

CENTRE FOR TREATMENT OF SEXUAL ABUSE AND CHILDHOOD TRAUMA PRESENTS

# MARTHA STARK, MD.

## THE THERAPEUTIC USE OF OPTIMAL STRESS TO PROVOKE RECOVERY: From Cursing the Darkness to Lighting a Candle

OCTOBER 27<sup>th</sup> & 28<sup>th</sup>, 2017 RA Centre – Ottawa, ON  
9:00am – 5:00pm; Registration begins at 8:30am on October 27<sup>th</sup>

### THE THERAPEUTIC USE OF OPTIMAL STRESS TO PROVOKE RECOVERY

Long intrigued by the idea that superimposing an acute injury on top of a chronic one is often exactly what the body needs in order to heal, Martha has come to appreciate that, so too with respect to the mind, the therapeutic provision of “optimal stress” – against the backdrop of an empathically attuned and authentically engaged therapy relationship – is sometimes the magic ingredient needed to overcome the inherent resistance to change so frequently manifested by patients with longstanding emotional injuries and scars.

With a focus always on the translation of theory into technique, Martha will be demonstrating the use of custom-designed, optimally stressful psychotherapeutic interventions that address the conflict that exists within the patient between what she (adaptively) knows with her head and what she (defensively) feels with her heart. Ongoing use of these anxiety-provoking but ultimately growth-promoting “conflict statements” will trigger recursive cycles of destabilizing disruption followed by restabilizing repair – the cumulative impact of which will be the patient’s attainment of ever more evolved levels of resilience and adaptive capacity, as “resistance” is transformed into “awareness” (Model 1), “relentless hope” into “acceptance” (Model 2), “re-enactment” into “accountability” (Model 3), and “retreat” into “accessibility” (Model 4).

### ABOUT MARTHA STARK, MD

Martha Stark, MD, a graduate of Harvard Medical School and the Boston Psychoanalytic Institute and a Faculty Member of Harvard Medical School, is also a Holistic Adult / Child Psychiatrist; Innovative Psychoanalyst; Integrative Medicine Consultant; Bestselling Author; Co-Director / Faculty, Center for Psychoanalytic Studies; Teaching / Supervising Analyst; National / International Lecturer; Psychopharmacology Consultant to Numerous Mental Health Organizations; and Recipient of Various Awards for her Contributions to the Healthcare Community.

Martha is the author of seven critically acclaimed books on Integrative Psychotherapy (*Working with Resistance; A Primer on Working with Resistance; Modes of Therapeutic Action; The Transformative Power of Optimal Stress; Psychotherapeutic Moments; How Does Psychotherapy Work?; and Relentless Hope: The Refusal to Grieve*) – award-winning “mandatory reading” at psychoanalytic training institutes and in psychodynamic psychotherapy programs both in the United States and abroad. In addition, Martha serves on the editorial boards of *Alternative Therapies in Health and Medicine, Journal of the American Association of Integrative Medicine, Advances in Mind-Body Medicine, and International Journal of Clinical Toxicology.*



### REGISTER ONLINE:

<http://ctsactmstark.eventzilla.net>

Early Bird Fee (before September 7 <sup>th</sup> , 2017)	\$340
CTSACT Members	\$260
Regular Fee (after September 7 <sup>th</sup> , 2017)	\$380
Student Rate (full time student)	\$200

### OR MAIL:

403-265 Carling Ave, Ottawa, Ontario K1S 2E1

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Professional Affiliation: \_\_\_\_\_

Fee Enclosed: \_\_\_\_\_

- Registrations may be transferred with a \$50 fee.
- Cancellations up to October 1st, 2017 will be refunded less a \$25 fee. No refunds for later cancellations.