



# Centre for Treatment of Sexual Abuse & Childhood Trauma

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Please visit our website at: [www.centrefortreatment.com](http://www.centrefortreatment.com)

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## Centre Update

Our Centre is entering its second decade as a place of healing for those in our community who have survived difficult experiences as children or adults. We have had over 2500 people enter our doors in the past decade and have tried to give them a place of safety, respect and caring. The philosophy of the Centre has always been that individuals are the experts of their own experience and, given the space and opportunity, knows what they need to heal and move forward in their lives.

The Centre cherishes its reputation within the therapeutic community and has welcomed many excellent Associate Therapists over the last several years. This year we welcome Dr. Cathy Kerzner, who brings a tremendous amount of knowledge around the issues of eating disorders to our group. We are delighted that Cathy has become part of the Centre.

This past June, a founding member of our group decided that she has some new horizons to conquer. It is with great joy that the Centre announces that Bev Cimermanis has recently become a new bride and decided, after many years of practice, to retire and enjoy life with her new husband. While we are delighted for Bev and wish her well, we will sincerely miss her sense of humour, her dedication to the welfare of the Centre, and her calm support to each and every one of us.

We continue to enjoy an excellent relationship with both the University of Ottawa and Saint Paul University. This year, we will host two interns from Saint Paul and one from the University of Ottawa. In keeping with the Centre's mandate to provide training and bring the latest knowledge and practice of trauma-focused therapy to the wider community, we are very pleased to announce that Dr. John Briere, one of the foremost names in the field of trauma, will be the guest speaker at our Annual Conference, November 7<sup>th</sup> and 8<sup>th</sup> at the National Gallery of Canada. Last year, several therapists from the Centre traveled to Vancouver to hear him speak. We were so impressed with what we heard from this dynamic and knowledgeable speaker that we promised ourselves that we would bring him to Ottawa as soon as possible. Dr. Briere is very close to our hearts as he was the very first speaker that the Centre brought to Ottawa in 1995. Since that time, the theory and practice of trauma therapy has changed considerably. Come and hear what is new and working for trauma survivors! Don't miss this special event!

Dr. Brenda Saxe, Clinical Director

## Annual General Meeting

The Centre's Annual General Meeting was held on February 3<sup>rd</sup> at Ottawa City Hall. It was attended by board, associate, and community members. Our guest speaker was Joanne Michaels, program manager of the Assertive Community Treatment Team at the Carlington Community Health Centre. Joanne gave an informative presentation on the history of the program, the clients served, and the services provided.

The ACT team has been in place at Carlington for four years. It is one of 63 similar teams throughout

the province of Ontario. The team is a self-contained clinical unit which provides needed treatment, rehabilitation, and support services to clients with persistent and severe mental illnesses whose symptoms or impairments have not been effectively remedied by available treatments, or who resist or avoid involvement with mental health services. Support is provided on a long-term care basis, with over 75% of the services delivered in the community, outside of program offices.

The ACT team selects clients in the greatest need of their services; those with severe and persistent mental illnesses (as listed in the diagnostic standard) that impair their functioning in community living and that indicate high-service needs. Service is provided 24 hours a day, 7 days a week. There are approximately 250 clients in the system right now.

Each client has a prime worker, who coordinates and monitors their activities. Additional staff are available to provide support in the areas of crisis assessment and intervention, symptom assessment, management and supportive therapy, medication, general health concerns, substance abuse, skills training, education and support to families. ACT offers opportunities for recovery, by focusing on therapy and practical skills.

## Looking to volunteer?

Our Board of Directors offers support and sets policy for the Centre. A dedicated group of volunteers, the Board has an important role at the Centre. Partnered with our capable Associates, the Board meets four times annually. Board members are involved with several committees at the Centre, serving to assist the Centre in fulfilling its mandate. The Board is also responsible for the review of a number of applications for subsidies, which this year resulted in ten subsidies being awarded to clients. We welcome inquiries from individuals who would like to join our Board or committees during the next year.

## Bev Retires

This June the Centre bid a very fond farewell to one of the founding members of the Centre, our beloved friend and colleague, Bev Cimermanis. Bev was actively involved in the early development of the Centre, and an integral part of the services that we provide. Bev has also been a clinical member of the OAMFT for many years and is well known for her dynamic work with couples and families. Always on the cutting edge of her profession, Bev has attended workshops to learn new therapeutic modalities such as hypnosis, sandtray/worldplay therapy and EMDR. She has always been willing to plunge into difficult, uncharted waters with her strong clinical skills, her common sense, and her keen intuition as her guides.

Over the years, Bev has developed a special expertise in the area of helping First Nations and Inuit clients, including survivors of the Residential School system. Bev attended First Nations gatherings and learned as much as she could about the traditions and history of Canada's First Nations people, in order to be as culturally sensitive and respectful in her work as possible. All of us at the Centre have been inspired by Bev's commitment to First Nations people, and her

work has provided us with a valuable learning experience in this important area of trauma work. As an example, Bev's work with a young non-verbal First Nations girl with Fetal Alcohol Syndrome stands out as a demonstration of her outstanding skills and abilities. Bev assisted this girl with the traumatic re-enactment she needed in to achieve a sense of relief and put the trauma to rest. Bev used the modalities of the sandtray, the dollhouse and clay to create a therapeutic process. The transformation was remarkable to behold! We are sure that Bev will be sorely missed by her clients.

Bev's tremendous love of life, her rich laughter, and her gift for sharing herself with those of us who were fortunate enough to be in her "inner circle" of friends will continue to inspire us in our lives and in our work at the Centre. We wish Bev many happy travels abroad, and the time and leisure (at last!) to enjoy the worlds of classical music, art, foreign films and long walks with her new husband, John and her miniature poodle, Tischa! Bev - you have transformed and enriched many lives! We thank you.

## Conference Recap 2002

**"Shifting Abuse-Related Internalizations"** The Centre for Treatment was delighted to bring Dr. Sandra Wieland back for our 10<sup>th</sup> Anniversary Conference in October 2002. Dr. Wieland was the original clinical director of the Centre. She is also the author of *Healing the Internal Trauma and Techniques and Issues in Abuse-Focused Therapy with Children and Adolescents*.

This conference provided valuable direction in recognizing how early childhood experiences of abuse and neglect are carried into adulthood. We not only learned how to recognize different abuse-related internalizations, but also how to address them clinically with both children and adults. Dr. Wieland stressed the importance of taking into account the victim's age when the abuse occurred in order to attend to developmental tasks that may have been compromised. The second day was devoted to abuse-focused play therapy. Dr. Wieland provided a rich array of innovative clinical approaches and case examples that merged her internalization model with clinical practice. The conference concluded with a useful segment on the importance of recognizing and addressing transference and countertransference in working with children, adolescents, and adults. The Centre hopes to provide future workshops for those participants who expressed an interest in learning more about child, adolescent and play therapy approaches to trauma.

**New Directions in the Treatment of Posttraumatic Stress:**  
*The Revised Self-Trauma Model*

Dr. John Briere

PLEASE SEE ENCLOSED BROCHURE OR CALL FOR DETAILS & REGISTRATION INFORMATION

November 7<sup>th</sup> & 8<sup>th</sup> 2003