

Respond. Support. Recover

# Understanding and Responding to the Neurobiology of Trauma and Extreme States of Stress In Emergency and Disaster Response

Free Online Training  
*Various dates*



This interactive online training, provides a practical overview of how trauma impacts the brain and body, with a focus on real-world strategies for trauma-informed emergency and disaster response. Designed for professionals and volunteers across sectors, the session aims to build your understanding of trauma's effects and equip you with effective approaches for supporting individuals and teams during high-stress situations. This training is funded through the Government of Ontario and is provided at no cost to participants.

## Who Should Attend



This training is ideal for anyone involved in crisis, emergency, or disaster response—including emergency management staff, regional service providers, healthcare professionals, community mental health workers, evacuation centre staff, faith-based organizations, school and child welfare staff, and all those who support individuals and communities during challenging times.

## What You'll Learn



Participants will gain a foundational understanding of how trauma and stress impact the brain, body, and behaviour. The session explores the neurological, physiological, cognitive, and emotional effects of trauma, and introduces practical strategies for recognizing trauma responses, providing effective support, and promoting emotional regulation in the aftermath of distressing events.

## Why You Should Attend



This training will strengthen your ability to assess trauma responses accurately, make informed decisions under pressure, and apply proven intervention strategies in real-world emergencies.

You'll develop a practical toolkit for stabilizing situations, supporting distressed individuals, and maintaining effective teamwork in high-stress environments.

*Healing is Possible*

905.684.9333 | [reception@attch.org](mailto:reception@attch.org) | [attchniagara.com](http://attchniagara.com)  
Registered Charitable Organization: 795094739RR0001

# About the Presenter

Lori Gill, R.P., M.A. (Counselling Psychology)  
Certified Trauma Specialist, Consultant, Clinical Supervisor  
& Trainer



- 18+ years' experience in trauma, attachment, and mental health
- Developer of the Integrative Trauma and Attachment Treatment Model (ITATM®)
- Award-winning international trainer and consultant

## What Participants Are Saying

“All of the real-life examples made the learning so much easier and more impactful.”

— Samantha,  
Community Justice  
Coordinator

“Such a great presentation—Lori was amazing. This gives me a new perspective when working with clients who have trauma.”

— Skyler, Ontario  
Public Service

“A deeper understanding of trauma responses will allow me to better support my clients.”

— Carrie, Shelter  
Movers

“The case examples provided solidified my understanding of the material and helped with learning. I enjoyed hearing the application in a clinical context.”

— Sandra, Hospital  
Staff



## Training Details

- Free to Attend
- Various Dates from June 2026 - Jan 2027
- Time: 9:00 AM – 4:00 PM
- Format: Live Online Training
- Register here: <https://forms.gle/ZbPFzUXYGWZL9Fd28>

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## Meet Our ITATM™ Certified Trainers

ATTCH Niagara's training team brings diverse expertise and a shared commitment to trauma recovery, resilience, and community capacity-building. Each trainer has completed the ITATM™ Train-the-Trainer program and is dedicated to advancing trauma-informed practice across Ontario.

### Brooke Caruk, Registered Psychotherapist (RP)

Brooke is a Registered Psychotherapist committed to guiding individuals on their journey to healing and recovery. She completed her graduate placement with ATTCH Niagara and Lori Gill Psychotherapy (LGP), and now works as a therapist with LGP. Brooke embraces a client-centered and integrative approach, informed by training in ATTCH's Integrative Trauma and Attachment Treatment Model (ITATM™). She is driven by the belief that healing is a deeply personal journey, and each step taken towards recovery is a triumph.



Brooke is honoured to serve as an ITATM™ trainer, supporting clinicians in building trauma-informed capacity across Ontario. Participating in the Train-the-Trainer program has deepened her understanding of trauma, especially in acute and emergency contexts. She is committed to empowering others, fostering resilience, and facilitating transformative healing. Brooke recommends ITATM™ training for clinicians working with diverse populations, believing in its supportive, empowering, and effective approach to trauma recovery.

### Leigh Staats, MSW, RSW Indigenous Trauma Therapist

Leigh Staats identifies as Indigenous from the Six Nations community and settler ancestry. Leigh holds a Master of Social Work with a specialty in Indigenous Trauma and Resiliency, and is a Registered Social Worker with the Ontario College of Social Workers and Social Service Workers. Leigh has extensive experience supporting Indigenous adults in both urban and rural settings, providing frontline mental health and addiction services as well as management in health and wellness.



