



Reach Canada in partnership with Algonquin College presents

## The Diversity of Post-Traumatic Stress Disorder: **BROADENING THE CONVERSATION**



Most of us associate post-traumatic stress with victims of extreme violence, as well as soldiers, police officers, fire fighters and paramedics who witness horrific events regularly. But stress associated with shocking events can affect anyone. Shock that persists long after physical danger has passed is diagnosed as post-traumatic stress disorder (PTSD).

The Reach Canada conference, presented in partnership with Algonquin College, will examine the diversity of PTSD victims, attempt to foster a greater appreciation for the effects of the disorder and the ripples it sends through the families, colleagues and communities of those afflicted.

Our one-day conference will include a variety of themes that will be presented in a series of workshops and panel discussions. Our keynote speakers will include **Brigadier-General Gordon J. Sharpe** (retired), **Lieutenant-Colonel Stéphane Grenier** (retired), and **James Cameron, LL.B.**

### **THEMES**

- Traumatized children and youth
- Toxic workplaces and how to deal with them
- Community and cultural impact
- Alternative dispute resolution (ADR)
- Managing PTSD as a first responder — the consumer's and psychologist's perspective
- Obstacles and strategies to accessing services

### **ABOUT REACH CANADA**

Reach Canada is a non-profit, charitable organization dedicated to educating and informing persons with disabilities, their families, lawyers, health/social service providers and the general public about the rights and interests of persons with disabilities. Reach Canada is committed to ensuring that people with all disabilities are provided with quality legal and social representation through our lawyer referral and educational programs.

### **ABOUT ALGONQUIN COLLEGE**

Algonquin College is hosting the 2013 Reach Canada Conference, the theme of which is post-traumatic stress disorder. Increasing awareness of mental health issues and decreasing the stigma attached to these disorders has been the focus of ongoing professional development for our staff and students this year. Algonquin College recognizes the value of Reach's educational programs and services to people with disabilities and is honoured to be a part of this year's conference.

### **For more information contact:**

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## REGISTRATION FORM

**Date:** Friday, June 7, 2013  
**Time:** 8:00 am to 4:00 pm  
**Location:** T Building, Algonquin College  
1385 Woodroffe Avenue, Ottawa, Ontario  
**Chair:** Lucille Marleau

### Schedule:

8:00 am - 9:00 am Registration, networking, visit of kiosks  
9:00 am - 9:30 am Opening remarks  
9:30 am - 10:30 am Plenary session  
10:30 am - 10:45 am Break  
10:45 am - 12:15 pm Concurrent workshops  
12:15 pm - 1:15 pm Lunch and visit of kiosks  
1:15 pm - 2:45 pm Concurrent workshops  
2:45 pm - 3:00 pm Break  
3:00 pm - 3:30 pm Wrap-up panel  
3:30 pm - 3:40 pm Closing remarks

### CONCURRENT WORKSHOPS

Conference attendees will be able to select and attend two of six individual workshops from among the following:

#### WORKSHOP A (10:45 am – 12:15 pm):

##### What about the Children and Youth?

*To Broaden the Conversation about the development of traumatized children: Issues and Intervention.* Presented by: Dr. Barbara Virley, Psychologist, Ottawa-Carleton District School Board and Julie Westeinde, Founding Partner of Breakthrough Learning

#### WORKSHOP B (10:45 am – 12:15 pm):

##### Toxic Workplaces and How to Deal with Them

*Learn about the signs and symptoms of a toxic workplace and what to do to change it.* Presented by: David Yazbeck, Lawyer and Dr. Brenda Saxe, Clinical Psychologist

#### WORKSHOP C (10:45 am – 12:15 pm):

##### Community & Cultural Impact

*Present PTSD based on newcomers' experience as well as from an Aboriginal perspective.* Presented by: Annie Smith St-Georges, Algonquin, First Nations Elder and Farah Nojoui, Clinical Counsellor, Ottawa Community Immigrant Services

#### WORKSHOP D (1:15 pm – 2:45 pm):

##### Alternative Dispute Resolution (ADR)

*Development of Alternative Dispute Resolution strategies in the context of PTSD.* Presented by: Mary Damianakis, President, Family Mediation of Canada and Ernest Tannis, President, ADR Centre Canada Inc.

#### WORKSHOP E (1:15 pm – 2:45 pm):

##### Front Line Workers – Managing PTSD as a First Responder – The Consumer's and Psychologist's Perspective.

Presented by: Dr. Scott Miller, Firefighter, City of Ottawa, Doctor of Chiropractic and Dr. Ken Welburn, Clinical Psychologist and Clinical Director of the Ottawa Anxiety & Trauma Clinic

#### WORKSHOP F (1:15 pm – 2:45 pm):

##### Obstacles and Strategies to Accessing Services

*Present personal experience with PTSD as well as strategies for coping.* Presented by: Peter Platt, Surviving and Living with PTSD and Andrea Genreux, Vocational Rehabilitation Consultant and Disability Analyst

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

Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

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

### INDICATE TWO WORKSHOP PREFERENCES

#### Concurrent Workshops, 10:45 am - 12:15 pm (Please choose one)

- Workshop A  
 Workshop B  
 Workshop C

#### Concurrent Workshops, 1:15 pm – 2:45 pm (Please choose one)

- Workshop D  
 Workshop E  
 Workshop F

Accommodation Requirements: (Sign Language Interpretation Provided)

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Parking information for Algonquin College available at [www.reach.ca](http://www.reach.ca)

### PLEASE INDICATE TYPE OF REGISTRATION

- Early Bird (Ends May 1, 2013) x\$170 = \_\_\_\_\_  
 Regular x\$195 = \_\_\_\_\_  
 Seniors (65+) x\$60 = \_\_\_\_\_  
 Students x\$40 = \_\_\_\_\_

Some scholarships are available for persons with disabilities who are unemployed.

### METHOD OF PAYMENT

Credit Card:

- Visa  Mastercard  American Express

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

\_\_\_\_\_

Card Holders' Name: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Cheques: Please make cheques payable to Reach Canada.

Please email, fax or mail registration form to Esther Akinkugbe

Email: [estherakinkugbe@reach.ca](mailto:estherakinkugbe@reach.ca)

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