

## Trauma-focussed Psychological Therapy – Working with Children and Adolescents

### Workshop dates 2012

<b>Launceston</b>	April	19 - 20
<b>Adelaide</b>	May	10 - 11
<b>Newcastle</b>	June	21 - 22
<b>Melbourne</b>	November	15 - 16

The Australian Centre for Posttraumatic Mental Health at the University of Melbourne is an internationally recognised leader in the field of posttraumatic mental health, and our trainers are expert trauma clinicians. These interactive and skills-based workshops are for experienced practitioners working with children and adolescents. Participants will have the opportunity to learn about and practice core skills involved in providing effective interventions for posttraumatic mental health problems arising from single and repeated trauma and disaster. The training experience is enhanced by the use of video clips of expert demonstrations. A comprehensive package of practitioner tools and client handouts is provided.

### Content

- Evidence based interventions for common mental health problems
- Effectively engaging parents as part of interventions
- Psychoeducation for making sense of the trauma and its aftermath
- Cognitive therapy to address problematic trauma-related beliefs
- Arousal management for reducing distress and preparing for exposure
- Behavioural activation for addressing avoidance of trauma reminders
- How to deliver trauma-focussed imaginal and *in vivo* exposure interventions for posttraumatic stress disorder and related anxiety problems
- Addressing complicated grief related to traumatic losses
- Relapse prevention for managing set backs

### Training includes:

- Two-day skills development workshops
- Detailed 250 page manual of interventions and resources
- Continuing Professional Development opportunity
- Networking opportunity with other participants
- Lunch and refreshments

### Cost

2 day workshop – \$880 (inc GST)

### Continuing Professional Development

The workshop provides 12.5 CPD hours, and meets requirements for 'active' CPD.

## TRAUMA-FOCUSSED THERAPY – CHILDREN AND ADOLESCENTS 2012 REGISTRATION FORM

This becomes a Tax Invoice when paid

ABN: 47 720 569 707

**Workshop Times:** 9.00am – 4.30pm (registration from 8.45am)

**Catering:** Lunch and refreshments will be provided

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**Workshop Location:**  Launceston 19-20 April 2012  Adelaide 10-11 May 2012  
 Newcastle 21-22 June 2012  Melbourne 15-16 November 2012

*Workshop venues will be sent to registrants when confirmation details are sent.*

**Name:** \_\_\_\_\_ **Profession:** \_\_\_\_\_

**Organisation:** \_\_\_\_\_

**Postal Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Please add me to ACPMH's email mailing list**

To ensure the workshops are targeted to the needs of participants in the training, please list up to three (3) aspects of treatment you would like to learn more about:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Please note, minimum participation requirements apply.** ACPMH reserves the right to cancel workshops – registrants will be notified at least one month prior to the workshop date should it need to be cancelled; payment will then be refunded in full.

*If you cancel your registration within two weeks of the workshop date you will be charged 50% of the registration fee. Cancellation more than two weeks prior to the workshop date will be refunded in full.*

### Payment options:

**Cost:** \$880 (inc GST)

Cheque / money order  MasterCard  Visa  EFT\*

Card Number: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_      Expiry: \_\_\_\_ / \_\_\_\_

Name on card: \_\_\_\_\_      Signature: \_\_\_\_\_

Cheques payable to ACPMH Inc.

\*If you wish to make payment by EFT, ACPMH will issue you an invoice with bank details.

**When complete, please return with payment to:**

Manager, ACPMH, Level 1, 340 Albert St, East Melbourne, VIC, 3002

Fax: +61 3 9936 5199      Email: [acpmh-info@unimelb.edu.au](mailto:acpmh-info@unimelb.edu.au)

A receipt will be sent once your payment is processed.