CREATING Sacred Spaces
Mind-Body-Spirit Connections in Psychotherapy
Creating Sacred Spaces

This Conference celebrates the mind-body-spirit connections that are honoured within an integrative model of psychotherapy. As our field becomes more holistic in focus, it is important to define what we mean by a three-pronged focus on the “mind” and “body” and “spirit” of people. It is impossible to separate one “mind-focused” therapy from another “body-focused” intervention. Many of the so-called third wave counselling therapies (eg: mindfulness-based interventions) do indeed integrate body, mind and spiritually focused methods of healing.

It is helpful though, to refer to a working definition of these three realms in the context of integrative psychotherapy. We view these realms as “sacred spaces” that hold keys for the individual exploration and awakening of healing. **We define the 3 focus areas (mind/body/spirit) for holistically-minded psychotherapy professionals as follows:**

**Mind:** Focusing on mental sense of well-being, as expressed through healthy thinking patterns, behaviours, and the capacity for cognitive flexibility. The therapist’s work in this area may borrow from insight oriented methods of inquiry, cognitive, behavioural and/or motivational counselling interventions, and many more.

**Body:** Focusing on physical sense of well-being, as expressed through the body’s intelligence, kinesthetic awareness, ease of movement, and bodily health. The therapist’s work in this area may involve integrating clinical counselling with somatic inquiry, body-oriented psychotherapy, yoga, and/or energy medicine interventions, along with others.

**Spirit:** Focusing on holistic sense of well-being, as expressed through a uniquely internal sense of deep meaning, connections, and personal life journey. The therapist’s work in this area may concentrate on psycho-spiritual interventions, art therapy, logotherapy, psychodynamic therapy, and faith-based and cultural frameworks such as Buddhist Psychology, Indigenous traditional healing, and shamanistic practices, to name just a few.

During your time at the conference, we encourage you to explore best practices in holistic psychotherapy and reflect on the ways you cultivate sacred healing space for yourself and with clients. We wish you so much love and light on your journey!
# Conference at a Glance

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Conference tickets must be pre-purchased through the Daybreak website. Program registration and check-in will take place at the Ramada Conference Hall, just outside Ballroom area, at the following times:

- **June 7th:** 7:00 - 9:00 p.m.
- **June 8th:** 7:00 - 8:00 a.m.

To reserve accommodation at the Ramada Plaza use the code **CGDAYB** to receive a special Daybreak training rate, upon booking online or when calling the reservations team at: 1-800-567-2233. To speak with the Daybreak booking agent directly, contact Aleksa at 416-977-4823 x 7245 or email ahamzyryn@ramadaplazatoronto.com.

**Note:** Attendees of the Daybreak Clinical Counselling Hypnotherapy (C.Hyp™) Certification training in June of 2018 are provided FREE ACCESS to this event.

The conference registration fee does not include the following:

- food
- beverages
- hotel stay/accommodation
- parking
- transportation
DAY 1
Friday, June 8, 2018
MORNING

8:00 a.m.  
Conference Opening: **Creating Sacred Spaces**

The conference will begin with an intention-setting guided meditation for the creation of a healing and sacred space within and around us. This meditation will be followed by an official Welcome and introduction to the conference program.

8:30 a.m.  
Keynote Workshop: **When The Body Says No**

*Dr. Gabor Maté, MD*

In this workshop for holistic psychotherapy professionals, Dr. Maté delves into the topic of emotional stress as a major cause of co-morbid illness and chronic disease in many of our clients. Drawing on scientific research and the author’s decades of experience as a practicing physician, Maté will explore in-depth questions for psychotherapy professionals regarding mind-body medicine in clinical practice, including the impact of the mind-body link on illness and mental health and the role that stress and one’s individual emotional makeup play in an array of common diseases. How can therapy professionals better understand the role of stress and developmental trauma when it comes psychoneuroimmunology, and how can this increased knowledge enhance and transform clinical practice? These questions will be explored alongside with the Seven A’s of Healing vis-a-vis clinical practice. Dr. Maté is known for his highly transformative and dynamic style of provocative teaching. In this workshop, based on the international best-selling book, *When The Body Says No*, he will share dozens of enlightening case studies, medical research highlights and experiential teachings for mental health, counselling and addictions professionals.

