



iCAAD Iceland 10th-11th May 2019

10th May 2019 - 09:00 - 17:00

A MASTER CLASS IN TRAUMA WORK  
WITH JUDY CRANE AND TOM PECCA

11th May 2019 - 09:00 - 14:00

BODY, MIND AND SPIRIT IN RECOVERY

HARPA, BJÖRTULOFT, REYKJAVÍK

FRIDAY 10TH & SAT 11TH - 20,000 ISK

20% GROUPS OF 4 OR MORE

SAT 11TH - 5,000 ISK



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10th May 2019 - 09:00 - 17:00

## A Master class in Trauma Work

This Master class in trauma work with Trauma Heart author Judy Crane, and Tom Pecca, focuses on strategies to help people break the Cycle of Trauma using effective, evidence-based strategies. It will be highly practical experience, enabling the opportunity for participants to practice in a simulated environment, exploring what is required of us and the roadblocks that get in the way of helping as a professional and carer.



**The most important thing is to mirror, model and witness and in that process, we can help to heal attachment disorder.**

This is a thorough and holistic experience based on dyadic attachment and experiential training. The vital components will include somatic work, therapeutic alliance and trauma brain, underpinned by the attachment trauma model and its connection to trauma work. Participants will be asked to look at attachment styles and how dyadic attachment and the relationship with the individual contributes to the healing process. This in-depth opening into the vigorous modules in trauma training will give participants a greater understanding of what trauma work truly looks and feels like.

**Master class participants are invited to attend the 2nd day - Body Mind and Spirit Recovery a practical and inspirational event giving additional support to developing insight and networks.**

**This Master class has 6 CPD hours.**

### JUDY CRANE LMHC, CSAT, CAP

Judy has over 3 decades of experience working in both residential and out-patient settings. She is a Certified Addiction Professional in Florida, Certified Sex Addiction Therapist, a Certified Hypnotist, EMDR and a specialist for healing trauma and PTSD. Her presentations and seminars on PTSD and sexual trauma resolution are known throughout the country. In 2010, Judy was awarded the ACATA – Administrator of the Year Annual Award for her significant achievement in the field of addiction treatment administration. She was selected as the 2012 Behavioural Healthcare Champion in recognition of her life-changing therapy, services, and support to Americans who suffer from mental health and substance abuse disorders.



### TOM PECCA LMHC, CSAT, CTT

Tom graduated from Springfield College with a Bachelor of Science in human services/addiction studies and completed his master's degree mental health. He is specially trained in substance and process addictions and has had extensive training with Dr Patrick Carnes, the founder of the International Institute for Trauma and Addiction Professionals. Tom is a Certified Sex Addiction Therapist and Certified Multiple Addictions Therapist. He has been working in residential treatment since 2003 conducting process, experiential and psycho-educational therapy groups. He has an expansive education in process addictions including gambling, gaming and internet addictions.

### SUPPORTED BY: GUÐRÚN GUNNÝ MAGNÚSDÓTTIR AND VAGNBJÖRG VAGNA MAGNÚSDÓTTIR



Gunný and Vagna are addiction therapists both with a Masters Degree in Addiction Counselling from Hazelden Betty Ford Graduate School of Addiction Studies in the US.

## THE VENUE



11th May 2019 - 09:00 - 14:00 - 5,000 ISK

# Body, Mind and Spirit in Recovery

This Body Mind and Spirit Recovery Event brings together influencers that will share their stories and experiences of developing ways to heal their traumas and to lead fulfilling lives in recovery, whilst giving back to those that are still struggling. This event is for people in recovery and those that are working with people who have experienced trauma and want to be part of a supportive network of supporters.

## ÞORLÁKUR TOLLI MORTHENS (TOLLI MORTHENS)

Tolli will talk on how meditation, wilderness and spiritual connection have enhanced his recovery and continues to ignite a passion for his work and the helping of others. He will share how to enhance positive qualities and transform fear into courage, delusion into wisdom and egocentrism into solidarity and will take us on an experiential journey showing us techniques of mindful meditation. Tolli will explain the powerful positive energy that can come from connecting with the outdoors, telling us of his experiences and offering metaphors on how experiential wilderness activities can help us make changes towards positive recovery. Tolli learned to overcome difficulties without ever ceasing to paint. He harnessed his addiction and transformed it into performance and an enthusiasm for his work.



