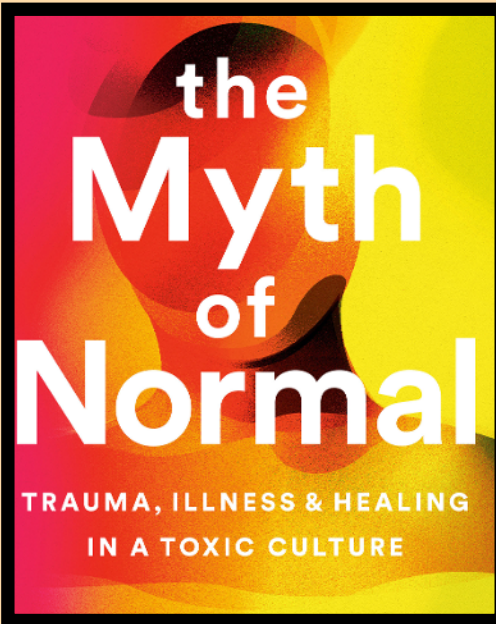


NORTHWEST BEHAVIORAL HEALTH IPA PRESENTS

GABOR MATÉ, MD



In-Person Workshop!

New Location!!

Friday, March 29, 2024 8:20 a.m. to 4:15 p.m.
Ferndale Events Center, 5715 Barrett Rd, Ferndale WA

THE PRESENTER: Gabor Maté, M.D., C.M.



Gabor Maté M.D., C.M., is a Canadian physician (retired), public speaker and bestselling author of five books, published internationally in 35 languages on five continents. His book on addiction, the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, is used as a text in many institutions of higher learning in Canada and the U.S. His most recent book, *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, has been and continues to be a #1 Canadian bestseller and was 19 weeks a New York Times bestseller.

After two decades as a family doctor and palliative care director, Gabor worked for twelve years in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver Supervised Injection Site, North America's first such facility.

His other interests encompass childhood developmental issues, ADHD, mind/body health, trauma and parenting. He is in constant demand as a speaker internationally and has addressed judicial bodies in Canada, the U.S. and Australia on the links between trauma, addictions, and dysfunctional behaviors. He has worked with many Indigenous communities around these issues.

He has received an Outstanding Alumnus Award from Simon Fraser University and an Honorary Degree (Laws) from the University of Northern British Columbia. For his groundbreaking medical work and writings, he has been given the Order of Canada, and the Civic Merit award from his home city of Vancouver. For his latest book, Gabor and his son Daniel won the 2023 Vine Award for Canadian Jewish Literature in the Non-Fiction Category. A film based on his work, *The Wisdom of Trauma*, has been viewed by over 10 million people internationally and has been translated into twenty languages. It is shown regularly in many institutions, including schools and prisons in Canada, the U.S., and abroad (www.thewisdomoftrauma.com). His therapeutic method, Compassionate Inquiry, has been, in the past three years, studied by over 3,000 health care providers in 80 countries. Gabor is a speaker much in demand internationally on addiction, stress and mind/body health, child development, trauma, ADHD and other topics related to his five best-selling books. He has been featured on some of the most popular podcasts, such as Joe Rogan, Tim Ferris, Jay Shetty, and others.

The Myth of Normal Trauma, Illness, and Healing in a Toxic Culture

Workshop Schedule

8:20-8:30 AM	OPENING REMARKS
8:30-10:00 AM	WHY NORMAL IS A MYTH (AND WHY THAT MATTERS). OUR INTERCONNECTED NATURE
10:00-10:15 AM	BREAK
10:15-11:45 AM	THE DISTORTION OF HUMAN DEVELOPMENT
11:45-12:15 PM	BOOK SIGNING
12:15-1:00 PM	LUNCH
1:00-2:30 PM	RETHINKING ABNORMAL: AFFLICTIONS AS ADAPTATIONS
2:30-2:45 PM	BREAK
2:45-4:15 PM.	PATHWAYS TO WHOLENESS
4:15-4:30 PM.	Q&A
4:30 PM.	ADJOURN

