

Leah is a Sydney based doctoral-level clinical psychologist with 17 years of clinical and teaching expertise in CBT and traumatology

Treating PTSD

2011-12 trauma education

presented by
Dr Leah Giarratano



LIMITED PLACES. REGISTER EARLY

This program attracts 14 ACMHN CPE Points, 28 AASW CPE points or 14 APS CPD hours

Gold Coast, 6-7 October Melbourne CBD, 13-14 October Bathurst NSW, 20-21 October
Newcastle NSW, 3-4 November Wollongong NSW, 10-11 November Sydney CBD, 17-18 November

2012 WORKSHOPS:

Hobart, 17-18 May Cairns, 31 May-1 June Perth, 14-15 June Adelaide 21-22 June

For more details about this workshop and books by Leah Giarratano refer to www.talominbooks.com

Clinical skills for treating posttraumatic stress disorder

This two-day (9am-5.00pm) program presents a highly practical and interactive workshop (case-based) for treating traumatised clients; the content is applicable to both adult and adolescent populations. Techniques are cognitive behavioural, evidence-based, and will be immediately useful and effective for your clinical practice. The program includes handouts and numerous case examples. The emphasis is upon imparting practical skills and up-to-date research in this area. This program is suitable for all mental health professionals.

Day one topics include:

- Treatment maps and planning strategies
- Psychoeducation and motivation tips
- Analysing and targeting dysfunctional behaviours (e.g., substance abuse, self-harm)
- Arousal reduction strategies (including breathing retraining, grounding and distraction tasks)
- An introduction to anger management

Day Two topics include:

- In vivo exposure therapy (reducing avoidance behaviours)
- The fundamentals of exposure therapy for traumatic memories (prolonged imaginal exposure)
- Cognitive challenging of negative self-statements related to the traumatic event
- Contraindications and complex case issues

Program Fee

Super Early Bird \$600 (when you pay for a 2012 workshop by 31/12/11)

Early Bird \$660* (when you pay at least 2 months prior to the workshop date)

Normal Fee \$720* (when you pay less than 2 months prior to the workshop date)

***Save \$60** each when you register with a colleague by fax or mail (both registrations must arrive together). Excludes Super Early Bird.

Program Fee includes GST, program materials, lunches, morning and afternoon teas on both workshop days

Please direct your enquiries to Joshua George on (02) 9823 3374 Fax (02) 8786 1361 Email: mail@talominbooks.com

Treating PTSD Registration/ Reservation Form

2011 WORKSHOPS

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 Please circle the workshop you wish to attend above and return a copy of this completed page

Name:

Address:

Phone:

Email (*essential*):

Mobile:

Special dietary requirements:

Method of payment (circle one)

Visa

MasterCard

Cheque

Please reserve my place & I'll pay during Early Bird period

Name of cardholder: (if using a credit card)

Card Number:

Expiry Date:

Signature of card holder: (if using a credit card)

Debit amount: \$

Cheques are to be made payable to Talomin Books Pty Ltd and mailed to PO Box 877, Mascot NSW 1460

If payment is made with a credit card (or if you are reserving a place), simply complete the information above and fax this page to (02) 8786 1361.

A receipt will be emailed to you upon processing. Note: Attendee withdrawals more than one month in advance attract a processing fee of \$55.

No withdrawals are permitted in the month prior to the workshop; however positions are transferable to anyone you nominate.