## VEIGA GRÉTARSDÓTTIR

Veiga Grétarsdóttir courageously in 2019 will become the first Icelandic woman to take on the battle against the strong arctic waves and circumnavigate Iceland's coast, today she will take us on her life journey and how it has brought her to embarking on this incredible positive example of the body, mind and spirit connection. She will share her experience in recovery, from a traumatic childhood and adult life, to how she has victoriously come through, a literally, life changing experience. Four years ago, Veiga transitioned gender at 38 years old. She will tell us how this latest challenge is symbolic of the challenges that have occurred in her life and she will openly talk to us about how, before transitioning, she felt that suicide was the only way out from the unbearable experience in life. Veiga will offer the audience her insight, strength and hope on how to face the unimaginable and how she got to where she is today. Her documentary is called Against the Current filmed by Paul Sveinsson and Peter Einarsson. She will also be raising funds for Pieta, an organization which provides support and counselling to people dealing with suicidal thoughts and suffering from grief due to the loss of a loved one from suicide.

## HELGA ARNARDÓTTIR

Helga will be asking, in what ways are you already good enough? Through exploring this question, she will show how Self-Compassion and acceptance is vital and what it means and how it helps nurture balanced mental health and open to life's opportunities. She will talk about how being highly self-critical (the opposite of self-compassion) causes us stress and lowers our well-being. This opportunity will offer an increased knowledge of positive psychology and its methods for good mental health and well-being, and, increased knowledge of self-compassion.



Helga's own personal struggles in her early years were the seed for her journey, today she is an expert in psychological well-being and positive psychology and is a CMA-certified teacher in mindfulness. She teaches positive psychology at the University of Reykjavík, she also works as a counsellor at the Icelandic Mental Health Alliance (Geðhjálp) and delivers seminars mostly for people struggling with addiction, unemployment or other challenges. Her work is about helping people develop ways to increase their psychological well-being, i.e. through mindfulness, self-compassion and positive psychology interventions.

# Train to Become A Safe and Effective Trauma Therapist

## 5 module Certification Overview

On completion of the Master Class on May 10th along with 6 hr CPD Certificate you will be ready to sign up and look at taking the Trauma Healing Certification Program to be recognized as a Certified Trauma Therapist®/Certified Trauma Professional®.

This 5 Module training certification is designed to sharpen clinician's assessment & intervention skills while introducing them to various modalities, experiential exercises & alternative therapies most successfully used in the treatment of trauma & associated disorders. Participants will gain working knowledge of these treatment approaches both, working hands on in group and individual settings, as well as attending lectures and reviewing required reading materials.

Our mission is to provide the highest level of cutting edge professional trauma training by providing clinicians with exceptional formal knowledge, as well as practical experience in treating clients with complex PTSD, Unresolved Trauma, Grief and other Associated Disorders

**Module One** -An Introduction to Trauma & Treatment, Intervention Techniques, Definitions and Implications in Process Addictions, Experiential Activities, Intense Group Work and Processing Skills for Own Practice.

**Module Two** - Process Addiction Interventions, Learning to Facilitate Psychodrama & Breathwork and Effective Implementation of these Approaches into Therapy.

**Module Three** - Focus on Experiential Modalities including Adventure Therapy and Equine Therapy, as well as a continuation of Process Addictions – Sex/Love Addiction, Gambling/ Financial Addictions, Self-Harming Behaviors and Eating Disorders.

**Module Four** - Internal Family Systems, Methods & Modalities for Treating Trauma, Cognitive Behavioral Approaches, Expressive Therapy and Other Pertinent Experiential Approaches Geared toward Affect Regulation.

**Module Five** - Review of Previous Topics and Practicing Implementation of Learned Skills Successfully in One's Own Practice, Review of Assessment Skills Identifying the Signs and Symptoms that Require Inpatient Treatment Referral.



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