

# Trauma Informed Approaches to Understanding Aggression

## and Revolutionizing Interventions with Children and Young People

British Columbia Association of Social Workers (Thompson-Nicola branch) is pleased to virtually welcome Lisa Dion from the Synergetic Play Therapy Institute for this important workshop which will be held online over two half days due to COVID-19.



During this online workshop, Lisa will weave together insights from interpersonal neurobiology and nervous system activation allowing therapists to understand how to co-regulate through the intensity, providing a level of insight which supports the transformation of aggression into ways of connecting and mutual trust.

### Course Objectives

Participants will come away with a range of new skills and strategies that include:

- Learning how to set boundaries without shaming or shutting down the child
- Understanding how to work with the intensity of aggressive play without the therapist's own nervous system shutting down resulting in compassion fatigue and burn out
- Learning the importance of becoming the external regulator in a session to deepen children's ability to integrate the challenging experiences they are working through



**When:** May 28 & 29, 2020 from 9am – 12pm  
**Where:** Online via Zoom (link will be sent in advance)  
**Cost:** \$150

**For more information and to register, go to: [eventbrite.ca](https://www.eventbrite.ca)**

This workshop is beneficial for professionals working with children and youth such as: social workers, teachers, foster parents, and counsellors and other helping professionals.



### About Lisa Dion

Lisa is an international teacher, clinical supervisor, author, coach and entrepreneur. She is a Licensed Professional Counselor, Registered Play Therapy Supervisor and is at the cutting edge of her field creating new and innovative models of therapy with children and adults.

In her private practice, she works with clients of all ages from around the world on a full spectrum of issues. Lisa is a highly sought after speaker. Her experiential style of presenting engages audiences, both small and large. Her ability to adapt the presentation to various learning styles makes complicated topics easy to understand. Combining her background as a psychotherapist, mother, and entrepreneur, Lisa presents on over 50 different topics ranging from neuro-science to business creation.