

Trauma-focussed training workshops

Workshop dates 2010

Melbourne	April	29 th & 30 th
Perth	May	20 th & 21 st
Brisbane	August	19 th & 20 th
Sydney	October	14 th & 15 th

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

Content

Participants in this workshop will receive basic and advanced skills training on how to conduct trauma-focussed exposure and cognitive therapies. Video illustrations and case discussions will be used to demonstrate these treatment strategies and participants will be able to practice the procedures. Participants will learn strategies for managing common problems encountered when conducting trauma-focussed treatments, and complex cases of PTSD will be explored. A significant part of the workshop will involve helping participants work through aspects of cases they have found challenging.

Please see attached Workshop Schedules for further details on topics covered in this training.

Training includes:

- two-day skills development workshops
- comprehensive package of practitioner tools and client handouts
- professional development points (see below)
- networking opportunity with other participants
- lunch and refreshments provided

Cost

2 day workshop – \$880 (inc GST)

Professional development points

For APS members, the workshop attracts 12 Clinical or Counselling PD points. Further information can be obtained from the Society.

For AASW members, the workshop attracts 24 PD points. Further information can be obtained from the Association.

2010 TRAUMA WORKSHOP REGISTRATION FORM

This becomes a Tax Invoice when paid

ABN: 47 720 569 707

Workshop Times: 9.30am – 4.00pm (registration from 9.15am)

Catering: Lunch and refreshments will be provided

Workshop Location: Melbourne 29 & 30 April Perth 20 & 21 May
 Brisbane 19 & 20 August Sydney 14 & 15 October

Name: _____

Profession: _____

Organisation: _____

Address: _____

Phone: _____

Email: _____

Please add me to ACPMH's email mailing list

To ensure the workshops are targeted to the needs of and difficulties encountered by the participants in delivering trauma-focussed treatments, please list up to three (3) aspects of trauma-focussed treatments 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 as soon as workshops are confirmed or cancelled (if necessary). A receipt will be sent once your payment is processed. Should a workshop be cancelled, payment will be refunded in full.**

Payment options:

Cost: \$880 (inc GST)

Cheque / money order payable to ACPMH Inc. **or**

Credit card Card type: MasterCard Visa

Card Number: ____ / ____ / ____ / ____ Expiry: ____ / ____

Name on card: _____ Signature: _____

When complete, please return with payment to:

Manager, ACPMH, Level 1, 340 Albert St, East Melbourne, VIC AUSTRALIA, 3002
Fax: +61 3 9936 5199 Email: acpmh-info@unimelb.edu.au

WORKSHOP SCHEDULE

DAY 1

Basic skills training on how to conduct trauma-focussed exposure and cognitive therapies. Video illustrations and case discussions will be used to demonstrate these treatment strategies and participants will be asked to practice the procedures.

Session 1

- Introduction to ASD and PTSD and key recommendations in the treatment guidelines.
- Why trauma-focussed treatment for PTSD?
- Introduction to exposure therapy in PTSD: Confronting fears and avoidance.

Session 2

- *In vivo* exposure - Introduction and skills rehearsal.
- Imaginal exposure - Introduction and video demonstration.

Session 3

- Conducting imaginal exposure - Skills rehearsal and introduction to common clinician fears and managing potential difficulties.

Session 4

- Introduction to cognitive therapy as an adjunct to imaginal exposure and as a stand alone trauma-focussed intervention.
- Cognitive therapy - skills rehearsal.

DAY 2

Skills training on how to manage potential difficulties when delivering trauma-focussed interventions. Explore treatment options and sequencing for complex clinical presentations, including comorbid diagnoses and problems related to repeated and developmental trauma.

Session 1

- Review of Day 1.
- Managing potential difficulties arising during imaginal exposure - demonstration and discussion.
- Addressing comorbidity.

Session 2

- Diagnostic reconsiderations.
- What represents a difficult PTSD case?
- Consideration of possible contraindications to imaginal exposure.

Session 3

- Treating adult survivors of childhood sexual assault: the STAIR/PE model.
- Complex cases exercise - case discussion.

Session 4

- Complex cases exercise - case discussion continued.
- Trauma focussed therapy - what if it doesn't work?
- Barriers to providing trauma-focussed therapy.
- Practitioner tools will be introduced and distributed.