

3rd Annual

Journey FORWARD

A one day workshop about the developmental impact of trauma on children, youth and families.

Learn practical tools to support and respond more effectively to children, youth and families who have experienced grief and trauma.

WORKSHOP PRESENTERS

Mary-Jo Bolton, MMFT - Clinical Director, Klinik Community Health Centre, Winnipeg Manitoba

Mary-Jo is an approved Clinical Supervisor with the American Association of Marriage and Family Therapy. She has been working in the areas of family violence, trauma and loss for over 28 years. For 8 years Mary-Jo was a mental health consultant and professional trainer with the Winnipeg Police Service Hostage Negotiation Unit. For several years she facilitated homicide bereavement therapy groups funded by the Manitoba Department of Justice. Mary-Jo is currently a grief support volunteer with Palliative Manitoba.

Kate Kiernan, M.Sc., is a clinician at the Families Affected by Sexual Assault Program for New Directions for Children, Youth, Adults and Families in Winnipeg. She has over 25 years' experience working with children and youth who have experienced trauma. Currently Kate is an instructor in the Masters of Marriage and Family Therapy program at the University of Winnipeg. She also provides consultation to community agencies and has a private practice in Winnipeg.

Billy Brodovsky, M.S.W., is a clinician at the Families Affected by Sexual Assault Program for New Directions for Children, Youth, Adults and Families in Winnipeg. He has been working with children and youth who have experienced trauma for over 25 years. In addition to his work at New Directions he has a private practice and provides clinical consultation and training to foster care and group care treatment programs.

Both Billy and Kate have developed the Making Sense of Trauma for Children and Youth and trained over 1400 professionals in Manitoba. They are particularly interested in assisting adults to better understand the impact of trauma on children as well as on themselves.

WORKSHOP TOPICS & LEARNING OBJECTIVES

Morning Sessions:

Session 1: Caring for Families Who Have Experienced Grief & Trauma

Mary-Jo Bolton MMFT

- Participants will be offered information on the role of the helper in the grief process
- Participants will be provided with an overview of the impact of grief and trauma on families
- Participants will be introduced to the concepts of complicated and disenfranchised grief
- Information will be shared on the role of mourning in grief

Session 2: How Trauma & Grief Impacts Children and Development

Kate Kiernan M.Sc. & Billy Brodovsky

- To develop an understanding of the impact of trauma on development
- What does self-regulation look like for children
- How do we help children to become trauma-informed

Afternoon Breakout Workshops:

Workshop A: Practical Tools to Support Grieving Families

Mary-Jo Bolton MMFT

- Participants will be invited to explore their beliefs about grief, loss and how these beliefs impact their role in supporting others who are grieving
- Participants will learn practical tools for assisting others in grief
- Participants will have an opportunity to learn and share family traditions and rituals used to foster a relationship with deceased loved ones

Workshop B: Practical Tools for Making Sense of Trauma for Children & Youth

Kate Kiernan M.Sc. & Billy Brodovsky

- To recognize and understand children and youth's trauma survival responses
- Identify specific tools that assist with addressing children and youth's survival responses
- Helping children and youth in healing from trauma and loss



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