



Recognising trauma and trauma-related problems

Effective communication and resources for health-care professionals.

Despite increased recognition of the prevalence of trauma, its complex varieties and coexistence with other conditions and disorders is not well understood by diverse health professionals. This three-hour seminar aims to rectify this gap by providing participants with a basic working knowledge of the nature and diverse varieties of trauma, the significance of the term 'trauma related', and the many treatment implications. Core principles of trauma-informed practice will be discussed, and ways of embedding these within existing modes of operating will be considered.

Major themes addressed include effects of overwhelming stress on psychological and physical health, the relationship between coping strategies and symptoms, how to attune to potential underlying trauma in diverse client presentations, and ways of effectively and responsibly applying these learnings to therapy/treatment.

Participants will have the opportunity to workshop a 'first session' client scenario to assist with the

development of practitioner attunement skills to the possible presence of underlying trauma. Handouts summarizing all addressed themes and resources will be provided.

Learning objectives of this training:

1. Define trauma, understand the distinction between single-incident and complex varieties of it, and the significance and treatment implications of the term 'trauma related'
2. Account for the many impacts of trauma with reference to its effects on the brain and body
3. Understand the relationship between coping strategies and symptoms in attempts to manage overwhelming stress over time
4. Recognise the potential presence of underlying 'complex' trauma in diverse client presentations
5. Acquire basic capacity to relate to and work with clients in a trauma-informed manner



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 for 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 (ASCA). 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.

View our range of training topics at www.PDPseminars.com.au to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.



ACA: Members can accrue 6 CPD points.

AASW: Members can accrue 3 CPD hours.

APS: Activities do not need to be endorsed by APS. Members can accrue 3 active hours.



ACWA: Members can accrue 3 CPD hours.

PACFA: Members can accrue 3 CPD hours.

Session Outline
3 hours

The nature of trauma and its various types; significance and treatment implications of the term 'trauma related'.
How trauma affects the brain; impacts on emotional and physical health; the relationship between coping strategies and symptoms.
Core principles of trauma-informed practice.

15 minute tea break

Workshopping of introduced themes; attuning to potential underlying trauma.
How might the presence of trauma be discerned? ('first session' client scenario).
Professional practice in a trauma-informed manner: principles, strategies, resources.
Evaluation and closing.

“Trauma-related problems are more common than is currently recognized; learn to demystify the nature of trauma while recognizing the complexity of its impacts and acquire confidence and resources to apply trauma-informed principles to your practice!” Pam Stavropulos PhD.

How will you benefit from attending this training?

- Acquisition of essential knowledge about the workings of trauma and a basic capacity to apply it.
- Ability to distinguish different types of trauma and to understand the significance and treatment implications of the term 'trauma related'.
- Understand the relationship between coping strategies and symptoms and how to work with clients in a trauma informed manner.

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 for information, quotation or to have a helpful chat about the needs of your team.

This workshop is intended for medical and allied health care professionals with a role in supporting and resourcing patients who have experienced trauma in some form.

Here's what people have said about 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.”*