



11TH ANNUAL TRANSFORMING TRAUMA CONFERENCE: SUMMARY REPORT

A series of virtual Live Zoom Webinars!
Monday Nov. 15, 2021 to Friday, Nov. 19, 2021

Compiled by:

Maria Barcelos, MA, Executive Director, RP (Qualifying)

Jasmine Lem, Program Assistant, BSc., BAS. Family and Community Social Services

Thank you to our event supporters!

The Power
of Collaboration
November
14 to 20 **2021**

**Victims
and
Survivors
of Crime
Week**



Horse Discovery
horse guided learning for life

NICOLA YOGA

ab
AVDEEP BAHRA

Voice Found.



**CANADIAN CENTRE for
CHILD PROTECTION™**

KENT STATE
UNIVERSITY

Wick Poetry Center
College of Arts and Sciences

SCHEDULE OF EVENTS

TRANSFORMING TRAUMA 2021



Monday, November 15th, 2021

11 am The Gatehouse: A Response to Restorative Justice & Trauma (1 hour) - Presentation by Maria Barcelos, Executive Director, Paula Cordeiro, Program Coordinator, Arthur Lockhart, Founder, and Sabra Desai, Chair Board of Directors, Carol Smith, Board of Directors, and Stewart Thompson, Peer Facilitator/Advocate and Thriver - The Gatehouse

1 pm - Reflecting on Sexual Violence and Anti-Black Racism - presentation by Kelsey Leroux, Black Women in Motion - Program Coordinator, Black Peer Education Network

5 pm - Nicola Yoga - Yoga Flow - Trauma-informed Yoga to release stress, anxiety, and open hips and heart flow (20 minutes)

Tuesday, November 16, 2021

11 am How Trauma and Mental Health are Rooted in your Nervous System -Presentation by Avdeep Bahra, Somatic Experiencing Practitioner in Training

1 pm - Therapists Panel, Therapeutic Approaches to Supporting CSA Survivors - Panel discussion with Deb Maybury, Spiritual Psychotherapist, Sheri Jackson, Certified Addiction Counsellor II (CAC II) & Certified Life Coach, and Catherine Jun, Trauma-informed Therapist in Clinical Training, Jessica Field, Professor/Artist, Rob Hawkings, MA, MES, MBA, RP, CP, PAT, Registered Psychotherapist Certified Practitioner (and Practitioner Applicant for Trainer) of Psychodrama, Sociometry and Group Psychotherapy

5 pm - Art Therapy - Creative Approaches to Self-Care - Art Therapy Workshop designed to explore your current relationship to self-care and how to deepen your self-care practice, through a series of guided creative & reflective exercises. by Ashtyn Ford, Registered Psychotherapist, Co-Founder, Full Circle Art Therapy Centre



SCHEDULE OF EVENTS

TRANSFORMING TRAUMA 2021

Wednesday, November 17, 2021

11 am - Mindfulness & Meditation -Workshop with Andrea Robin Skinner

4:00 pm - Canadian Centre for Child Protection - Presentation by Lindsay Lobb, Policing Relations

Thursday, November 18, 2021

11 am - Eating Disorders -Releasing Shame & Blame- Presentation by Kaitlyn Axelrod, MSW, RSW, Program and Outreach Coordinator at Sheena's Place and Miranda Pecoraro, BSW, MSW Student

5 pm - PTSD - Dr. Margaret C. McKinnon, Ph.D., CPsych | Homewood Chair in Mental Health and Trauma | Associate Professor and Associate Chair, Research| Department of Psychiatry and Behavioural Neurosciences | McMaster University -

Friday, November 19, 2021

11 am - What to do with Memory: Writing to Heal - Poetry Workshop by Carrie George, Wick Poetry Centre, Kent State University

1 pm - Boundaries and Healing - by Lucie Bruneau, Voice Found (Partially delivered in French)



***“Once you choose hope, anything’s possible.” -
Christopher Reeve***

EVENT SUMMARY

TRANSFORMING TRAUMA INTO TRIUMPH CONFERENCE 2021

21 featured sessional speakers, 12 webinar presentations!

This event gathered social agencies, first responders, and survivors of trauma to exchange ideas and evidence-based approaches to prevent and treat the symptoms and impact of childhood sexual abuse.

This event was funded by the Victims Fund, a grants and contributions program administered by the Department of Justice Canada. Funds are available to provinces, territories and non-governmental organizations for programs and services that give victims and survivors of crime a more effective voice in the criminal justice system. For more information about the Victims Fund, please visit: <http://www.justice.gc.ca/eng/cj-jp/victims-victimes/> For more information on Victims and Survivors of Crime Week, visit: www.victimsworld.gc.ca.

The Power
of Collaboration

November 14 to 20 **2021**

**Victims
and
Survivors
of Crime
Week**

ACKNOWLEDGEMENTS

TRANSFORMING TRAUMA 2021

Our 11th Annual Transforming Trauma into Triumph Conference was centered around the theme of “The Power of Collaboration.” As part of National Victims and Survivors of Crime Week, we came together as a community to recognize the tremendous courage, sincere commitment, and resiliency that survivors of childhood sexual abuse (CSA) have demonstrated and shared with others at our amazing event. I continue to be grateful and blessed to witness the wonderful dedication, compassion, and empathy to empowering survivors to reach out for support, make meaningful long-lasting connections, and transform their lives for the better.

Thank you to Jasmine Lem, Program Assistant, for your tremendous support in co-organizing, social media content creation, and communications for this event.

Thank you to the wonderful speakers including Arthur Lockhart, Paula Cordeiro, Sabra Desai, Stewart Thompson, Ashtyn Ford, Avdeep Bahra, Deb Maybury, Sheri Jackson, Catherine Jun, Andrea Robin Skinner, Kaitlyn Axelrod, Miranda Pecoraro, Carrie George, Lindsay Lobb, Lucie Bruneau, Margaret McKinnon, Kelsey Leroux, Nicola Yoga, Jessica Field, and Rob Hawkings. Thank you to Amy Miranda and Lunch for their support with marketing for this event. Thank you to organizations supporting the event including Voice Found, Sheena's Place, Black Women in Motion, Full Circle Art Therapy Centre, The Canadian Centre for Child Protection, and Wick Poetry Centre.

I acknowledge the tremendous excellent efforts it takes to organize and deliver our annual event. I am honoured to work alongside wonderful and dedicated staff, volunteers, donors, and courageous survivors. I am profoundly inspired by the meaningful connections made, everyone's valued insights shared, and discussions surrounding how CSA is impacting survivors on a worldwide level.

The dream of extending The Gatehouse to many other communities continues. We cannot do this work without financial support. Donate today to support The Gatehouse. You are helping to save and transform lives for the better. I look forward to seeing you next year at our 12th Annual Transforming Trauma Conference.

