



Sydney

Friday 15 September 2017
Portside Conference Centre

Early Bird Regular - \$264
Regular - \$310
Early Bird Group (3+) - \$251
Group (3+) - \$295
Early Bird Professional - \$237
Professional Member - \$279
Early Bird Student - \$211
Student - \$248

*early bird pricing ends 8 weeks from date of training

**Register online at blueknot.org.au
or call [02 8920 3611](tel:0289203611) for info**

Supporting Practice with Complex Trauma Clients

By participating in this professional development training, attendees will:

- Utilise knowledge of the types, prevalence, dynamics and impacts of individual, complex and collective trauma to articulate the benefits of trauma-informed practice
- Apply an understanding of the stress response, attachment and child development to strategies for supporting the capacity to regulate emotions and arousal
- Articulate the core principles of complex trauma therapy, including a phased strengths-based approach and the importance of relationship in recovery
- Create basic resources for supporting challenging emotions and behaviours, including dissociation

Who should attend?

Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists, and all allied health professionals working directly with adult survivors of complex trauma.

Do you want to better understand the relationship between complex trauma research and practice?

Do you want to improve your skills in supporting clients through the three phases of treatment?

Would you like practical strategies to help manage dissociation and arousal?

This one-day interactive professional development training provides practitioners with the foundational knowledge and skills for working clinically with adult survivors of complex trauma.

This training initially introduces the universal trauma-informed framework which underpins all practice. It then focusses on the core and common features of clinical best practice for working with complex trauma clients by drawing on current research in trauma theory and therapy, affective neuroscience, 'interpersonal neurobiology' and the neurobiology of attachment. It differentiates complex trauma from single incident trauma (PTSD) in severity, complexity of impacts and clinical approaches. The training also explores the importance of a phased approach for complex trauma clients, including safety as the first and fundamental phase.

Participants will acquire the foundational knowledge, insights and tools to support their practice with clients who present with challenges related to 'adaptive' coping strategies, arousal, emotional regulation, attachment and safety. The training promotes a strengths-based approach which minimises re-traumatisation, and fosters a therapeutic relationship which enhances possibilities for recovery.