

## Working Therapeutically with Complex Trauma Clients (level 2) - a three-phased approach



### WHEN

**11 and 12 September 2019**

8:45am – 4.30pm

A light lunch, morning & afternoon tea will be provided.

### WHERE

NSW Teachers Federation

23-33 Mary Street

Surry Hills NSW

### COST

**Member** \$400 early bird and \$460 standard

**Non member** \$440 early bird and \$540 standard

### CPD HOURS

15 CPD hours

Category 2: Skills and Knowledge/Workshop.

This training is designed for practitioners who work in a counselling and/or therapeutic relationship with complex trauma clients, and utilise clinical assessment, case formulation and treatment/care planning in their daily practice.

This two-day interactive professional development training presents the three-phased approach for working 'bottom up and top down' with clients who have complex trauma histories. Informed by current research, it assumes foundational knowledge around complex trauma, trauma-informed practice, attachment theory and affective neuroscience, and builds on it.

Day 1 presents strategies for Phase 1 work; Safety and Stabilisation and introduces Phase 2; Trauma Processing. It focuses on whole of body i.e. somatic, emotional and cognitive approaches to assessment resource building and trauma processing. Day 2 workshops strategies for tracked, paced and titrated phase 2 work, informed by an understanding of traumatic memory and explores Phase 3; Integration, building your skills to better support your clients to integrate their trauma into their 'life story', engage actively in their daily life and strengthen their sense of self.

### Learning Outcomes:

- Delineate the three phases of safe trauma treatment establishing the critical importance of phase 1, 'setting the scene' and conducting phase 1 assessment
- Foster techniques and strategies to build and restore resources across 7 domains of internal and external safety
- Apply an understanding of attachment dynamics to the importance of attuning to attachment at all times, including working with dissociation
- Acquire knowledge and skills around core components of phase 2 trauma work including working with non-verbal cues and the body
- Apply an understanding of traumatic memory and working within the window of tolerance for safe trauma processing
- Workshop strategies for working with transference/countertransference, enactments and 'difficult behaviours'
- Demonstrate knowledge & understanding of the core components of integration including mentalising, meaning making & the ability to experience pleasure

### Who should attend?

This series is targeted at practitioners who work in a counselling and/or therapeutic relationship with complex trauma clients, and utilise clinical assessment, case formulation and treatment/care planning in their daily practice

For more information phone 9615 4005 or email [aaswnsw@aasw.asn.au](mailto:aaswnsw@aasw.asn.au)

This event is presented by the Australian Association of Social Workers (NSW BRANCH)