**Maria Barcelos, MA, Executive Director
Registered Psychotherapist (Qualifying)**



THEME STATEMENT - ARTHUR LOCKHART FOUNDER, THE GATEHOUSE

TRANSFORMING TRAUMA 2021

The Power of Collaboration: Our Children Will Have Taught Us Well

When you are sexually abused you disappear. Your voice is taken from you, your sense of self is forced off balance. And, when you start the journey to reclaim your voice, when you set out to reclaim your sense of self, people (wonderfully well-intentioned supportive people) can at times respond to, not so much you personally, but to you the “client”, you the “victim.”

The professionals are the good people, but still when I am seen as, a survivor, a victim, a patient, my role is subtly prescribed: as a victim I am “sufferer”, as patient I am to be “composed” – “just calm down and tell us what happened.” I am now the ‘sufferer-patient’ forced to wait: in the waiting room at the therapist office; in the waiting room at the hospital; in the waiting room at the court; in the waiting room at the police station; waiting in the office at the school; waiting in the office—waiting...While the other takes notes, I am witnessing my story, my life being placed in a container so that I can be “helped.” “Tell me what happened.”

And, as this swirls all around within me, I ask myself: Can I say what happened? Not really sure what happened. Who am I? What will happen if I am not seen as the victim? What if it was my fault?” What is a victim? What did I do to deserve this? What will others think of me? How do I think of others? What do I think of me?

How does society see people who have been sexually harmed by another person? When we use the word victimized to describe someone, do we see the person as a strong person or a weak person? Do we relate with the person from a strength -based stance or a weakness-based stance? What is our unique role in this unfolding story?

The intervenor is to be objective, to paraphrase, as they fit my story into their framework so that they can help me, so they can understand me.

All of this turbulence, this trauma, can, however, through the power of collaboration bring to life the capacity to create the space for openness in the sharing of ones’ story; the unedited one that reflects the whole of me. There are essential elements of collaboration: 1) Empathetic Engagement is the expression of authentic connection- which leads to 2) Enablement is the expression of ones’ ‘voice -which leads to 3) Ennoblement which reflects dealing with the whole of me with dignity.

THEME STATEMENT - ARTHUR LOCKHART FOUNDER, THE GATEHOUSE

TRANSFORMING TRAUMA 2021

And, while there are those of us who may say: ‘truth is, we are all in this together,’ there is another profound truth to accept. And this Truth is: our culture, is not overflowing with empathy. Truth is, despite the staggering statistics of CSA Reports of offenders luring children online up 15%; making and distribution of child sexual abuse material incidents up 27% compared to pre-pandemic levels.” (1) our culture still maintains systemic barriers which inhibit the opportunity for our children to learn and develop skills and means to respond to sexual abuse. For example, there is no formal curricula in our public education systems which deals specifically with childhood sexual abuse despite the reality that 1 in 3 girls and 1 in 5 boys will be sexually abused in their lifetime. If ever there was a clarion call for collaboration these statistics alone ought to be it.

So here it is. The Power of Collaboration must be grounded in “teaching our children well” so that in times of great turbulence, they related to as a whole person. One who can move with the subtle power that comes from knowing they are not alone, that when they move, their movement is in unison with others who are along- side them, collaborating with this powerful human being who is willing and so very able to grace us with their unique story. And, as they transform their trauma so do, we all.

Through this power of collaboration as a society, we are ever-more elevated to new levels of being because our children, they will have taught us well

Arthur Lockhart, MEd.
Founder Emeritus, The Gatehouse



“No one wants to read poetry. You have to make it impossible for them to put the poem down--impossible for them to stop reading it, word after word. You have to keep them from closing the book.”

— Muriel Rukeyser

OPENING REMARKS - SABRA DESAI

CHAIR, BOARD OF DIRECTORS, THE GATEHOUSE

TRANSFORMING TRAUMA 2021

Maria, thank you for the land acknowledgement, it is a reminder of the importance of reconciling history, our interconnectivity, and joint responsibility of the stewardship of this land and planet.

I am Sabra Desai and the Chair of the Board of Directors at The Gatehouse,

Good morning and Welcome to The Gatehouse 11th Transforming Trauma Virtual Conference. Hopefully, next year's conference will be in person.

The last 18 months have been marked by anxiety fear isolation and loss as the COVID-19 pandemic impacted people and some in devastating ways across the world. The pandemic has also highlighted the inequities in terms of access to social supports and especially mental health services. So, allow me to take this opportunity on behalf of the board to thank the staff, volunteers and donors with whose support The Gatehouse was able to pivot and provide the much-needed programs as it always does under the amazing leadership of Maria Barcelos, our formidable and indefatigable Executive Director. In addition, to all she has to attend to, Maria once again took on to lead to organize and deliver this our 11th TT conference with the help of staff and volunteers.

The Transforming Trauma Conference is as I understand it is about –1. honouring Child Sexual Abuse (CSA) survivors for their persistent perseverance; 2. letting those who are still struggling with giving voice to their experiences that there is help; and, The Gatehouse is one such place you can reach out for support; 3. Sustaining connectivity through healing in community; and, 4. Increasing awareness of CSA and enhancing skills to help survivors.

Despite the challenges, just like you, as survivors committed to transformation and triumph, The Gatehouse is endeavouring to make this a better world with your help. So today, on behalf of the Board of Directors, Staff and The Gatehouse Global Poetry Project (TGGPP) Committee, we have a very special announcement to make.

The Gatehouse is launching The Gatehouse Global Poetry Project with one of its partners, Humber College. For this we are deeply grateful for Dr. Gina Antonacci, Senior VP Academic; Derek Stockley Associate VP Academic; Guillermo Acosta, Senior Dean Faculty of Media & Creative Arts; as well as Corina Ivory Manager of Placements and Partnerships Faculty of Social and Community services and Larisa Duravetz, Manager, Work Integrated Learning and International Initiatives. To Larisa, a special shout out for hooking us up with Rock Star Prof. Bernie Monette. We are thrilled to have Professor Bernie Monette Program Coordinator of the Graduate Web Design Certificate Program work on the website design and other technical matters related to website development about which I know zilch. To get us started Bernie has 2 students, Ambaram Srivastava and Eric Wickham to begin the development work with his stewardship in a week or two.

OPENING REMARKS - SABRA DESAI

CHAIR, BOARD OF DIRECTORS, THE GATEHOUSE

TRANSFORMING TRAUMA 2021

TGGPP is the brainchild of Arthur Lockhart, who with the committee co-chair, Carol Smith who is also a board member at TG will tell you more about how TGGPP will work, yes, shortly when I stop talking.

So just a few words from me about The Gatehouse Global Poetry Project, I see it as a Project of Passion and as a gift of healing that will keep giving since Poetry is about using your heart to make sense of what you see and hear in your head.

Poetry like any art form encourages us to have an internal dialogue.

Poetry helps us pay attention.

Poetry calls to notice our interior and exterior worlds and how they influence each other, as well as our embodied experiences.

Poetry reminds us that there is so much to us and the world around us.

