

## Meet the Trainers:

### Monica Forst, RP, M.Ed, CCC, ICADC

Monica has been working as a health care professional for over 20 years. She has been a psychotherapist in private practice since 1997 specializing in addictions and childhood trauma. Her practice involves individual and couples psychotherapy. Additionally, she runs long-term group therapy for the Physicians Health Program. She has also facilitated group therapy programs for addictions, anger management and male survivors of childhood sexual and physical abuse.

Monica has received extensive training in Transactional Analysis and Psychodrama. A seasoned trainer and educator, she has presented on numerous psychotherapy issues such as transference/countertransference, attachment theory, male sexual victimization, trauma and resiliency, vicarious trauma and psychodramatic techniques, for a variety of health care professionals, both within the Ottawa community and across North America.

### Rick Goodwin, MSW, RSW

Rick is the founder and Clinical Services Director of *Men & Healing*, as well as the past co-founder/Executive Director of *The Men's Project* (1997-2015). He also served as National Manager to *lin6 Canada* (2012-2015). In 2017, he was recognized as one of 150 leading Canadians for mental health.

Rick conducts trainings across Canada for professionals on male sexual trauma, men's health issues, and trauma recovery. He is the clinical trainer for the United States based non-profit *lin6 Inc.*

Training on gender and violence has taken Rick to Jamaica, the U.K., New Zealand, Cambodia, Japan, as well as India. Rick has spoken at national and international conferences on men, violence against women, and trauma recovery.

Rick's research and writing has been published in both national magazines and federal publications. He co-authored the guidebook *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) which was commissioned by the Ontario government. This guidebook is now being used to formulate services in both Canada as well as internationally. He also co-authored the Australian guidebook entitled *Foundations* (2017).

### Ray Robertson, MSW, RSW

Ray Robertson is a registered social worker and certified sex therapist in private practice. As a clinical member of the Board of Examiners in Sex Therapy and Counselling in Ontario, he brings an eclectic approach to his practice, drawing on object relations and self psychology.

He provides counselling on sexual issues, relationship issues, sleep and fatigue, sexual abuse, depression, anxiety, and the challenges of parenting. He is the developer of the Sexual Integrity Program, a group approach to treating dysregulated sexual behaviour.



# FALL INSTITUTE on MEN, TRAUMA & RECOVERY

*For Service Providers  
& Other Professionals*

**October 29 - November 2, 2018**  
Ottawa, Ontario, Canada

Join us in Ottawa, Canada as we explore the conceptual and clinical challenges of serving men on their path of healing and recovery.

[menandhealing.ca](http://menandhealing.ca)

Day 1: Monday, October 29, 2018

## Truth Telling: The Case Statement for Male-Centred Trauma Therapy

Rick Goodwin, MSW, RSW

Truth Telling will explore both the conceptual and practice implications of a male-centred approach to trauma therapy. Examining many of the concepts imbedded in the new psychology of masculinity, this session will allow for a necessary conversation of what constitutes the critical intersection between male socialization and psychotherapy with men.

This is essential learning intaking on work with male survivors, whether their experience involves childhoodsexual abuse, sexual assault or other wounds.Come and be vitalized by what we know of the research, how men's trauma presents itself, and how we can formulate plans of engagement and care thateffectively speak to the lives of men

Day 2: Tuesday, October 30, 2018

## Experiential Methods to Trauma Therapy: Working the Trauma Triangle

Monica Forst, RP, M.Ed, CCC, ICADC

Noted trauma theorist Bessel van der Kolk once said:"Experiential therapy is the preferred choice for trauma therapy." With this in mind, join one of Ottawa's best experiential therapists in a hands-on training focusing on the Therapeutic Spiral Model's (TSM) "Trauma Triangle." The Trauma Triangle is a unique configuration that clarifies the destructive cycle of victim, perpetrator, and abandoning authority. This last role, the abandoning authority, explains the subtle, yet damaging, effects of someone who was absent—not there to rescue. As a result, there was no appropriate authority to keep the child safe.

The Trauma Triangle represents a closed circuit of energy embedded in the personality structure of those who have survived cruelty or trauma, repeating itself as life-long patterns of abuse and neglect. This one day training provides tools that assist in transformation from self-neglect to self-care and healthy problem solving. Participants will learn how to help their clients integrate TSM's prescriptive roles to ensure safety and begin to develop appropriate authority over their own lives Be prepared to roll up your sleeves!

Day 3: Wednesday, October 31, 2018

## Sex Stuff: Dysregulated Sexual Behavior, Intervention & More

Ray Robertson, MSW, RSW

Inevitably, the wounds of many male survivors permeate into their sexual and intimate lives. Sexuality issues abound: sexual compulsions, sexual identity confusion, sexual risk taking,sexual anorexia, infidelity, homophobia, fears of intimacy – and the list goes on. Given the weight of shame, these issues are generally not self-identified by survivors. It requires knowledgeable, sensitive and strategic interventions to bring these forward.

The training will have a particular focus on understanding and engaging with dysregulated sexual behaviour. Amid the hype and media coverage of high profile celebrity cases,the "sex addiction" approach to conceptualizing poorly regulated sexual behaviour is often conventionally understood as the treatment modality of choice. This training will critically examine the assumptions and limitations of the sex addiction model, and empower clinicians to pursue constructive treatment strategies grounded in the basics of psychotherapy and trauma theory.

Day 4: Thursday, November 1, 2018

## Re-visionsg Men's Violence: Working with Men Experiencing, Anger, Rage and Violence

Monica Forst, RP, M.Ed, CCC, ICADC

Sometimes, Hurt people hurt people. Working this premise, join us for a day of training that addresses men who experience anger, rage and violence. Using male-centred approach to therapy, the training will examine both cognitive and emotional strategies aimed at engaging them in the respectful process of change. Emphasis will be placed on ego states and action methods as intervention tools. Participants will be able to leave the training with techniques that speak to individual and group therapy.

Day 5 Friday, November 2, 2018

## Group Process & Technique

Rick Goodwin, MSW, RSW

As healing *cannot* occur in isolation, group work is a preferred model of intervention with vulnerable populations of all genders: it lessens the isolation faced in individual counselling, reduces shame, allows one's testimony to be witnessed and creates a supportive learning atmosphere that can benefit all participants. Group practice can also help facilitate re-connection - Herman's third stage of recovery for survivors of abuse and trauma. However, practitioners often do not have the skill set to carry out group practice.

This training teaches both the necessary group processes as well as group intervention skills to allow for dynamic yet safe engagement with clients. Group theory will be explored in terms of conceptual approaches as well as examining the relationship between psycho-education versus process work. Using experiential learning methods, participants will gain experience using techniques such as Opening Circle to Testimony to conflict resolution. Ultimately, **Group Theory & Practice** will create the confidence for counsellors to expand their services to groups – regardless of the service provided.

**Register Online Today!**

**<http://bit.ly/FallInstitute2018>**

**Sessions run from 9:00 am - 4:30 pm each day**

Early Bird rates apply to registrations received before September 30, 2018

|            | Early Bird | Regular Rate |
|------------|------------|--------------|
| One Day    | \$225      | \$250        |
| Two Days   | \$400      | \$450        |
| Three Days | \$550      | \$625        |
| Four Days  | \$650      | \$725        |
| Five Days  | \$750      | \$850        |

Fees include light refreshments and all workshop materials. Lunch is not included. HST extra.

Contact us to inquire on student and group discounts.

**info@menandhealing.ca**

**Tel.: (613) 482-9363**