

Mental Health, Trauma History and Massage Practice

Sunday, May 3, 2020, 9:00-5:00



Description:

Mental health and trauma are topics that have gained significant traction in recent years. There is a growing understanding that a trauma-informed approach is necessary, not only for mental health professionals, but in all areas of health care. A trauma-informed practice enables all practitioners to become more effective within their skill set, while also benefiting the client through a relationship truly grounded in collaboration and empowerment for both. In this workshop, Kaila and Ninotchka will offer an introductory understanding of the impact of trauma on the nervous system. They will review the CMTO guidelines and offer practical suggestions for holding safer spaces within the massage therapy scope of practice. Areas of focus will include: client intake, the art of consent, power dynamics, grounding techniques, and practicing in a client-centred manner.

STRiVE Competencies:

- Communicate effectively
- Function in a client-centred manner
- Apply the principles of sensitive practice

Instructors: Kaila Newby, BA, RMT and Ninotchka Sequeira, BEd, MSW



Kaila has been a massage therapist since completing her training at Sutherland-Chan in 2015. Prior to entering the program, she finished a degree in Women and Gender Studies at the University of Guelph, and worked at the university as a human rights advocacy coordinator for the Student Help and Advocacy Center. She entered the massage profession with a particular interest in working with women and trans clients, and clients with mental health concerns. She had the opportunity to practice at Helix Healthcare Group, a facility that provides multidisciplinary, outpatient mental health and addictions care. She currently has a practice at Toronto Bodyworks.



Ninotchka is a registered social worker in private practice in Toronto's West End. She believes in the power of social change through education – both individually and collectively – and thrives in learning environments geared towards growth, development, justice and well-being. Ninotchka's therapeutic work is grounded in trauma-informed practice and has been situated in a number of community-based settings. She practices within areas of intimate partner and gender-based violence, both preventively and with survivors, along with working with people who have experienced marginalization through systemic barriers and oppression. Ninotchka continues to develop her trauma-informed practice through training in various models such as EMDR, Structural Dissociation and psychodynamics.

Cost:

S-C Alumni: \$190.00 + HST
Early Bird: \$165.00 + HST by April 13, 2020

Regular: \$215.00 + HST
Early Bird: \$185.00 + HST by April 13, 2020

Location:

Sutherland-Chan School
15 Gervais Drive
Toronto ON M3C 1Y8

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