Poetry beckons us to step out of our dissociative states in this busy hectic world of ours and to step towards beauty and gratitude by using our hearts to make sense for finding our path towards healing and transforming.

TGGPP as a living animated interactive repository is here to reignite the flame of hope, amplify your voice and to bring light in to living and healing in community beyond borders.

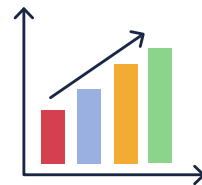
To everyone in the expanding GH community keep in mind the ability to be vulnerable is one of the greatest strengths you have. Over the years, I have learned that it is interesting how people show up to help when you reveal your vulnerability. Moreover, that to be vulnerable takes deep courage, and it takes even deeper courage to heal. TGGPP is about inspiring courage to heal. So please don't be afraid to lean in and participate in The Gatehouse Global Poetry Project.

Remember, Even the smallest stone makes a ripple in the lake.

Enjoy the conference, And, Finally, we are on the cusp of many special seasonal celebrations. So on behalf of The Gatehouse community, Happy Hanukah, Happy Kwanza, Merry Christmas and a fabulous New Year

Sabra Desai
Chair, Board of Directors, The Gatehouse



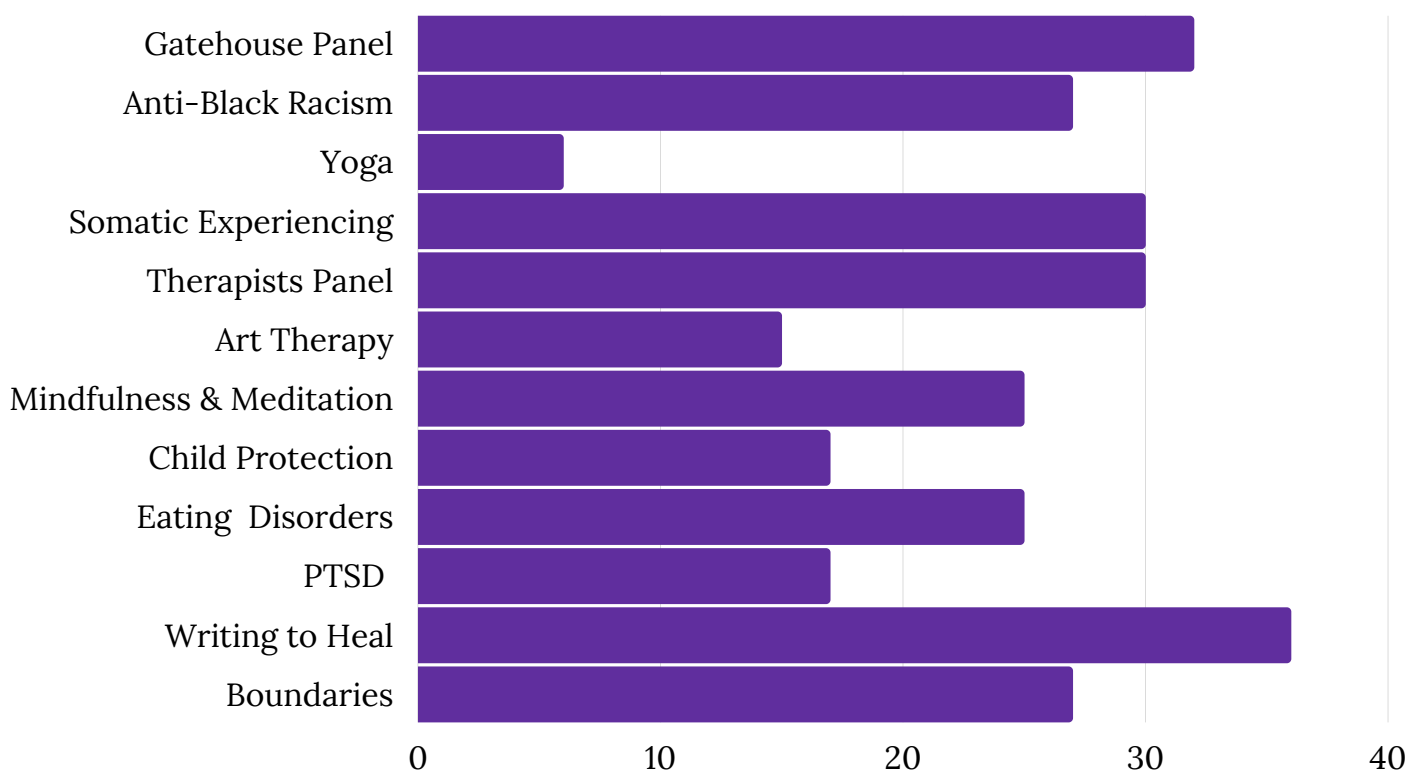


STATS

TRANSFORMING TRAUMA 2021

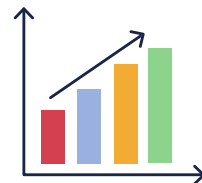
- **69 unique participants** (with 50 of these attending more than two sessions during the week!)
- 12 webinars delivered featuring 22 guest speakers in total- Webinar with highest registration and attendance was What to do with Memory: Writing to Heal led by Carrie George with 36 attendees online.
- 12 of the webinars were live-streamed to The Gatehouse Facebook and YouTube social pages.
- The most viewed session was Yoga Flow with over 47 views on Facebook as of Nov. 30, 2021
- Attendees from Canada and the United States of America
- **Social post reach** - organic 2700 during conference week - sharing 3 posts, 10 stories, 4 reels, 1 video on Instagram

Individual Sessions Attendance





STATS



TRANSFORMING TRAUMA 2021

- 69 attendees
- 12 Live Webinars
- 22 Presenters



Post Reach Nov. 14 - 20, 2021

**Facebook Page Reach 632
increase of 179.6%**



**Page Post/IG Account
Reach 2,700 and increase of
675.9%**



Google Ads Reach

**Impressions 26.6K
Total Ads Clicks 905**

*Shame has immobilized my words.
But not my participation.
Layers of shame prevent the words
from coming forward.
I'm searching for them, but they are
locked away.
One day I will find them.
And release them...forever.
But today, I can let them know that,
"I'm coming for you."
And when I find you,
I will be free.*

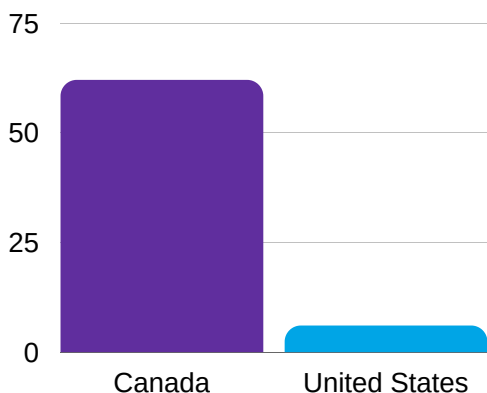
-Carol Smith, The Gatehouse Board of Directors