Leigh has used the ITATM™ model for many years and has witnessed its effectiveness in fostering meaningful healing for individuals, families, and communities. Leigh incorporates mindfulness and Indigenous approaches alongside ITATM™ to assist clients in achieving wellness. As an ITATM™ trainer, Leigh is passionate about strengthening community capacity, ensuring healing-informed practices are accessible and sustainable, and supporting trauma recovery and resilience within the communities served.

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### Naomi King, MSW, RSW Registered Social Worker

Naomi King is an experienced Social Worker specializing in trauma-informed care for children, youth, and families. Naomi holds a Master's Degree in Social Work from the University of Windsor and offers eight years of counselling experience, including advanced training in working with individuals affected by sexual abuse and exploitation. Her approach is grounded in attachment theory and developmental trauma, utilizing mindfulness and self-compassion to support clients with disordered eating, anxiety, grief, and loss.

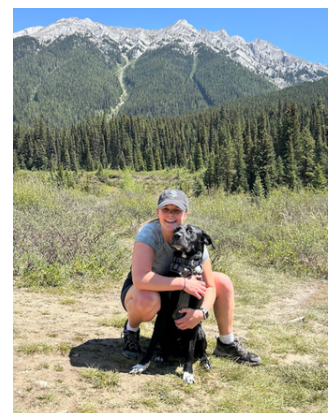
Becoming an ITATM™ trainer has strengthened Naomi's clinical skills and provided opportunities to connect with clinicians across Ontario. Naomi is deeply privileged to share Lori Gill's research and to equip professionals with the tools needed for effective trauma intervention. Naomi values the reassurance that, during times of crisis, communities will have access to skilled mental health care and encourages clinicians working with any population to pursue ITATM™ training.



### Amanda Bonin, MC Candidate Trauma Counsellor

Amanda is a trauma counsellor certified in ITATM™ processing and is currently completing a Master of Counselling degree. Amanda has been working at ATTCH Niagara since February 2023, supporting clients with a trauma-informed approach. She offers a safe, welcoming environment for healing and is passionate about helping others move towards a more grounded and embodied life.

Amanda became an ITATM™ trainer to deepen her understanding of the model and to support communities beyond individual client work. She values the enriching experience of training, including the opportunity to deliver ITATM™ in French to increase inclusivity. Amanda is committed to building awareness and capacity for trauma-informed care and looks forward to equipping mental health workers to better support clients with trauma histories.



# Training Dates are Open to All Sectors / Locations within Ontario

Free Online Training



## Neurobiology of Trauma Training Dates & Registration Links

### Upcoming training dates are as follows:

**Optional 2 Day Registration:** Based on the positive feedback we have received and requests from participants we are including the option to attend the second day of the training as well. Please note this is more clinically focused but still has skills and resources that are generalizable to other roles. This is optional for general emergency response volunteers and professionals.

- June 1 (Day 1 only)
- June 1 & 2 (Days 1 & 2)
- July 13 (Day 1 only) Child & Youth Focus
- July 13 & 14, 2026 (Days 1 & 2) Child & Youth Focus
- September 17 (Day 1 only)
- September 17 & 18 (Days 1 & 2)
- September 23 (Day 1 only)
- September 23 & 24 (Days 1 & 2)
- October 19 (Day 1 only)
- October 19 & 20 (Days 1 & 2)

• **French training dates:**

- November 2 (Day 1 only)
- November 2 & 3 (Days 1 & 2)

• **Training dates for Indigenous Communities:**

- Oct 26 (Day 1 only)
- Oct 26 & 27 (Days 1 & 2)
- Nov 23 (Day 1 only)
- Nov 23 & 24 (Days 1 & 2)
- Jan 18 (Day 1 only)
- Jan 18 & 19 (Days 1 & 2)



"As a volunteer first responder, I learned about self-care and how to help those who have experienced trauma. The day of training was very valuable to me especially learning about the tools I can use."

"I found it very valuable to being provided with an understanding of how the brain processes trauma and how to recognize signs of individuals who are dealing with trauma. I did not realize how in some cases trauma continues to build until it can no longer be contained, and how important it is to understand and recognize the underlying issues."



**Register here:**

<https://forms.gle/ZbPFzUXYGWZL9Fd28>

"I can take this information and apply my learning of the material not only to search and rescue, but also to my own life and profession (education)."

