believes that, "we are all more than we think we are, and our behaviours are not who we really are. We are all on our own life journey, and sometimes we all need help to clear the crap so our true self can shine through".



**Thank you for your
support and collaboration
at our 9th Annual
Transforming Trauma
Conference!**

For more information on our upcoming training sessions and programs visit www.thegatehouse.org

UPCOMING EVENTS

Celebrating 21 years!

The **Gatehouse**

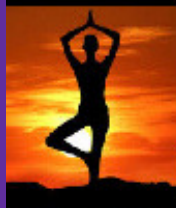
Annual

B B Q

Saturday, June 22nd, 2019
12pm to 3pm

3101 Lakeshore Blvd W., Toronto, M8V 3W8

YOGA WITH NICOLA 11AM TO 12PM IN THE GARDEN



RSVP:

diane@thegatehouse.org

or call 416-255-5900

Burger & Pop \$6

Hotdog & Pop \$5

Pop \$1

www.thegatehouse.org

TORONTO **VICTOR** **WALK**



STOP CHILD SEXUAL ABUSE

Sat. July 27th 2019
12:00 pm to 2:00 pm



Join us to raise awareness together!
Meet up at Old City Hall by 11:30am

Questions? Contact Marc Beaudry
torontovictorwalk@gmail.com

THE GATEHOUSE PRESENTS

4th Annual Healing the Voice Within Fundraiser

A ONE-OF-A-KIND ART EXHIBIT THAT GIVES VOICE AND HEALING TO CHILDHOOD SEXUAL ABUSE SURVIVORS

THURSDAY OCTOBER 3, 2019 7PM-10PM
LIBERTY GRAND, 25 BRITISH COLUMBIA RD.
TORONTO, ON M6K 3C3

**- LIVE PAINTERS, ENTERTAINMENT, AUCTIONS -
IT'S A NIGHT YOU DON'T WANT TO MISS!**

WITH SPECIAL GUESTS

**DR. SUSAN
MACKENZIE,
CHILD &
ADOLESCENT
PSYCHIATRIST,
MICHAEL
GARRON
HOSPITAL**



**DETECTIVE
ANN-MARIE
TUPLING,
CHILD
VICTIM
SERVICES
TORONTO
POLICE**



\$75

**PURCHASE TICKETS:
[HTTP://TINY.CC/N8AT6Y](http://tiny.cc/n8at6y)**

MEET OUR HONORARY CHAIRS

(L-R) JOSEPH MANCINELLI, ALOK MUKHERJEE, RITA GRENCI, TONY VELLA, DAVID BUTT, CHRIS CAMPBELL, SILVIA GUALTIERI, PAT DIDONATO, RON TAVERNER



QUESTIONS? VISIT THEGATEHOUSE.ORG OR EMAIL MBARCELOS@THEGATEHOUSE.ORG

LiUNA!



HUMBER
School of Social &
Community Services



Liberty Grand
Entertainment
Complex