The Myth of Normal

Trauma, Illness, and Healing in a Toxic Culture

Workshop Description

Based on *The Myth of Normal: Trauma, Illness and Healing in a Toxic Culture*, half of North American adults suffer from chronic illness - a fact Western medicine views largely in terms of individual predispositions and habits. Western medicine imposes two separations, neither tenable scientifically. First, it separates mind from the body, largely assuming that most chronic illnesses have nothing to do with people's emotional and psychological experiences. And yet, a large and irrefutable body of research has clearly shown that physiologic and behavioral functioning of human beings can be understood only if we integrate our body functions with those of the mind: functions such as awareness, emotions, our interpretations of and responses to events, and our relationships with other people. Second, Western practice views people's health as separate from the social environment, ignoring social determinants of health such as class, gender, economic status, and race. Such factors, in reality, are more important influences on health and longevity than individual predispositions and personal factors such as genes, cholesterol levels, blood pressure and so on.

This workshop shows how a society dedicated to material pursuits rather than genuine human needs and spiritual values stresses its members, undermines healthy child development and dooms many to chronic illness, from diabetes to heart disease, from autoimmune conditions to cancer.

The Myth of Normal

Trauma, Illness, and Healing in a Toxic Culture

Workshop Objectives

Participants of this workshop will be able to:

- The participant will be able to identify two separations imposed by Western Medicine on the health and well-being of the population
- The participant will be able to name three chronic conditions that are correlated with stressful social environments
- The participant will be able to describe one shift in focus that would support a healthier population.
- The participant will be able to identify four "A's" and five compassions: some healing principles.
- The participant will be able to describe the traumatic tension between attachment and authenticity.
- The participant will be able to identify the first steps on the return to the self.

WHAT IS NWBHIPA?

What is NWBHIPA?

The Northwest Behavioral Health Independent Providers Association is a not-for-profit group of over 300 mental health providers throughout Whatcom, Skagit, Island and San Juan counties in Washington State. The NWBHIPA is now in its 20th year and is dedicated to providing quality mental health care that is safe and confidential to patients and collegial support and excellent educational opportunities to members. Membership in the NWBHIPA is available for a one-time fee of \$150. Benefits include discounted tuition to all NWBHIPA sponsored continuing education workshops. www.nwbhipa.org

This workshop is approved for 6 continuing education credits by the Northwest Behavioral Health Independent Providers Association (NWBHIPA). NWBHIPA is approved by the American Psychological Association to sponsor continuing education for psychologists. NWBHIPA maintains responsibility for this program and its content.

REGISTRATION INFORMATION

REGISTRATION

\$170 IPA members

\$200 Non IPA members

\$100 Student with current ID (limit of 10)

Late fee of \$15 added after 3/22/24.

\$150 IPA Membership one-time fee

Certificates of completion available to all attendees.
Onsite registration includes lunch.

Pay ONLINE with credit card or by check or money order payable to NWBHIPA and mailed to NWBHIPA, PO Box 1661, Mount Vernon, WA 98273-1661.

CANCELLATION POLICY

Full refunds minus a \$25 processing fee will be offered with written requests received by 3/22/24.

ACCOMMODATIONS

Best Western Plus, 3985 Bennett Drive, Bellingham
(360) 676-7700

Standard King Room or Double Queen room @ \$129.00 per night plus 10.8% sales tax and \$3.00 per night Bellingham Tourism Promotion Tax

CLICK LINK BELOW OR COPY AND PASTE INTO YOUR WEB BROWSER TO BOOK YOUR ROOM ONLINE:

https://www.bestwestern.com/en_US/book/hotel-rooms.48188.html?groupId=I24CW1T7

The Myth of Normal Trauma, Illness, and Healing in a Toxic Culture

FRIDAY, MARCH 29, 2024

8:20 A.M. TO 4:15 P.M.

Register online here.

Register by mail here.

FOR INFORMATION CONTACT

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www.nwbhipa.org