The Gatehouse

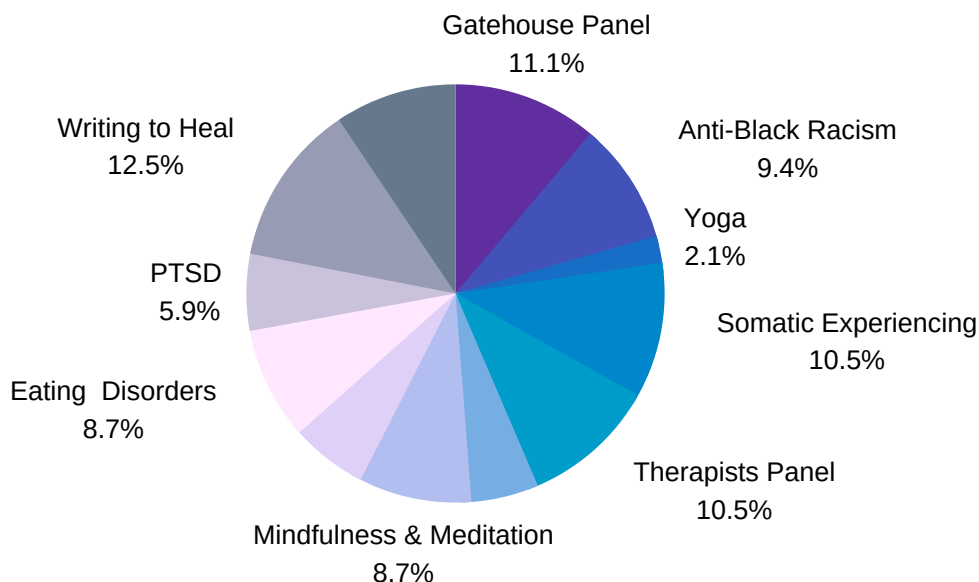
thegatehouse.org


Attendees Location



**Canada 63
United States 6**

Session Attendance in %





*Thank you for this incredible week.
It has been so helpful. I feel further
along my path of healing.*

PARTICIPANT FEEDBACK

TRANSFORMING TRAUMA 2021

Overall, most attendees found the sessions informative, well paced, accessible and useful. Most sessions received an **Excellent!** rating.

Most attendees mentioned **professional development**, **personal healing** and **learning** as the reasons for attending.

"Thank you for being on the planet!"

Arthur Lockhart, Founder Emeritus, The Gatehouse

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Kelsey Leroux, CYCP
Program Coordinator
Black Women in Motion

Reflecting on Sexual Violence and Anti-Black Racism

Attendee Comments

- Presenter did well to present the topic clearly and eliminated the overwhelm that can often come with these kinds of topics.
- This was a very informative webinar!
- I have always loved The Gatehouse, everything about the organization and the many resources and information provided. I continue to attend and will do so in future.

What discussion topics in this webinar were most helpful?

- That it is possible that black people could subconsciously engaged in stereotyping black people.
- The historical view on black women and how it impacts in present day.
- The prevalence of rape culture.
- The history of racism and stereotypes
- The vocabulary and terms presented.



Presenter:
Nicola Yoga,
Trauma Informed Yoga

Nicola Yoga - Yoga Flow

Attendee Comments

- Excellent yoga presentation Nicola

Mindfulness yoga helps to cultivate self-awareness and compassion through non-judgment, patience, beginners mind, trust, non-striving, letting go, and gratitude.

PositivePsychology.com

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Avdeep Bahra, Somatic
Experiencing Practitioner
(In training)

How Trauma and Mental Health are Rooted in your Nervous System

Attendee Comments

- *Fantastic presentation, presenter was knowledgeable, and had a very calming influence.*
- *I have been studying the polyvagal system and this was so amazing and I am very excited to be present in the moment to receive this additional information.*
- *Great presentation!*
- *This was an excellent presentation. It was very informative.*

What discussion topics in this webinar were most helpful?

- *The topic of trauma and the nervous system connection.*
- *I enjoyed learning about the rest/digest vs. freeze concept. I found it interesting how my anxiety, disassociation, stomach pain and IBS is linked to trauma and how our nervous system works. Also really great strategies to combat stress - i.e mindfulness exercises, body touch, self kindness and self awareness. Loved the connectivity to the participants.*
- *The Polyvagal theory was very interesting.*
- *The information provided on the nervous system.*
- *All of it. The SE Practice was great and will use.*

Fantastic presentation, presenter was knowledgeable, and had a very calming influence.

Attendee

This was an excellent presentation. It was very informative.

Attendee

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:

Sheri Jackson,

Certified Addictions Counsellor



Presenter:

Catherine Jun,

**Relational Psychotherapist
(Qualifying)**



Presenter:

Deb Maybury,

**Registered Psychotherapist
(Qualifying)**



Presenter:

**Rob Hawkings,
Psychotherapist**



Presenter:

Jessica Field, MFA

Therapists Panel, Therapeutic Approaches to Supporting CSA Survivors

Attendee Comments

- Great choice on the panelists! Everyone was very helpful and informative.
- Thank you! Great presentations overall.
- Thank you for the presentation. Very informative moving forward.

What discussion topics in this webinar were most helpful?

- The discussion about a sobriety tool box to use with clients was very helpful.
- I cannot pick just one thing that was helpful. Each panelist brought such valuable shares, to the table.
- I loved all the strategies presented! I really loved the art therapy and addictions presentations.
- I found the information on recovery from addictions very helpful.
- Everything was helpful. I really liked all the tools that were mentioned.
- All of it was great, especially the art healing session with Jessica and Sheri's presentation regarding addictions.
- Each of guests pointed out different approaches to your needs when finding a therapist. This was very insightful and helpful.

CBT significantly improved symptoms of PTSD, depression, and complex PTSD throughout the course of treatment in female survivors of childhood sexual abuse.

Resick, P. A., Nishith, P., & Griffin, M. G. (2003). How well does cognitive-behavioral therapy treat symptoms of complex PTSD? An examination of child sexual abuse survivors within a clinical trial. *CNS spectrums*, 8(5), 340-355. <https://doi.org/10.1017/s1092852900018605>

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Ashtyn Ford, RP, DTATI, HBA
Full Circle Art Therapy Centre

Art Therapy – Creative Approaches to Self-Care

Attendee Comments

- Thanks, I really found that interesting and useful.
- I really loved this and all the other sessions today! Thank you very much!!
- The presenter was very engaging and also very informed while answering questions. The strategies were very effective! Loved her energy, very calming. Exceptional presentation! Well organized and user friendly! would like to attend her classes.

What discussion topics in this webinar were most helpful?

- It was very helpful to have the opportunity to try art therapy for myself.
- The exercises were great.
- Learning about how to use the soothing circle and brain dump and becoming conscious of feelings and unresolved issues



Presenter:
Kaitlyn Axelrod,
MSW, RSW

Eating Disorders

Attendee Comments

- Thank you for the information.