11:45 a.m.  
**Moderator:** James Kekanovich

“Health rests on three pillars: the body, the psyche and the spiritual connection. To ignore any one of them is to invite imbalance and dis-ease.”

*Dr. Gabor Maté (When The Body Says No)*

11:15 a.m.  
Break

Dr. Maté will be available for book signing in the Caversham Book area.

11:45 a.m.  
Keynote Response Panel: **Mind-Body-Spirit Medicine In Clinical Practice**

*An Open Discussion on Psycho-Spiritual Healing & Evidence-Based Psychotherapy*

**Panel Guests:**
Dr. Elia Abi-Jaoude, MD  
Dr. Carolyn Daitch, Ph.D.  
Karen Day, RSW  
Dr. Stacy Thomas, Ph.D, C.Psych  
Jamie Warren, RP

**An interactive Q&A session with audience members will be included in this session.**
1:45 p.m. - 3:15 p.m.
(Choose 1 of 3 Workshops below).

Workshop A:
**Spirits in The Office: How to Include Faith and Spirituality in Psychotherapy**

*Farzana Doctor, RSW*

This experiential workshop will be a space for practitioners to better understand how they can bring faith and spirituality into their work. Through individual reflection, and small and large group discussion, we’ll talk about doubts and fears, as well as strategies for introducing this sometimes taboo subject in sessions. Farzana will share examples of how she has used non-judgemental dialogue, mindfulness, guided visualization and hypnosis to help clients to tune into and further develop their own spiritual understandings.

Workshop B:
**Sacred Connections: Integrating Yoga and Mind-Body Approaches in Psychotherapy**

*Rena LaFleur, RSW*

*The breath is the bridge over the ocean of the conditioned mind*

Since all experience happens in the body-mind-spirit, what does it mean, in practice, to honour our whole selves – in the roles of therapist/healer and client/seeker? If the body stores our experience, how do we gently care for this container that has been shaped by our lives while exploring ways to expand choice and energy flow? We will explore what ‘presence’ means in the therapy room and how body centred practices can complement psychotherapy to support healing and growth.

Workshop C:
**Clinical Hypnosis in the Treatment of Anxiety and Trauma: Part 1**

*Dr. Carolyn Daitch, Ph.D.*

This workshop is specifically for psychotherapy professionals who have foundational training in clinical hypnosis and/or participants in Daybreak’s Clinical Counselling Hypnotherapy (C.Hyp™) certificate program that is being offered in conjunction with the Creating Sacred Spaces Conference program.

Clinical hypnosis provides an effective way for clients to learn self-healing. In this workshop, Dr. Daitch reviews hypnotic interventions that can be used as transformational adjunct tools in psychotherapy. This workshop provides an overview of a trauma-informed framework for clinical hypnosis in integrative mental health, and is based on many of the teachings and exercises outlined in Dr.Daitch’s award-winning *Affect Regulation ToolBox and The Road to Calm Workbook* by C.Daitch and Lissah Lorberbaum.

3:15 p.m. Break
3:30 p.m. - 5:00 p.m.

(Choose 1 of 3 Workshops below).

Workshop A:
**Sacred Teachings: Indigenous Perspectives on Healing**
*Leigh Simpson, MSW*

In this workshop, participants will work towards understanding an Indigenous worldview perspective on spirituality and healing. For participants, the power of storytelling and its connection to spirituality for Indigenous populations will include both a teaching and an exercise. Workshop attendees will have an opportunity to listen to Canadian Indigenous creation stories, providing insight into Indigenous spirituality. Participants will learn some medicine wheel teachings and its healing practices as they can be used in the holistic healing process for some Indigenous peoples.

