Ontario Association of Social Workers (OASW)
Niagara Branch
oaswniagara.org
Annual Conference

Healing the Traumatized Self
Ruth Lanius, MD, Ph.D

Thursday, May 7, 2015 - 8:30 am – 4:30 pm
Club Roma Conference Centre
125 Vansickle Road, St. Catharines, Ontario L2S 3Y6

Ruth Lanius, MD, PhD, is Professor of Psychiatry and director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario.

Dr. Lanius established the Traumatic Stress Service & Traumatic Stress Service Workplace Program that specialize in the treatment and research of PTSD and related co-morbid disorders.

She is currently the Chair for Harris-Woodman in Mind-Body Medicine at the University of Western Ontario’s Schulich School of Medicine & Dentistry.

Dr. Lanius’ research interests focus on studying the neurobiology of PTSD and treatment outcome research examining various pharmacological and psychotherapeutic methods. She has authored more than 100 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. Dr. Lanius regularly lectures on the topic of PTSD nationally and internationally, and recently published a book with Eric Vermetten and Clare Pain, ‘The Impact of Early Life Trauma on Health and Disease’.

Learning Objectives

Understanding the four dimensions of consciousness.

The emergence of the self through integrated experiences of the four dimensions of consciousness.

Recognizing trauma related to alterations in consciousness.

Predicting the occurrence of altered states of consciousness.

Effective interventions to overcoming altered states of consciousness.

Effects of changes in the mind, brain and body.
Four dimensions of consciousness, including time, thought, body, and emotion often become drastically altered as a result of traumatic experience. Even though such alterations in consciousness can be adaptive during the encounter of traumatic events, they can frequently lead to tremendous hardship in the aftermath of the trauma.

How do we recognize such trauma-related alterations in consciousness? What predicts the occurrence of altered states of consciousness? Does the emergence of the self come about through the integrated experience of these four dimensions of consciousness? How can we intervene effectively to overcome such altered states, and how are those changes represented in mind, brain, and body?

In this workshop Dr. Lanius will describe a four dimensional model (4-D Model) outlining a dissociative and a non-dissociative dimension of each of the four dimensions of consciousness. Furthermore, the neurobiological underpinnings and a detailed approach to treatment of trauma-related altered states of consciousness will be described. Experiential exercises involving the use of imagination, imagery, and mind/body techniques will be utilized to illustrate relevant concepts.