What discussion topics in this webinar were most helpful?

- The connection between CSA and disordered eating.
- How to provide support for clients.
- The information on stereotypes.
- The topic about how self esteem and control are contributing factors.
- The relationship between eating disorders and CSA.



Presenter:
Miranda Pecoraro
BSW, MSW Student

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Andrea R. Skinner
Artist, Mindfulness and Trauma
Informed Yoga Practitioner & Peer
Facilitator

Mindfulness & Meditation

Attendee Comments

- *I really liked the visualization piece*
- *To The Gatehouse, keep up the awesome work!*
- *I loved it so much! I really felt in control and will utilize the tips and exercises personally and professionally.*
- *Thank you very much for this.*
- *This was wonderful. Thank you.*
- *Thank you Andrea and Maria, for giving us this opportunity.*
- *This has been a really great experience so far!*

What discussion topics in this webinar were most helpful?

- *Mindfulness with Andrea Robin was very helpful!*
- *The different types of meditation that was presented.*
- *I loved the hand heart exercise!*
- *The body scan and letting go meditation were wonderful.*
- *Being able to participate in the exercises was meaningful.*
- *Had to rush to make the webinar. Andrea's meditations had me calm and serene in what felt like no time.*
- *The guided meditations were excellent. Each very different and I can see how they would be helpful and useful in different circumstances.*
- *The body scan was very helpful.*

**To The
Gatehouse, keep
up the awesome
work!**

Attendee

**This was
wonderful. Thank
you.**

Attendee

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Margaret C. McKinnon,
PhD, CPsych
Homewood Chair in
Mental Health and
Trauma, Associate Chair
of Research

PTSD

Attendee Comments

- I have most of the symptoms she listed from childhood sexual abuse. Maybe the betrayal was from society - in the past no one talked about CSA and kids with symptoms would be sent to a psychiatrist and drugged. This was very informative.

What discussion topics in this webinar were most helpful?

- How trust is linked to trauma.
- The concept of moral injury.



Presenter:
Lucie Bruneau,
Program Manager
Voice Found

Boundaries and Healing

Attendee Comments

- Thank you for this incredible week. It has been so helpful. I feel further along my path of healing.

What discussion topics in this webinar were most helpful?

- How to set boundaries.
- When rigid boundaries apply.
- The different types of boundaries and some tips on setting healthy ones.

Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries.

PositivePsychology.com

ATTENDEES' FEEDBACK

TRANSFORMING TRAUMA 2021



Presenter:
Carrie George,
MFA Candidate
Wick Poetry Center

What to do with Memory: Writing to Heal

Attendee Comments

- Brilliant! Awesome!
- Thank you very much!
- Helped me to connect the relationship between writing and a never ending cycle of self triggering attempts to write.
- Thank you, I feel this was a great addition to the conference and well placed at the end of the week.
- This really with helped with understanding the past so as to take control of the present.

Thank you, I feel this was a great addition to the conference and well placed at the end of the week.

Attendee

Everything was helpful. This session provided some insights for my writing.

Attendee

What discussion topics in this webinar were most helpful?

- Everything was helpful. This session provided some insights for my writing.
- The prompts to write.
- Poetry facilitation support.
- Everything was helpful.
- I thought it was well thought out. Good mix of examples and exercises. Some more discussion around the processing of difficult memories might be useful.
- The very concept of poetry as a process to healing.
- The prompts.
- How to help people start/control the expression of their trauma/struggles through writing/poetry.
- The exercise of creating our own poems with guidance from the facilitator.
- Expressing feelings through poetry.
- The healing potential of writing poetry.

CONFERENCE SESSIONS VIDEO LINKS

You can find most of the sessions on The Gatehouse YouTube Channel -
Click on the links below for the specific session discussions.

Transforming Trauma Conference Presentation Video Links

The Gatehouse Team

<https://www.facebook.com/849325104/videos/308825807531621/>

Mindfulness Meditation, Andrea R. Skinner

<https://www.youtube.com/watch?v=sbLyGu6UhKc>

Art Therapy, Ashtyn Ford

<https://www.youtube.com/watch?v=BFUKNwBuaWk>

Somatic Experiencing - Avdeep Bahra

<https://www.youtube.com/watch?v=1EWWEU7rtaY>

Therapeutic Approaches to Helping Survivors

https://www.youtube.com/watch?v=9A2R0pw_ELQ

Trauma-Informed Yoga, Nicola Yoga

<https://fb.watch/9mE0P7DY4B/>

Dr. McKinnon - PTSD

Part 1 <https://www.youtube.com/watch?v=iBwQaR7sTlQ>

Part 2 <https://www.youtube.com/watch?v=EGMJrgj92aI>

Boundaries with Lucie Bruneau, Voice Found

<https://www.youtube.com/watch?v=oClBf4wHGek>

Learn more about Jessica Field - Poet/Artist/Professor

<https://www.youtube.com/watch?v=1gVqTCn-9EA>

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This event was funded by the Victims Fund, a grants and contributions program administered by the Department of Justice Canada. Funds are available to provinces, territories and non-governmental organizations for programs and services that give victims and survivors of crime a more effective voice in the criminal justice system. For more information about the Victims Fund, please visit: <http://www.justice.gc.ca/eng/cj-jp/victims-victimes/For> more information on Victims and Survivors of Crime Week, visit: www.victimswEEK.gc.ca.

**The Power
of Collaboration**

**November
14 to 20 2021**

**Victims
and
Survivors
of Crime
Week**



*Great choice on the panelists!
Everyone was very helpful and
informative!*

SPEAKER BIOS

Transforming Trauma Conference 2021

***"In life, everyone has the remarkable capacity to serve a positive purpose for
humanity and the planet."***

-Paula Cordeiro, MA, Program Coordinator, Registered Psychotherapist (Qualifying)

SPEAKERS

TRANSFORMING TRAUMA CONFERENCE
NOVEMBER 15 TO 19TH, 2021



Kaitlyn Axelrod (she/her), MSW, RSW

Kaitlyn received her MSW at the University of Toronto in 2018, where she specialized in mental health and health. Kaitlyn has been involved in the eating disorders field through research and practice since 2013 and has worked and volunteered at a variety of mental health organizations (including LOFT Community Services, Jewish Family & Child, and Yorktown Family Services). At Sheena's Place, Kaitlyn facilitates groups and delivers outreach presentations to a variety of audiences. Kaitlyn aims to destigmatize eating disorders and is passionate about providing low-barrier access to mental health care through community-based work. Visit www.sheenasplace.org



Avdeep Bahra, Somatic Experiencing Practitioner in Training, NLP, Heart Math Coach

Avdeep is a Somatic Experiencing® (SE) Practitioner in Training, Certified NLP Practitioner and HeartMath Coach. She offers virtual one-on-one sessions to help clients re-negotiate developmental trauma, childhood sexual abuse, and shock trauma(s). She supports clients that have adult-onset chronic health conditions, which are often rooted in early life trauma(s). She runs SE-based groups including Embodied Healing of Sexual Trauma, a 6-week program for those with a history of sexual abuse and Returning Home to your Body, a free monthly drop-in group. Avdeep believes in the mind-body-spirit connection. She understands that chronic stress and trauma affect our health, and also that our body has an innate capacity to heal when given the right support. Trauma and spirituality are highly connected and as Peter Levine (creator of SE) says, healing trauma can be a “catalyst for profound awakening – a portal opening to emotional and genuine spiritual transformation”.