Workshop B:
**Integrative Pathways to Practice: Psycho-Spiritual Healing & Evidence-Based Approaches**
*Adrienne Sequeira, RN, RP*

As the diverse cultures in our society dialogue more closely, the Western definition of health with its focus on pathology and the treatment of disease, is evolving. Spirituality and health are closely connected in many non-Western cultures. In addition, technological advances and evidence based studies demonstrate the complex and inextricable linking of mind, body and spirit. The quest for optimum health and well-being now commonly involves the prescription of spiritual practices in treatment regimes for both physical and mental ailments.

This workshop will describe the role of spirituality in physical, mental and social health and wellbeing, and review the scientific literature on the links between spirituality and health. Participants will also gain a better understanding of the difference between healthy spirituality and psychopathology.

Workshop C:
**Clinical Hypnosis in the Treatment of Anxiety and Trauma: Part 2**
*Dr. Carolyn Daitch, Ph.D.*

See Workshop C in early afternoon of Day 1 for a full description of this program. This is a continuation of a 2-part workshop on hypnotic interventions as transformational adjunct tools in the psychotherapeutic treatment of anxiety and trauma.
What Is Your Healing Signature?
A Group Reflection

Drawing on recent research highlights in mindfulness as it relates to advances in mental health, Lorraine Gilks will facilitate a group dialogue and meditation on individual expressions of healing. The day closes with an invitation to go deeply inward and explore where we might be “holding back” and where our souls call us to step forward in our mindful therapy work.
9:00 a.m - 12:30 p.m.
Keynote Workshop: A River of Joy: Music, Meditation and Joy Journalling

Deborah Treger, RP
Laura May Culver, RSW

Our power-charged morning begins with Deborah Treger, Registered Psychotherapist and Musician, leading us in a meditative, sound-healing experience. This sound experience will be followed by a Joy Journal Workshop (after the break) led by Laura May Culver, Registered Social Worker and Personal Development Coach.

Deborah will open the day with guided and meditative breath work. She will then continue with a few simple sound healing techniques we can use for calming the nervous systems and active minds, and to allow for stress-release and mindfulness. Deborah will conclude the musical session by performing healing songs that will include call and response from those participating. The ultimate goal of this experience will be to create an overall feeling of elevated consciousness and peacefulness.

After the chakra alignment and musical serotonin boost, a rest/break will precede Laura May Culver’s presentation: Discover the Power of You! Joy Journal Workshop. This Workshop is a motivational interactive experience designed to enhance clarity and focus, increase self confidence and awareness, and foster personal joy and well being.

Each Participant will receive:
• a personal Journal,
• artwork stickers,
• coloured markers
• creative materials to decorate and write in their Journals.

Creative exploration and play are encouraged during the presentation and as a continued at-home practice. Themes to be covered include: Goals and Dreams; Gratitude and Appreciation; and Personal Affirmations. The Joy Journal Workshop will allow time for participants to practice in their joy journals, and reflect on incorporating the Joy Journal into clinical practice.

12:30 p.m. Break
Workshop A:  
**Energy Medicine in the Counselling Room**  
*Dr. Sandeep Hunjan, Ph.D., C.Psych*  
This experiential workshop presents a practical approach to integrating body, mind, and spirit in psychological treatment. Guided by the client’s intentions, vibrational testing methods including manual muscle testing can be used to access the body’s innate wisdom, reveal blocks to healing (e.g., limiting beliefs and unresolved trauma), and identify techniques to treat them. Energy methodologies that work with the body’s natural healing systems can be combined with traditional psychological approaches for powerful and lasting emotional and behavioural change. Participants will learn about vibrational testing, energy psychology techniques, and the growing field of research into the efficacy of energetic interventions in counselling.

Workshop B:  
**Gut Instinct: The Mind-Gut and Soul Connections in Healing**  
*Dr. Debbie Smrz, ND*  
We have been told for years that the ‘gut’ is the true ‘seat of emotions’. What does this mean functionally for you and your clients? In this interactive workshop, you will improve your understanding of the gut - brain link. We will explore how inflammation, infection and other exogenous influences are creating a ‘brain on fire’ scenario resulting in stress, anxiety, depression, OCD, PANDAS and other neurological conditions. We will also examine the evidence demonstrating that mind-body practices such as hypnotherapy and mindfulness dampen the activity of genes associated with inflammation – essentially reversing molecular damage and improving clinical outcomes.

