



Choices in Action Counselling Services  
Presents a Full Day Training on

## **ACTION METHODS FOR TRAUMA SURVIVORS**

This one-day workshop will provide the following:

Dr. Kate Hudgins Therapeutic Spiral Model, including

- The Trauma Survivors Intrapsychic Role Atom
- The Trauma Triangle (in action)
- Prescriptive Roles: The Observing Ego, the Containing Double and Roles of Restoration

This Workshop will offer both didactic and experiential learning methods.

**WHEN:** Monday, September 22nd, 2025

**TIME:** 9:00 a.m. to 5:00 p.m.

**WHERE:** Bell's Corners United Church,  
3955 Old Richmond Road, Ottawa

**In Person**

Brown Bag Lunch

Snacks, coffee, tea and water will be provided

**FEE:** \$250.00 (payable by e-transfer, debit or credit card).

Registration will be limited to 20 Participants.

Full reimbursement if cancellation is two weeks prior to the workshop.

TO REGISTER, PLEASE CONTACT MONICA FORST, PRESENTER AT:  
**613-823-3848 OR BY EMAIL, [MONFORST@GMAIL.COM](mailto:MONFORST@GMAIL.COM)**