Website: www.avdeepbahra.com Instagram: @avdeep.bahra



Maria Barcelos, MA, Registered Psychotherapist (Qualifying)

Maria is The Executive Director of 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 an honors graduate of the Yorkville University Master of Arts in Counselling Psychology, a high honors graduate of the University of Guelph-Humber BA Justice Studies, recipient of the Virginia Grey Medal for Academic Achievement, an honors graduate of George Brown College's HR Management Diploma program. Maria volunteers her time in the community as part of an advisory panel in the Community Development Program at Humber College Lakeshore campus. Maria also volunteers her time as an Advisory member to The Canadian Centre for Men and Families Family Shelter Advisory Board. Maria is also a founding member of the Centre for Transformative Social Change, a collaborative project between The Gatehouse and Humber College Faculty of Community and Social Services Faculty members and students. **Website:** www.mandppsychotherapy.com



SPEAKERS

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Voice Found.

Lucie Bruneau, Voice Found

Lucie Bruneau, French, French Canadian, British and Algonkin descent, mother of 3 sons. Lucie was involved with the arts and fashion design from a very young age and trained as a Haute Couturiere, and Pattern Maker. She then transferred all this training and applied it to her leather work company that was operational for 25 years. It was during those years that Lucie found herself wanting to help/give back to the community, and she founded her little organization of Artisans Christmas Collection for the youths in need in Ottawa which has been ongoing for over 30 years. Six years ago, Lucie found her place/calling as a peer supporter with a non-profit organization; she took many years of experience with one of her son's journey in addictions, street life, and mental illness and supported parents with similar challenges. Now Lucie has a new calling as a survivor of childhood sexual abuse, she has completed her training as a peer supporter with Peer Support Canada and has been given the lead as program manager of the new program Voice Found called 'Strength Found'.

Visit www.voicefound.ca



Paula Cordeiro, MA, Registered Psychotherapist (Qualifying)

Paula coordinates various programs and services at The Gatehouse including Child Abuse Investigation Support, Phase 2 Peer Support, and the Young Adult Program offered for C.S.A. survivors, ages 18-24 years old. Paula provides individual and group sessions for C.S.A. survivors. She also delivered groups with The Etobicoke Children's Centre. As a proponent of self-care measures, Paula is a Lead Meditation Training Facilitator at The Gatehouse, where she provides moving meditation, deep breathing, and guided imagery meditation training sessions to participants (e.g., individually and/or within the support group process). In addition to her work at The Gatehouse, Paula is also a Registered Trainer for LivingWorks Education in Applied Suicide Intervention Skills Training (ASIST). In addition to her professional work, she often contributes her time on a volunteer basis in the community, including having volunteered at the Etobicoke Children's Centre Walk-In counseling services, and previously volunteered with the Ontario Ministry of Community Safety and Correctional Services Canada (MCSCS) in the Probation and Parole sector, the United Nations – Toronto Branch, and Legal Graffiti Art Mural projects in the community. Paula is often a guest speaker on behalf of The Gatehouse at various post-secondary presentations about our programs and services and the impact of childhood sexual abuse. Website: www.mandppsychotherapy.com



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Sabra Desai, MSW, RSW

I am a Kellogg Fellow, registered trauma-informed social worker, psychotherapist, and, transformational educator consultant. I specialize in working with individuals from diverse cultural backgrounds using culturally appropriate approaches and understandings of mental health and well-being to personalize therapy. I work with the individual and/ or couples to work through their difficulties by integrating Emotion-Focused, Cognitive Behavioural, Dialectical Behaviour and Mindfulness Therapies. My approach is multidisciplinary and anchored in the values of resilience, and a strength-based client-centered framework. I strongly believe that every person has the ability and strength to work through difficulties with help. I provide psychotherapy for couples and individuals experiencing anxiety, depression, shame, trauma (intergenerational and vicarious), life transitions, grief, and loss. My international work included providing therapy to couples and individuals living with HIV/AIDS focusing on guilt, shame, and betrayal. I also provided organizational training and community capacity building on issues related to human rights, newcomer integration, health, and mental health. My approach is one of supporting relationships by fostering change and risk-taking associated with personal, organizational relational transformation. I have had a long academic career which has included teaching social work part-time at both York and Ryerson Universities, and most recently, as a former faculty in the School of Social and Community Services at Humber College. My publications include writings in the areas of youth issues, violence against women, diversity, and inclusion. In my community work, I collaborated with a group of women to advocate for a shelter for women and children survivors of family violence which led to the establishment of Interim Place, the first shelter in Peel Region. Most recently, in collaboration with Humber College and community-based partnerships, I initiated a Mental Health Community of Practice for staff working with youth to enhance support, knowledge, skills and provide networking opportunities. I have received several awards for advocacy, social justice and education including the 2015 YWCA Woman of Distinction Award for Education.



Jessica Field, Artist, Poet, Professor

Jessica Field lives and works in Canada. She is interested in the impact of our environment on mental health, and how our individual histories and temperaments influence the ways that we live out our lives. Jessica works with drawing, installation, video, and performance to create artificial intelligent systems that study the dynamic theory of personality, bringing together both psychology research and computer science. Her work has been exhibited internationally, in institutions such as the Malmo Konsthall Gallery, Malmo Sweden, Museum Tinguely, Basel Switzerland, Kunsthaus Graz, Graz Austria, and the Montreal Museum of Fine Art, Montreal, Canada. Field's work has received two honourable mentions at the Vida Life Art and Artificial Life International Award Competition for her Artificial Life projects SICB 2004 and Maladjusted Ecosystem in 2008. Jessica Field teaches at Ryerson University. She received her AOCAD at the Ontario College of Art and Design, Toronto, Ontario and her MFA at Concordia University in Montreal, Quebec.

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Ashtyn Ford, Registered Psychotherapist, DTATI, HBA

Ashtyn Ford is one of the Co-founders of an Art Therapy Clinic in Toronto called “Full Circle- Art Therapy Centre,” which has been in operation since 2014. Full Circle-Art Therapy Centre’s mission is to provide affordable mental health support to different communities in the GTA through Art Therapy services. Ashtyn is a certified Art Therapist & Registered Psychotherapist. Ashtyn specializes in working with people who have experienced abuse and trauma. Ashtyn believes that everyone is resilient and has the ability to heal and grow. Ashtyn follows a trauma-informed lens; helping individuals develop tools to manage the impacts of trauma, process memories and feelings, and reconnect with the other parts of identity past the trauma.



