



# Complex Trauma: Recognising and working effectively with our clients

**A day of theory and training for working beyond single incident trauma.**

Complex trauma is highly damaging but frequently unrecognised and inappropriately treated. While current research in the neurobiology of attachment has major implications for treatment of trauma, the potential of these insights is not widely operationalised in clinical practice and confusion about the differences between 'complex' and 'single incident' trauma persists.

This training event addresses the stakes of recognising and responding to complex trauma (which comes in many guises) in light of current research findings and their implications for treatment.

Clinical and research insights establish that effective approaches to complex trauma are "phased" and need to engage physical as well as cognitive and emotional processes ('bottom up' and 'top down') This poses challenges to standard perspectives (i.e. insight-based and cognitive behavioural) which privilege 'talk' and which thus require some reconsideration. Core features of effective therapy for complex trauma will be delineated and discussed.

## Learning objectives of this training:

1. Recognise the possibility of complex trauma in diverse client presentations.
2. Recognise differences between complex/single incident trauma and the treatment implications.
3. Identify the necessary components of effective therapy for complex trauma, and the extent to which the combination of these components may require modification and adaptation of their exiting ways of working.
4. Chart the links between core principles of effective therapy for complex trauma and their clinical application.
5. Recognise the centrality of the realm of the non-verbal and ways in which unarticulated experience is 'evoked', 'enacted' and 'embodied' (Wallin, 2007).
6. Understand the rationale for the three phases of recommended treatment for complex trauma and assemble a foundational context in which Phase 1 (safety and stabilisation) can take place.
7. Attune with increased sensitivity to non-verbal cues within the evolving stages of the therapeutic relationship.
8. Embed within their particular approach ongoing attunement to pre-verbal experience and the body with a view to assisting clients to stay within their 'window of tolerance'.



**Pam Stavropoulos** PhD is an educator, consultant and therapist, with a particular interest in the politics of trauma and depression. A member of the Advisory Board of the Scientific Committee of the International Society for the Study of Trauma and Dissociation (ISSTD) she is co-author of the nationally and internationally endorsed *Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery* (2012). A former Fulbright scholar, Pam has held lectureships at Macquarie University and the University of New England, and is a former Program Director at the Jansen Newman Institute where she also taught in the Master's program. She is the author of *Living under Liberalism: The Politics of Depression in Western Democracies* (Florida: Universal, 2008) has written research reports in the community health sector, and is also a clinical supervisor.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

## Morning Session

'Complex' and 'single incident trauma (PTSD):  
the stakes of the distinction and the implications for treatment.  
A diverse research base: The neurobiology of attachment.  
Trauma theory.  
The Adverse Childhood Experiences (ACE) Study.

## Afternoon Session

Clinical implications of the research base: Importance of non-verbal and the body ('bottom up' and 'top down').  
The challenge to 'standard' psychotherapeutic approaches.  
Mental health and adaptation to trauma.  
The importance of dissociation.  
Key features of effective therapy for complex trauma.  
Working clinically: Initial stages of therapy.  
Towards self-regulation (the centrality of safety).  
Phased treatment.  
Transference and counter-transference.  
The high stakes of therapist well-being.  
Vicarious trauma, self-care and supervision. Evaluation and closing.

***"This seminar addresses one of the most current and relevant challenges faced by therapists today. I present this training based upon the latest research along with my experience as a therapist and clinical supervisor."***

Pam Stavropoulos

### How will you benefit from attending this training?

- Increase attunement to the role of non-verbal experience and the body in effective therapy for complex trauma.
- Recognise the relationship between research findings pertaining to complex trauma and their application to practice.
- Understand ways in which standard psychotherapeutic approaches (insight-based and cognitive behavioural) may require adaptation and supplement in light of the evolving research base on complex trauma and a basic capacity to tailor familiar ways of working in light of this understanding.

### Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### We include:

- Presenter travel and accommodation costs.
- Soft copy of all slides, notes and resources and evaluation.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Counsellors, Psychotherapists, Coaches, Psychologists, Hypnotherapists, Social Workers, Community Workers, Mental Health Nurses and Psychiatrists.

### Feedback from Pam's recent presentations for PDP:

*"Presenter was excellent, demonstrated high level of interest and experience in the area. Excellent presentation skills"*

*"Content was comprehensive and very well evidence-based. Thank you for your wisdom, examples of practice and discussions."*

*"As a student this course was extremely helpful in giving me a solid foundation on a difficult topic."*

*"Content of the seminar was really helpful to me. The presenter clearly has lots of experience and knowledge and conveyed it clearly."*

*"This was the best training I have ever been on, and would recommend any I meet to do this training. It's a wonderful training. Thank you."*

*"The trainer's knowledge was amazing." "Well presented course that raised many points relevant to my current clinical practice."*

*"I thoroughly enjoyed the course and will definitely attend more PDP courses and in particular with Pam."*

*"A most informative and valuable resource for my ability to improve my understanding of the role of non-verbal experience and the body. Many rich resources supplied. Thank you Pam."*

*"I was really impressed by the facilitation of the topic by Pam and the professionalism of your representative. The venue choice is compatible and the refreshments provided were excellent and more than enough."*