

## Trauma-focussed Psychological Therapy – Working with Adults

### Workshop dates 2012

<b>Townsville</b>	March	22 - 23
<b>Darwin</b>	May	24 - 25
<b>Melbourne</b>	June	7 - 8
<b>Sydney</b>	November	1 - 2

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. 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

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

### Training includes:

- Two-day skills development workshops
- Comprehensive package of practitioner tools and client handouts
- 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 CPD hours, and meets requirements for 'active' CPD. For AASW members, the workshop attracts 24 CPD points. Further information can be obtained from the Association.

## TRAUMA-FOCUSSED THERAPY – WORKING WITH ADULTS 2012 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:**  Townsville 22-23 March 2012  Darwin 24-25 May 2012  
 Melbourne 7-8 June 2012  Sydney 1-2 November 2012

*Workshop venue information 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.

## 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 problematic reactions in imaginal exposure - demonstration and discussion.
- Managing comorbidity.

#### Session 2

- Treating prolonged and repeated exposure to trauma
- Trauma-focussed treatment for complex PTSD – the STAIR-PE model

#### Session 3

- Small group work.
- Complex cases exercise.

#### Session 4

- What if treatment doesn't work?
- Where to in DSM-V?