



## WEBINAR SERIES: BUILDING YOUR TOOLBOX

February 5, 12, 19 & 26, 2021 (all Fridays)  
12pm-1:30pm PST

Featuring Alyson Jones, Sue Montabello, Nicole Marcia, & Dr. Yabome Gilpin-Jackson



This webinar series will spotlight different clinical issues. It is appropriate for child and family therapists, psychologists, school counsellors, mental health clinicians, social workers, members of school-based teams, youth and family workers and community service providers. It is designed to provide specific tools to professionals who work with children and youth.



- Feb. 5, 2021** Understanding Child Development, Attachment, and the Impact of Parental Separation on Parent Child Relationships  
*Alyson Jones, MA, RCC*
- Feb. 12, 2021** Awakening the Heart: The Healing Power of Life Stories and Literature  
*Sue Montabello*
- Feb. 19, 2021** Using Your Body as a Resource: An Introduction to Trauma Informed Yoga  
*Nicole Marcia*
- Feb. 26, 2021** Transforming Privilege and Unconscious Bias into Anti-racist Action  
*Dr. Yabome Gilpin-Jackson*

REGULAR RATE:  
\$35 CAD PER  
WEBINAR

PACKAGE RATE:  
ALL 4 FOR \$120 CAD

LOCATION:  
ONLINE ON ZOOM

### FOR MORE INFO:

Contact Roxane Veltkamp,  
Executive Administrator  
604-436-9449 ext. 276  
admin@cameray.ca

This workshop is a fundraiser  
for Cameray Child and Family  
Services

## **WEBINAR DESCRIPTIONS**

### **Understanding Child Development, Attachment, and the Impact of Parental Separation on Parent Child Relationships (Alyson Jones)**

A parental separation can turn a child's world upside down. Divorce Coach, Family Therapist, Mediator, and Parenting Coordinator Alyson Jones MA, RCC will be presenting on one of the most important topics to keep in mind during a divorce – how parental separation can impact parent child relationships. Alyson is committed to deepening awareness regarding the preservation and restoration of parent child relationships. In this workshop you will gain an understanding of attachment and the continuum of parent child relationships, and how mental health professionals can assist children and families as they navigate through the emotional terrain of a parental separation.

### **Awakening the Heart: The Healing Power of Life Stories and Literature (Sue Montabello)**

This workshop will explore ways to use personal narrative and letters, poetry and images to deepen children's understanding of their own experience and to also examine the ways in which this provides those of us who work alongside children a lens for our critical witness and testimony to their trauma (Dutro 2019). Together we will discover the rich resource of children's literature as a means to provide 'windows and mirrors' (Sims Bishop 2009) into children's worlds, engaging them in ways that enhance their own agency, to name and understand their feelings and experiences.

### **Using Your Body as a Resource: An Introduction to Trauma Informed Yoga (Nicole Marcia)**

Those in the helping professions (counsellors, social workers, advocates) can encounter a diverse range of highly stressful and potentially traumatic experiences each day. The nature of their work leaves them vulnerable to post traumatic stress and moral injury which can result in nervous system dysregulation and coping strategies that can leave them under-resourced.

Rooted in trauma theory and neuroscience, trauma informed yoga is an accessible, body-based resource for self-regulation that can be utilized at work and at home to support the natural resilience of service providers. Research supports the efficacy of trauma informed yoga in improving sleep, increasing interoceptive awareness, activating the pre-frontal cortex and supporting increased safety and connection within the professional, familial and social relationships that restore and sustain them. This interactive presentation explores how trauma informed yoga can restore the connection of mind and body and cultivate the embodied experience of empowerment and agency that can be compromised as a result of chronic stress and vicarious trauma. Experience an all levels, chair-based practice that can be accessed for practitioner and client self-care. Come dressed comfortably in clothes you can move in.

### **Transforming Privilege and Unconscious Bias into Anti-racist Action (Dr. Yabome Gilpin-Jackson)**

Moving from disorientation and denial into action. The events of George Floyd's death and subsequent killings of Black people during the ensuing protests has brought into popular consciousness the trauma Black peoples have endured over the generations to-date. These injustices against Black lives continue across the globe, including here in Canada. I use simple personal stories to show how lack of consciousness and denial in itself is a mark of racial privilege and why those in privileged positions can now move into action as a moral, not a political, imperative to address our shared human crisis.

