

Trauma Informed Support and the Path to Healing

KARYN HARVEY, Ph.D



Family Conference
April 14, 2023

9 am - 4:30 pm
Fantasyland Hotel, Edmonton

\$210 / per person

Three registrations for the price of two!
Please call 1-800-252-7556 or email
mail@inclusionalbarta.org if you would
like to take advantage of group pricing.

Inclusion Alberta invites families, staff, professionals, administrators and others working in the field of developmental disabilities and related fields to hear from this distinguished international speaker.

Inclusion
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WORKSHOP

Trauma Informed Support and the Path to Healing

Presenter: Karyn Harvey, Ph.D. Director, Training and Program Development, Park Avenue Group, Baltimore, Maryland

Historically individuals with developmental disabilities identified as having behavioural challenges were not treated and supported with the understanding that as human beings their behaviour was a reflection of trauma and the impact of that trauma on their emotional well-being and sense of self. Individuals with developmental disabilities experience more trauma in their lives than those without disabilities being more vulnerable to loneliness, exclusion and rejection including abuse and violence, for example, from being placed in seclusion or subjected to physical restraints. It is essential we all learn to a greater degree the sources of trauma and its effects in the lives of persons with developmental disabilities, how to prevent trauma and more

importantly, how to enable individuals to move through healing to living lives of belonging and inclusion.

This engaging workshop will provide a critically important view of trauma from the very perspective of the lives of people with development disabilities. Karyn will explore the sources of trauma and the effects of that trauma on both a biological and psychological level. Loneliness and the lack of a positive self-identity have only more recently been recognized for the trauma they produce and what is needed to either prevent or remedy these effects. Karyn will also share and explore with participants key ingredients for healing on both a programmatic as well as individual level. The positive identity approach to healing she developed will be introduced and illustrated via case studies.

This workshop will be on value and interest to everyone who supports and works with individuals with developmental disabilities wherever that support that takes place, those responsible for the provision and/or funding of community services, as well as allied professionals, family members, friends, and persons with developmental disabilities.

PRESENTER

Karyn Harvey has worked as a clinician in the field of intellectual disabilities for over 35 years. She has her Ph.D. in Applied Developmental Psychology from the University of Maryland. She has published articles about therapeutic interventions with individuals with intellectual and developmental disabilities (IDD), workbooks for individuals with IDD and two books. Her first book, *Positive Identity Development* was published in 2009 and *Trauma –Informed Behavioral Interventions*, published in 2011. Her third book, *Trauma and Healing* will be released in 2023 by AAIDD (American Association

on Intellectual and Developmental Disabilities). She is the Director of Program Development and Training for the Park Ave Group practice where she does both individual and group therapy with people with intellectual disabilities. In addition, she regularly conducts trainings on trauma-informed support for people with IDD, trauma-informed leadership, and trauma-informed behavioral interventions for both state, provincial and individual organizations throughout the US and Canada.

For more information visit **karynharvey.org**.

Register online at inclusionalbarta.org