Carrie George

Carrie George (she/her) is an MFA candidate for poetry at the Northeast Ohio MFA program. She is the graduate fellow at the Wick Poetry Center where she teaches poetry workshops throughout the community. She is a Pushcart Prize nominee, and her work has appeared on Poets.org and in journals including Peach Mag, Cosmonauts Avenue, and The Indianapolis Review.



Rob Hawkings

Rob Hawkings is a Toronto-based psychotherapist and consultant in private practice. His specialties are addictions and adult resolution of childhood trauma, with sub-specialties in sexual addiction and treatment of male survivors of childhood sexual abuse. Rob has designed, led, and supervised many agency-sponsored group treatment programs for adult male sexual abuse survivors; and has been a clinical consultant for many related projects. One of these (In 2007-2008) was the design of a 13-session group therapy model for use in remote northern Ontario communities (The Fireweed Project) built around the action methods of psychodrama and sociometry. Rob served on the initial “train-the-trainers” workshops for this project, and during the pandemic, he has been actively involved in training and supervising mental health professionals in using the model on the online Zoom platform. From 2009 to 2016, Rob was a volunteer member of the Therapist/Facilitator Team for the Weekends of Recovery (residential healing weekends for sexually abused men offered then by MaleSurvivor.org and now by MenHealing.org); and he has co-presented several international conference workshops based on psychodramatic exercises he helped develop for the Weekends of Recovery. For over 25 years, Rob has been incorporating the safe and powerful therapeutic modalities of psychodrama and sociometry into his training workshops and his work with groups and individuals. During the COVID-19 pandemic, Rob and others have adapted these methods for use on Zoom; and Rob has co-facilitated many support, healing, and training groups on Zoom.

**Thank
you!**



Wick Poetry Center
College of Arts and Sciences



SPEAKERS

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Sheri Jackson

Sheri Jackson is a Certified Addiction Counsellor with almost a decade of sobriety and understands firsthand the disease of addiction. Sheri grew up in an alcoholic home and has lived experience with dysfunctional family systems. Sheri is a trauma and childhood sexual abuse survivor. Sheri has almost 10 years of sobriety and has been active within the Alcoholics Anonymous recovery community, attending meetings regularly, and speaking at AA conferences in Canada and the US sharing her personal journey. Sheri's passion for helping others to overcome addiction led her to become a Certified Life Coach, and later obtain her Addictions Careworker Diploma from McMaster University. Within the addictions field, Sheri has worked directly with clients delivering groups and one on one counseling sessions at some of the top treatment centres in Toronto such as Bellwood Health Services and Renascent. Sheri started up her own business called Healing Moments in 2018. Healing Moments sells all things related to recovery which allows her to offer her counseling skills on a sliding scale to people who may not be able to afford full fees. Sheri has branched out into trauma-informed practice by volunteering as a crisis line counselor with the Toronto Rape Crisis Centre and facilitating a peer support group at The Gatehouse.



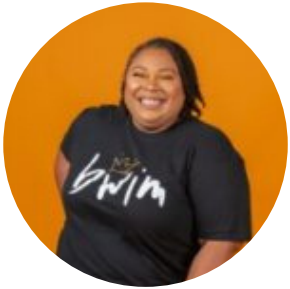
Catherine Jun

Catherine Jun is a trauma-informed therapist in clinical training working with individuals who are stuck – perhaps feeling overwhelmed, unsettled, isolated and alone, maybe even experiencing uncharacteristic anger or rage. She helps clients get unstuck by creating a safe space where we make sense together. Catherine believes good relationships – intimate, familiar, communal, and the one you have with yourself – are essential to feeling good. She believes we are resilient and possess the power to heal from within, and focusing on yourself is one of the most selfless things you can do. It takes courage to start your healing journey. She has a BA (Hons) in History (Non-Western Societies) from McGill University and a Masters in Journalism (MJ) from Ryerson University. She's a certified peer support group facilitator at The Gatehouse. She's currently in training at The Toronto Institute of Relational Psychotherapy. Visit www.catherinejun.com



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Kelsey Leroux

Program Coordinator, Black Peer Education Network at Black Women in Motion. Kelsey is a Child & Youth Care Practitioner who has been working within different agencies to create strategies for transformative social change and community awareness about childhood sexual abuse. She believes that being an advocate for change means being a support, a guide, taking care of yourself and others. It means making difficult decisions and pushing forward for change in social policy, and legislation. In her role as Program Facilitator for the Black Peer Education Network, she encourages critical, honest and reflective conversations about sexual violence and consent within the black community.



Arthur Lockart. M.Ed

Arthur Lockhart, M.Ed. is a retired professor of Humber College – 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. Film Production • 2013 Illuminating Silence: Stories of people Transforming Trauma Into Triumph • 2007 Into The Light: Documentary –Male Survivors of Child Sexual Abuse • 2005 Laser Eagles: Film Celebrating capacities of people labeled disabled Published Works • 2007 Restorative Justice: Provincial School Resource Officer Training Manual. Ministry of Community Safety and Correctional Services • 2007 The Human Touch: The Heartbeat of Extraordinary Education. Transformative Publishing • 2005 Restorative Justice –Transforming Society. Inclusion Press • 2004 Community Lost and Found: A conversation between two dreamers. Inclusion Press • 2001 Restorative Justice. National Crime Prevention Centre of Canada Arthur is the recipient of a number of awards for his work in the fields of education and community social justices, including Canada's Top 50 Champions of Change, Order of Canada Nominee, Innovator of the Year Award, Student-Teacher Appreciation Awards, Community Builder Lifetime Achievement Award, City of Toronto Mayor's Community Safety Award Nominee, Lakeshore Community Building Award of Merit, Youth Impact Award, Inaugural Purple Door Award, Paul Harris Fellow, Inaugural Distinguished Community Service Award, Probation and Parole Association Award.



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Lindsay Lobb

Lindsay Lobb started with the Canadian Centre for Child Protection (C3P) in 2008 as a caseworker with C3P's missing children services and three years later became the case, management supervisor. In these roles, she spent years providing support to families of missing and sexually exploited children and working extensively with law enforcement and government officials. In 2016 she became the Policing Relations Liaison, responsible for working with law enforcement agencies to implement agreements, deliver training and information sessions, and promote the use of C3P child safety resources. Before joining the agency, Lindsay worked in child protection in Ontario and Manitoba. She regularly presents across Canada to police, child welfare, and victim services.