## **SPEAKER BIOGRAPHIES**

**Alyson Jones** is a highly respected therapist, educator and writer. She is an Adjunct Professor at the Adler University and the Clinical Director at Alyson Jones & Associates, where she leads an innovative professional team of therapists. She holds a Masters in Counselling Psychology and has practiced as a therapist and mental health expert for over 20 years. Alyson is also a Mediator who assists families in reducing conflict and navigating complex situations. She is a regular on CTV Morning Live and is regularly featured in the media sharing her extensive knowledge around mental health and conflict resolution. As an author and educator in her field, Alyson speaks at conferences and delivers trainings across North America.

**Sue Montabello** is passionate educator whose work honours and nurtures the diversity of relationships and community, enabling others to come together to learn, change and thrive. Sue Montabello worked in the Burnaby school district as a principal in both elementary and secondary schools for twenty-five years. She spent her career working as principal of community schools, leading and learning in communities embodying the belief that 'there is no power equal to a community discovering what it cares about. Sue has worked at Simon Fraser University as a faculty associate and coordinator of the Professional Development Program and as an instructor of graduate diploma programs for practicing K to 12 teachers. She completed both her MA and PHD at Simon Fraser University. Sue continues her work as instructor in education and leadership at both the undergraduate and graduate level with Simon Fraser, Vancouver Island and City Universities. At the heart of Sue's work in all of these environments is a commitment to the promise of community.

**Nicole Marcia, MA, C-IAYT, YACEP, TCTSY-F** holds a master's degree with a specialization in yoga therapy from Lesley University in Boston, MA and is a certified Trauma Center Trauma Sensitive Yoga Facilitator (TCTSY-F). From 2008 - 2017 Nicole served as Director of Therapeutic Yoga Programming for the Provincial Health Services Authority at their Burnaby Centre for Mental Health and Addictions and at Riverview Hospital, where she developed and delivered a comprehensive yoga therapy program for in-patient clients in various stages of recovery from mental health and addiction issues. From 2009 - 2018 she taught at Onsite, the rehab arm of North Americas first safe injection site in Vancouver's downtown east side. At present, in addition to maintaining a private practice Nicole works as a Yoga Therapist supporting public safety personnel and first responders in a trauma day treatment program at Boreal Wellness. She is the director of Teacher Training and Mentorship with Yoga Outreach, a not-for-profit organization providing volunteer yoga teachers to marginalized populations. Nicole provides trauma informed yoga programming to the residents at Deborah's Gate, a program serving women who have been trafficked into situations of sexual and/or labor exploitation and she serves as a program coordinator and instructor at Langara College Continuing Studies in their Therapeutic Yoga Programs. Nicole is a Certified Yoga Therapist (C-IAYT) and a member of Bridge for Health and the Breathe Network which connects survivors of sexual violence with healing arts practitioners.

**Dr. Yabome Gilpin-Jackson** is a Sierra Leonean-Canadian, who was born in Germany. As a result of her own experiences, Yabome recently became interested in the dynamics of diversity and identity, represented by the question she's often asked: Where are you from? She presented at the 2016 Transformative Learning Network conference, talking about the impacts of experiencing Identity Interrogation or Relational Connection when asked biographical questions by people she's just met. Yabome has published short story collections about global African experiences titled Identities and ancestries as a result. Yabome is also a well-published and multi-award-winning applied social scientist and Leadership and Organization Development Consultant & Executive. She lectures undergraduate and graduate courses in her areas of interest. She was named an Institute for Social Innovation Scholar at Fielding Graduate University for her research into the posttraumatic growth and transformation experiences of war-affected leaders of African descent, which is now published in a book titled Transformation After Trauma: The Power of Resonance.



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## REGISTRATION FORM

February 5, 12, 19 & 26, 2021

12pm-1:30pm PST

Online on Zoom

### Five Ways to Register:

- (1) Online: [CLICK HERE](#)
- (2) By Email: [workshops@cameray.ca](mailto:workshops@cameray.ca)
- (3) By Phone: 604-436-9449 Ext. 276
- (4) By Fax: 604-436-1990 – Attention: Roxane Veltkamp
- (5) By Mail: Cameray Child & Family Services  
#102 - 5623 Imperial St., Burnaby, BC, V5J 1G1, Attention: Roxane Veltkamp

**REGISTRATION  
DEADLINE:**

2 calendar days  
before webinar

### Two Ways to Pay:

- (1) By Credit Card: Complete card information online, below or over the phone
- (2) By Cheque: Payable to Cameray Child and Family Services

**WORKSHOP RATES:** \$35 CAD per webinar  
\$120 CAD for all 4 webinars

### Contact Information:

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

Company/Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

### Billing Information:

Name attached to the credit card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiration Date (Month and Year): \_\_\_\_\_ CVD: \_\_\_\_\_

\*Cancellations: Training fees are refundable, subject to a \$15 administration fee, provided we receive notification at least **2** calendar days before the webinar date.