Workshop C:  
**Bringing In The Light: Self-Compassion and Loving-Kindness Practices**  
*Dr. Heidi Walk, MD, C.C.F.P.*  
Self-judgment and negative self-talk cause significant suffering. Loving kindness and self-compassion practices are powerful tools to transform these negative habits into self-nurturing and self-care. In this experiential workshop, we will initially define compassion and loving kindness. We will then discover the benefits of these practices through mindful experiential exercises, guided reflections, and discussions. Some of the roadblocks and difficulties that arise when engaging in self-compassion practices will also be addressed. Through the experience of engaging in short self-compassion exercises, participants will learn to do these practices for their own self-care and then be able to teach them to their clients.
DAY 2
Saturday, June 9, 2018

LATE AFTERNOON

3:30 p.m. - 5:00 p.m.
(Choose 1 of 3 Workshops below).

Workshop A:
Shamanic Psychotherapy
Jason Koenigbaur, RP
Jodie Cara Lindley, RMT

Shamanic Psychotherapy is the merging of ancient healing methods and practices into the modern psychotherapeutic setting. It is client-centered, bringing the presence of Spirit and Soul to the forefront of therapy. This method aligns both client and therapist to the support of compassionate helping spirit beings, creating a sacred healing space. This workshop will introduce attendees to a shamanic psychotherapeutic experience.

Workshop B:
The Body Knows and The Body-Stories Teach
Cindy Stone, RP

This experiential workshop focuses on integrating the body-mind-spirit through Qi Gong/Reiki energy work (and other body-energetic practices), Vipassana (mindful/insight) meditation, and hypnosis for healing trauma, PTSD, anxiety and for emotional/spiritual growth. Participants will gain a better understanding of:
• How energy, movement, meditation and hypnosis work individually and as a coordinated treatment approach;
• Current and ancient knowledge of how and why these practices work;
• When, how and why to use these various approaches;
• Signs and signals to look for in the client to aid in developing an intuitive, creative and safe, yet highly effective approach to treatment.

This workshop will be packed with information and practical tools to deepen the experience of those already working with these incredible practices, as well as help those who are new to using these concepts. Get ready for some fun and to dive deeply into your own rich experience of discovery of mastery, resourcefulness, natural skills and creativity.

Workshop C:
Miracle Think: Integrating Hypnotic Regression into Spiritual Psychotherapy Practices
Karen Day, RSW

This workshop is specifically for psychotherapy professionals who have foundational training in clinical hypnosis and/or participants in Daybreak’s Clinical Counselling Hypnotherapy (C.Hyp™) certificate program that is being offered in conjunction with the Creating Sacred Spaces Conference program.

Participants will explore the subject of age regression from a trauma-informed perspective in psychotherapy, and also learn about a regression framework for integrating Cognitive Behavioural Therapy, Energy Medicine and trance visualization in psychospiritual healing and behavioural change.
Shine it **FORWARD**

Align to Cosmic Mind for Manifestation, Spiritual Growth & Higher Consciousness

Vivian Osal will be guiding you through a meditation journey to become aware of and reunite with your multidimensional self. You will learn to open and expand areas of creativity, co-creation, Love and higher states of consciousness, by unifying with Divine Source Intelligence. This journey will move you through several levels of reality, where you will come to understand the multidimensional aspects of your being. As you experience your Light, you will become aware of the Divine Light in others.
Special Thanks to Daybreak Faculty:
Creating Sacred Spaces

In alphabetical order

Dr. Elia Abi-Jaoude, MD
Elia Abi-Jaoude is a psychiatrist, clinical educator, and researcher based at the Hospital for Sick Children. His area of clinical specialization is developmental neuropsychiatry. He is interested in asking and pursuing challenging questions related to accepted concepts and treatments in psychiatry. He teaches and regularly gives presentations about how to mitigate bias in medical literature and practice. He is currently completing his PhD in the cognitive neuroscience of self-regulatory control. He believes in approaching mental health through a critical and holistic lens.

