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Today's Date:

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Where do **you** want to go?

Post-traumatic Stress Disorder 3 part DVD Course

Instructor: JOE SOLANTO, PhD.

Psychological Responses to Trauma An Audio/Visual Training Course **Course One**

(Over 50 "slides" and audio links in "Quicktime",
and numerous handouts in PDF.)

This course offers an overview of the field of human responses to trauma. Following a sequenced learning format the viewer will learn of the nature of psychological trauma and its multidimensional impact on human functioning. A review of the history of our understanding and treatment of trauma survivors will be provided including the ways in which professional and public attitudes have evolved over the past hundred years. A strong emphasis on the physiological responses to trauma will be given, along with the ways that these responses set the stage for complex psychological and behavioural "symptoms". A detailed look at the diagnosis of PTSD will be undertaken with a critical look at the ways that it may have both advanced and limited our understanding of the wide range of post trauma



International Sites

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Instructor: Joe Solanto, Ph.D

**Watch some sample clips
from the PTSD Course**

Joe Solanto, PhD

Before coming to B.C. in the early 90's Joe served as a school psychologist in the public schools of New York for eighteen years. He then completed a doctorate in psychology and founded and, for seven years directed a multi-disciplinary out patient treatment centre for addictions and trauma that utilized the services of over 20 professionals, treating the full range of mental health-related problems.

Since coming to Vancouver he has taught a wide variety of courses at the *Justice Institute of B.C.* focusing on trauma

responses. Topics that are also addressed include: gender differences in trauma response, multigenerational trauma, cultural issues, trauma and addictions, traumatic memories, and effective interventions by front-line responders as well as counsellors and therapists.

Guided Imagery and PTSD

Course Two

2 Video DVDs and 1 PDF handout CD

This course presumes that the viewer has had an introductory course in understanding and responding to psychological trauma. It offers an overview of the history of trauma treatment over the last several decades and its evolution to current practices. A summary of the psychophysical responses to trauma is provided and a rationale for working with trauma survivors in ways that ensure safety and self-regulation is offered. A suggested sequence for trauma treatment is reviewed and a variety of imagery techniques that safely "expose" the client to the trauma are discussed and demonstrated. The concept of vicarious trauma is briefly addressed as well.

A packet of handouts accompanies this video to assist the viewer in following the discussions.

(Included: Graphs with psychophysical and psychological responses; the Brain; directions for safe container, safety gauges, grounding, the counting method, script driven imagery)

Therapeutic Approaches to Trauma Recovery

Course Three

2 Video DVDs

This course once again reviews some of the relevant information regarding the relationship between physical responses to trauma and psychological symptoms, and highlights some important gender differences that have implications for treatment of trauma survivors. A broad view of the stages of recovery is taken with discussion about the role of memories, and meaning-making in healing. Techniques for helping the client with grounding and centering in order to disrupt the adverse responses to trauma triggers are explained. A variety of individual and group

assessment and treatment, as well as offered training in counselling-related topics at other post-secondary institutes. In the past few years Joe has also been working in First Nations and Inuit communities assisting with the healing from residential school trauma, and training front-line staff to respond to the high incidence of suicidal, addictive, and other self-harming behaviours in their communities. He and his wife, Lisa, also a counsellor, co-instructed a course on the therapeutic use of Guided Imagery as part of the *Justice Institute's* Certificate in Integrative Healing.

Joe is also known for his work as the former director of the *Vancouver Ocean Challenge Society*, which provided high-risk youth challenging marine and wilderness expeditions in a therapeutic milieu. This work helped to inspire the creation of a *Justice Institute* training program for educators and mental health professionals who use the principles of Adventure based Therapy in their work. He currently provides consultation and training to a variety of organizations in B.C. and other provinces

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(PDF)

strategies are demonstrated and discussed. These involve ways to help clients identify traumatic experiences in their lives and to determine the intensity of these, working with "resistance", moving past blocked trauma responses, use of "The Counting Method", and psychodramatic approaches to self-efficacy and healing. Experiential activities and discussions about the counsellor's responses to client pain are provided. Several ways to work with the client through body-centered approaches are demonstrated.

[Purchase Course](#)

Information:

Each Course was 1 weekend in length
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info@orcainstitute.com

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"accept credit cards online"

Course One: \$200.00.

Course Two: \$300.00.

Course Three: \$300.00.

10% discount for purchasing two or more courses at the same time:

Course One and Two (or Three): \$450.00.

Course Two and Three: \$540.00.

Course One, Two, and Three: \$720.00.

[Course Registration](#)