Deb Maybury, Registered Psychotherapist

I graduated with an Hons BA in Psychology from York University. During my final year, I had a placement at what was then called, Queen Street Mental Health Hospital, which caused me to question whether I had the constitution for that type of work. I decided to postpone further education and employment in the field for a year while I considered my options. When an opportunity arose to use my artistic ability without formal training, I was delighted. I accepted a job and was pleasantly surprised to realize I could actually earn a living creating designs. That decision led me to entrepreneurship and a life path distant, yet entwined with my desire to utilize my listening and creative therapeutic instincts and skills. I spent thirty years as a business owner and serial entrepreneur – a graphic artist, self-defense instructor, real estate investor, coach, speaker, author, referee, etc. (see www.debmaybury.com if you would like to read more about that journey including my compilation book *Unlock The Door – Beyond Sexual Abuse (UTD)*, cycling across Canada in the Nation Kids Cancer Ride, my *Vulnerable Places* music, etc). I certainly have had a busy-full life with a wide spectrum of experiences. Over the years I pursued many areas of personal growth which led me across Canada, the United States, and Asia. While searching for more meaning in life, I was very fortunate to stumble across many interesting practices and knowledgeable teachers. I was blessed to experience unique ancient healing methods such as sweat lodges, trance dances, rebirthing, and shamanic breathing techniques. All of these weave within my current psychotherapy and coaching business. In 2012 while writing *UTD* a friend suggested I go to The Gatehouse (where adults go to process their childhood sexual abuse experiences) and interview the founder, Arthur Lockhart. Shortly thereafter, I became a volunteer facilitator. This ultimately leads me back to my original professional aspiration to become a therapist. After three and a half years of facilitating groups at The Gatehouse, I knew I was being called to hold space with people on their healing journeys. I began researching where to go back to school to become a registered therapist and begin my second go-round of formal education. After considering a Masters's program in counseling, I chose to attend The Transformational Arts College (TAC) for a more experiential in-person education – one representing my fundamental spiritual belief that you cannot separate the mind-thoughts from the body-response, from the person's soul. In 2015, I enrolled in the Spiritual Psychotherapy program and graduated in 2018 thirty years after graduating from York University! Shortly afterward, I was hired by TAC to join the faculty part-time.

SPEAKERS

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Margaret C. McKinnon, PhD, CPsych

Homewood Chair in Mental Health and Trauma | Associate Professor and Associate Chair, Research | Department of Psychiatry and Behavioural Neurosciences | McMaster University Research Lead, Mental Health and Addictions | St. Joseph's Healthcare Hamilton | Senior Scientist | Homewood Research Institute. Homewood Research Chair in Mental Health and Trauma Professor and Associate Chair, Research, Department of Psychiatry and Behavioural Neurosciences, McMaster University Research Lead, Mental Health and Addictions, St Joseph's Healthcare Hamilton. Dr. McKinnon serves as the Homewood Research Chair in Mental Health and Trauma and Professor and Associate Chair, Research in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also the Research Lead in Mental Health and Addictions at St. Joseph's Healthcare Hamilton and a Senior Scientist at Homewood Research Institute. Dr. McKinnon completed her PhD in Psychology at the University of Toronto, followed by a post-doctoral fellowship at the internationally renowned Rotman Research Institute at Baycrest Centre. She is an elected Fellow of the Canadian Psychological Association and is dually licensed as a clinical psychologist and neuropsychologist.

Dr. McKinnon is known for her work characterizing trauma-related illness and PTSD among military members, Veterans, first responders, and survivors of childhood abuse and trauma. She is also involved in the development and testing of novel treatment interventions aimed at often unexplored aspects of PTSD and trauma, including guilt and shame, moral injury, dissociation, and cognitive dysfunction.

Dr. McKinnon serves as the Chair of the federally funded PTSD Centre of Excellence's Research Reference group and works closely with government sectors including Veterans Affairs Canada and the Canadian Armed Forces. She has published more than 120 peer-reviewed papers and chapters, and currently holds funding from the Canadian Institutes of Health Research, the Canadian Institute for Military and Veteran Health Research, Defence Canada, the PTSD Centre of Excellence, and the Workers Safety Insurance Board of Ontario. She also holds funding from numerous private foundations, including True Patriot Love, the Cowan Foundation, the Military Casualty Support Foundation and the FDC Foundation.



Miranda Pecoraro

Miranda Pecoraro (she/her, BSW) is a Master of Social Work student at the University of Toronto, and is currently completing her practicum at Sheena's Place. Miranda's background in the performing arts—combined with subsequent experiences facilitating group-based programming with those recovering from trauma and with persons living with disabilities and mental health challenges—has inspired her profound appreciation for the transformative power of group work.



Andrea Robin Skinner

Andrea Robin Skinner is an artist in Port Hope, Ontario, and a survivor of childhood sexual abuse. She teaches yoga, meditation and self-love through horse love at Horse Discovery Farm www.horsediscovery.com; She co-facilitates self-care groups at The Gatehouse.

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Carol Smith

Carol Smith is a Financial Advisor in partnership with Desjardins Financial Security Independent Network. She has been providing financial services to her clients who are individuals or business owners since 2004. Carol's expertise is in socially responsible investments and she is certified through the RIA (Responsible Investment Association). She is also the host of Green Drinks Mississauga, an environmentally focused monthly networking event for people who are passionate about sustainability. In her spare time, Carol enjoys music and plays several instruments. She is excited to be on the Board of the Gatehouse as she believes the work being done is important and looks forward to learning and contributing to this role.



Stewart Thompson

Much gratitude to The Gatehouse and staff for giving me the space, as this will be my 10th year attending the Transforming Trauma conference. My journey started in 2011 at the gatehouse as I was a broken man with what seemed to be a hopeless future not even understanding the why's or the what's. After attending and completing programs being offered, I was given a chance to give back the same care and love that was given to me becoming a facilitator. Worth mentioning as this is important 1st thing learned that I was not alone and 2nd I had to help myself (do the work) and 3rd if I did not do the work I would stay stuck in my past never giving me a future. By doing so has given me a new outlook for my future moving forward. Finding my Voice has been a really big part of my journey such as my story in Deb Maybury's book *Unlock the Door Beyond Sexual Abuse*, Deb will be presenting conference as well. Speaking about voice; I never saw this coming" I started a podcast called *Personal Transformation*, in 2014, as I wanted to share my story and healing journey also giving others the same platform to do so, including healing practitioners was important nothing wrong with a little help when we could use some extra help in the process of moving forward. I have also shared my story with the World Health Organization "Survivors of child violence tell their stories" Just a short time ago taking my voice and others in this educational documentary around the world. I have had the honor to speak in colleges and universities over the years talking about my healing journey and will continue to do so given the opportunity in the future. Today I continue to support others hoping they can find value in themselves as I have done, peer support has been part of my story, and believe in the process, and watching it help many others, I carry no fancy titles in my bio just lived experience. Thank you for being part of my journey! Stewart is active on Twitter as @gottotgetoutof



Nicola Yoga

Nicola is a Peer Support Group Facilitator at The Gatehouse in the Phase 1/Ph2 Partners Program & Writing Workshops. Nicola is a Trauma-Informed Yoga Practitioner, Yogi, Ghost/Soul/Memoir Writer, Social Media Twitter @livingwithabuse 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.

NICOLA YOGA