Laura May Culver, MSW, RSW
Laura May is an author, parent, Social Worker, Personal Development Coach and Motivational Speaker. She holds a Master of Art in Culture and Spirituality, and a Master of Social Work.

With two decades of clinical experience, Laura May enjoys therapeutic work with clients, and also brings a passion for Personal Growth in the coaching services she provides. As a speaker and Personal Development Coach, she loves the open possibilities and success opportunities a Personal Growth focus in her business offers to others’ success. Enthusiastic and optimistic, Laura May loves to motivate, inspire and empower others to live their very best Life.

Dr. Carolyn Daitch Ph.D.
Carolyn Daitch, Ph.D., is an internationally renowned clinician, trainer, author and presenter. Dr. Daitch is the director of the Center for the Treatment of Anxiety Disorders in Farmington Hills, Michigan. She is a Certified and Approved consultant and elected Fellow with the American Society of Clinical Hypnosis and a Certified Imago therapist. Her time is split between clinical practice, supervision, consultation and teaching, and she is a routinely invited speaker around the world. She is recognized for her practical, easy-to-implement interventions. She is the author of award-winning books including: Affect Regulation Toolbox: Practical and Effective Hypnotic Interventions for the Over-reactive Client which has received international acclaim.

Karen Day, MSW, RSW, C.Hyp
Karen Day is the President of Daybreak Therapy and Training, an international network of mental health professionals offering integrative and holistic psychotherapy. She also serves as President for the Canadian Society of Clinical Hypnosis - Ontario Division, and is the founder of the Daybreak Clinical Counselling Hypnotherapist (C.Hyp™) Program which provides intensive clinical counselling hypnosis training to hundreds of mental health professionals each year. As a Registered Social Worker and Clinical Counselling Hypnotherapist, Karen specializes in anxiety and trauma related issues including: panic, fears, phobias, OCD, and chronic stress.

With her colleagues at Daybreak Therapy and Training, she believes strongly in the innate wisdom and healing potential of every individual, and the unique interconnections of body, mind and spirit.
Farzana Doctor, MSW, RSW, C.Hyp

Farzana Doctor is a Registered Social Worker in private practice who specializes in working with individuals and couples dealing with sexual orientation, gender identity, substance use, oppression, trauma and relationship issues. She works from an anti-oppression perspective and loves to incorporate mindfulness, hypnosis and conversations about spirituality in her work. She is also an author who has written three novels, the most recent being *All Inclusive*.

Lorraine Gilks, CPCC

Lorraine is a Certified Professional Coactive Coach (CPCC), and holds the professional coach designation of PCC through the International Coach Federation (ICF). Lorraine has been practicing mindfulness and meditation for over 15 years and completed her MBSR teacher training with world leaders Jon Kabat-Zinn and Saki Santorelli. A skilled coach and mindfulness teacher, Lorraine is passionate to educate and inspire others to make a positive impact in the world by playing big and showing up in life. Lorraine is best known for the creation of ‘Mind-Fit’, a comprehensive course on Mindfulness & Meditation, based on the influential Mindfulness-Based Stress Reduction (MBSR) program. To date, thousands of people have completed and have been inspired by both in-person and on-line Mind-Fit training programs and workshops. Most recently, Lorraine has added Mind-Fit professional training programs for coaches, medical professionals and counsellors.

Dr. Sandeep Hunjan, Ph.D., C.Psych

Dr. Hunjan is a clinical psychologist in private practice. She has worked extensively in the area of trauma in a variety of settings in Canada and the U.S. Her philosophy of practice is holistic and client-centred. She emphasizes an integrative and collaborative approach using treatment modalities including hypnosis, cognitive-behavioural therapy, and energy psychology. In her teaching activities, Dr. Hunjan has worked with St. John’s Rehab Hospital, the Toronto Police Department, the Vulva Girl (a support group for women who experience sexual pain) and the Canadian Society of Clinical Hypnosis-Ontario Division.

