



Centre for Treatment of Sexual Abuse and Childhood Trauma

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Centre Update

Our annual newsletter is a time for reflection on the past year's events and successes. This year we wished a fond farewell to Dr. Sandra Wieland who has left for the West Coast after five years as our Director. Dr. Brenda Saxe has assumed the role of Clinical Director. To celebrate the Centre's 5th Anniversary and to say goodbye to Sandra, a Coffee Housing Evening was held last September at the Glebe Community Centre. It was a wonderful celebration and it helped raise money for the Centre's Subsidy Fund. The Centre continues to offer placements to interns from the University of Ottawa and Saint Paul University as well as supervision to therapists in the community who work with individuals who have experienced trauma. We brought Dr. Christine Courtois to Ottawa in October for a well received workshop called "Complex Post-Traumatic Stress Reactions and Incest". The Centre is pleased to welcome 3 new associate therapists, Dr. Mary Hogan-Finlay, Dr. Jan de Crespigny and Ms. Margo Hall-Lemelin, who bring experience in a variety of areas as well as their expertise in the trauma field. All of us wish to thank the community for your continued support.

An Expanded Focus

The Centre for Treatment of Sexual Abuse and Childhood Trauma is expanding its focus to include issues other than sexual abuse and trauma in its mandate. The Associate Therapists at the Centre are highly experienced in working with a range of difficulties in addition to sexual abuse and trauma and wish to let the community know that they are available to provide services for many issues including relationship difficulties, family problems, depression and anxiety, sexual disorders, parenting issues, eating disorders, and other psychological difficulties. We continue to offer specialized abuse focused therapy; education for the community in the area of trauma; and to develop research opportunities.

Special Thanks

The Centre wishes to thank the Adelle and Paul Deacon Fund, administered by the Community Foundation of Ottawa-Carleton for their generous grant which enabled us to improve our play therapy facilities. We now have a new dollhouse as well as a fabulous blue-bottomed sand tray and figurine collection. Lalita Salins has undergone training in "Sandtray-Worldplay" therapy with Dr. Gisela Schubach de Domenico from Oakland, California. This dynamic expressive psychotherapeutic approach is suitable for children as well as adolescents and adults. Sandtray-Worldplay facilitates personal transformation, self-healing and self-expression through the healing power of play. It allows clients to move from being victims of experiences to being creators of experiences.

Centre Sponsoring Dr. Anna Salter

Dr. Anna Salter of the Midwest Centre for Psychotherapy & Sex Therapy in Madison, Wisconsin is presenting a workshop on "Transforming Trauma: How to get the Perpetrator out of the head of the Victim/Survivor" on November 6th, 1998. Please see enclosed flyer.

Dr. Brenda Saxe greets Sheldon Kennedy on his skate across Canada.

The Centre was happy to donate to Sheldon's dream of a camp for children who have been sexually abused.

Are you looking for a meaningful volunteer experience?

Our group of Directors offers support and sets policy for the work of the Centre. As a dedicated group of volunteers, the Board has an important role at the Centre. Partnered with our capable Associates, the Board meets 4 times annually. Committees of the Board enhance the work of the Centre and include: the Subsidy Committee, Growth and Communications Committee and Policy Development.

We welcome inquiries from individuals who would like to join our Board or committees during the next year. Please contact Brenda Saxe at 233-4929.

-Nancy B. MacNider, Board Chairperson

Board of Directors

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Do you need support?

Case Consultation
for Therapists
provided by the Centre.

Please contact the Centre
for more information.

FOURTH ANNUAL COMMUNITY EVENING

Trauma & Substance Abuse

Monday, October 19th
7:00 - 9:00 pm

Ottawa Public Library, Auditorium
120 Metcalfe St. at Laurier Ave

A Calvacade video addresses the historical schism between substance abuse treatments and those for PTSD. Leading clinicians describe new approaches for dual diagnosis clients. Joan Leadbeater-Graham, a Program Director at Rideauwood, will join the Centre Associates for a discussion and question period following the video.

Suggested donation of \$10 or pay what you can afford