James Kekanovich, BA Honours, Communication Studies

As Conference Moderator and Communications Director for Daybreak Therapy and Training, James brings over 20 years of marketing and communication expertise gathered through his work at QPoint Marketing Inc. In addition, he draws on his experience related to the design, development and delivery of continuing education curriculum at the Post Secondary level and at the corporate level. He believes in helping people to attune with their lived experiences and learning potential.
Jason Koenigbaur, MTS, RP, C.Hyp

Jason is in private practice in the Toronto area. He is a Registered Psychotherapist (RP) specializing in the treatment of anxiety, depression, trauma and relationship dynamics. Having trained extensively as a psychotherapist with five years post-Masters education in Professional Psychotherapy at the Gestalt Institute of Toronto, he brings decades of experience in psychodynamic therapy. In his clinical work, Jason brings an integrative approach that draws on Shamanic Psychotherapy and extensive experience in Cognitive Behavioural Therapy (CBT), Mindfulness, Gestalt Psychotherapy, EMDR (Eye Movement Desensitization and Reprocessing), Ego State Therapy and Clinical Counselling Hypnotherapy. Also, as a Master in Theological Studies, Jason provides spiritual direction to clients. To learn more about Jason, please visit jktherapy.ca

Rena M LaFleur, MSW, RSW, RMFT, CYT, C.Hyp

Rena enjoys working collaboratively with people to enhance their body/mind awareness and expand their capacity to live consciously and experience joy. Rena’s love of learning, her commitment to personal and spiritual growth and her wish to be of service to others has led her to pursue both academic and complementary studies. She is a registered Social Worker, Family Therapist, Clinical Supervisor, Yoga Therapist and Clinical Counselling Hypnotherapist. She has taught mindfulness-based practices for twenty years and continues to explore the integration of cognitive and mind-body approaches to healing.

Jodie Cara Lindley, R.M.T., Reiki Master, Shamanic Healer

Jodie has over 17 years of experience in the healing arts, working with the body as an RMT, with the energy field as a Reiki Master, and with the spirit/soul as a Shamanic Healer. Jodie believes in bringing community together to heal, and facilitates monthly Shamanic Journeying Circles, shamanic-based Healing Ceremonies and Workshops, and Sweat Lodges. Her website is www.earthskyjourneys.org.

Dr. Gabor Maté, MD

For twelve years Dr. Maté worked in Vancouver’s Downtown Eastside with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver’s Supervised Injection Site. With over 20 years of family practice and palliative care experience and extensive knowledge of the latest findings of leading-edge research, Dr. Maté regularly addressing health professionals, educators, and lay audiences throughout North America. A renowned speaker, and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, trauma and childhood development.

Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

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Vivian Osal, Reiki Master & Hypnotherapist

Vivian Osal has been in private practice since 2001 and has inspired thousands of people with her gifts as an Energy Healer, Intuitive, Channeler, and Spiritual Teacher. She assists individuals to find clarity and tap into the Universal Intelligence for expanded consciousness. She creates a healing and transformative space and guides her clients to access their Light bodies to connect to innate self-healing and highlevel extra-sensory abilities. Clients experience shifts in personal, professional and spiritual areas of their life – ultimately leading to more love, peace, health, happiness, and abundance. http://osal.ca

Adrienne Sequeira, M.Div, RP, RN

Adrianne is a Registered Psychotherapist, Certified Psychoanalyst and Registered Nurse, with specialization in psychiatric/mental health and addictions, and is EMDR trained. She has worked in hospital and community settings across the mental health and addictions treatment continuum. She is in private practice, and works with individuals, couples and families. She is an Instructor at Tyndale Seminary, and also teaches the Mental Health First Aid Basic and Mental Health First Aid for Adults who interact with Youth programs of the Mental Health Commission of Canada.

Leigh Simpson, MSW, C.Hyp

Leigh is an Anishnaabekwe from Serpent River, First Nations and holds a Masters Degree in Social Work from the University of Toronto. Leigh utilizes both her education and lived experience in her work as a Children’s Mental Health therapist at Native Child & Family Services of Toronto and as a professor of Indigenous studies at Centennial College. Leigh is trained in both mindfulness and First Nations Holistic Healing, and enjoys applying these approaches to her practice. She also brings extensive experience integrating holistic healing using medicine wheel teachings, sharing circles, narrative therapy, family therapy and play therapy. Her work is guided by her inherit Ojibway tradition of the seven grandfather teachings. In her counselling practice, Leigh focuses on the inter-connections of spirit, body, and mind.

Dr. Debbie Smrz, ND, C.Hyp

Dr. Smrz is passionate about helping people feel amazing, confident and full of energy. As a Naturopathic Doctor, she has combined her passions – fitness, naturopathy, and neuroscience, to shape a unique clinical focus on brain health. As an advocate for optimal health and wellbeing, Dr. Smrz addresses health from an evidence based, clinical perspective, teaching proven strategies that can be implemented immediately. Dedicated to a wide scope of treatment modalities, Dr. Smrz has extensive training in mind-body medicine including Clinical Counselling Hypnotherapy, HeartMath consulting, and Neurofeedback counselling.

Cindy Stone, RP, C.Hyp

Cindy Stone has been voted one of Toronto’s ten best Hypnotherapists by Crowd Wellness. She is an Author, Registered Psychotherapist, Ericksonian Hypnotherapist, Trainer, Art Therapist, Gestalt Therapist, Reiki Master and Baguazhang internal martial art practitioner. Cindy is fascinated with transformational journeys and the incredible power of the mind. She explores the infinite creativty and healing power available in meditation and trance states. Her Baguazhang martial arts training adds a deeper dimension to her understanding of the mind, utilizing the healing power of Qi for mental, physical and spiritual harmony. Her most recent book, Scorpion has won “book of the year” at the BookTalk Radio Club Awards, 2017.
Dr. Stacy Thomas, Ph.D., C.Psych

Dr. Stacy Thomas is a Clinical Health Psychologist working in private practice in Toronto with close to 20 years of experience helping people navigate significant life challenges as well as those wanting to maximize their potential and Design their Lives. Whether the goal is to get back to being themselves or becoming their best selves, Dr. Thomas’ work with her clients integrates mind, body and spirit approaches that are informed by scientific evidence. She attributes her improved performance as a facilitator of rapid change to her own practice of mindfulness, which has allowed her to connect more deeply and authentically with the clients she serves.

Deborah Treger, RP

Deborah Treger is a Toronto based Psychotherapist/Psycho-Spiritual Practitioner and musician. Deborah has a psychotherapy practice in which she specializes in mindfulness, meditation practices, sound healing and many other integrative stress relief modalities. As a practicing musician, she has recently released her CD ‘Love is All’. Her musical name is ‘Devorah’ and her CD has been described as meditative, spiritual and psychedelic. Deborah has led psychotherapy workshops and performed in musical events across the greater Toronto area.

Heidi Walk MD, C.C.F.P.

Dr. Walk is a Family physician and psychotherapist focused on Mindfulness Based Stress Reduction (MBSR) programs. Over the last fourteen years several thousand participants have benefitted. She has trained in MBSR with Jon Kabat-Zinn, and also has trained extensively in CBT, sensorimotor psychotherapy, hypnotherapy, gestalt and psychodrama. She has led trainings in mindfulness for physicians and social workers, and also led mindfulness based workshops to a diverse group of professionals. Her greatest joy lies in seeing the positive transformation in attitudes and self-empowerment that people derive from employing the mindfulness tools learned in her programs.

Jamie Warren, RP, CCC

Originally from Northeastern Ontario, Jamie is a proud Mushkegowuk Cree and uses her traditional teachings to inform her clinical practice as a Registered Psychotherapist and Canadian Certified Counsellor. She currently works with Indigenous post-secondary students offering mental health counselling and cultural support as well as support services and accommodations for students with disabilities. Jamie is an active volunteer within her profession and has been a guest lecturer at several Ontario universities focusing on the impact of colonization and the detrimental impact on the health and well-being of Indigenous peoples.
Thank you for selecting to be part of the conference.

Depending on your professional CE provider, you may qualify for Continuing Education hours.

If you have any questions about the conference, continuing education hours, and other Daybreak Therapy and Training events, please contact James@DaybreakTherapy.ca