



Trauma informed Medical Care: interventions and support training

Understanding and applying the principles of trauma-informed care in clinical settings.

We see patients on a daily basis whose care is complicated by their history of trauma. How a person responds to the experiences in their life is unique to that individual's environment, genetic predispositions and protective factors that may be in their life at the time. Trauma affects both our bodies and our personalities, often leading to unhealthy lifestyles, illness and problems in relationships.

Many of our most difficult interactions with patients can be understood and improved with the practice of trauma-informed care. This workshop aims to give clinicians the knowledge and skills to provide this care in physical health settings.

Trauma-informed practice is an approach to care which aims to prevent re-traumatisation while appropriately treating the health needs of survivors. By understanding how trauma affects both physical and mental health, clinicians are better able to work collaboratively with patients to address its impact and improve health outcomes. It also acknowledges that as human beings with their own history, clinicians have the ability to both empathise and be emotionally affected when working with patients who have a history of trauma.

THE IMPORTANCE OF TRAUMA-INFORMED CARE IN MAINSTREAM SERVICES

It is not enough to refer patients with trauma to specialised services. The Royal Commission into

Institutional Responses to Childhood Sexual Abuse report recommended that "*mainstream services (be) capable of responding effectively to survivors with complex trauma.*" Their report also highlighted the risk to professionals of vicarious trauma and burnout, when the right skills, knowledge and support mechanisms are not available.

We will review the common impacts of traumatic events on the brain (memory and perception, judgment, beliefs and worldview, and emotional skills). We will also outline the effects of traumatic events on physical health and disease. As this is a practical workshop, we will be using case histories, demonstrations, and group and reflective work to build a portfolio of skills for use in daily clinical care. We will also explore broader questions of safety in all its aspects – both for patients and clinicians.

Participants will be involved in skills practice and provided with online resources for use in clinical settings.

Learning objectives of this training:

1. Accurately identify the physical and emotional sequelae of trauma.
2. Apply the 5 principles of trauma-informed care in the clinical setting.
3. Use brief therapeutic interventions demonstrated to assist recovery from trauma.
4. Identify and provide interventions to manage the effect of vicarious trauma on clinicians.



Dr Monica Moore is a GP with a full-time psychotherapy practice in Sutherland, who understands the pressures of working in physical health settings. She is in the unique position of being able to combine over 20 years of experience in general practice with expertise in a range of counselling modalities, and has been involved in training GPs and other health clinicians since 2000, helping them to integrate practical psychological strategies into their work. Monica has a special interest in personality disorders and the practical implications for clinicians in managing challenging behaviours, as well as the ways in which clinicians can improve work satisfaction, patient outcomes, and prevent burnout.

Monica graduated in 1983 and undertook initial training in Cognitive Behaviour Therapy and Motivational Interviewing in 1996. As well as further training in CBT and ACT, she has completed the Advanced Certificate of Interpersonal Therapy, the Diploma of Clinical Hypnosis, the Certificate of Emotionally Focused Therapy, and EMDR practitioner training.

Monica has been the coordinator for the Sutherland Mental Health Practitioners Network since its inception in 2009, and has been involved in a training capacity with the RACGP; GP Synergy; CESPAN; Australian Society for Psychological Medicine, Australian Society of Hypnosis; Black Dog Institute; General Practice Conference, Exhibition and Medical Education; NSW Institute of Psychiatry; Rural Doctors Association; Sphere, and the Sutherland Division of General Practice.

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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Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for **3 or 6** hours of face-to-face training is issued for all participants.

Morning Session Review of trauma and its effect on personality development and physiology.
Trauma-informed framework
Attachment-informed assessment
Communication skills

Afternoon Session Affect management skills
Crisis interventions
Identifying resources
Collaborative problem-solving
Trouble-shooting
Safety – for patient and clinician
Evaluation and closing.

“Psychological trauma is a major public health issue; trauma-informed practice gives clinicians the understanding and tools to provide effective care and avoid re-traumatisation.”

Dr Monica Moore

How will you benefit from attending this training?

- Create a therapeutic environment in which there is a high degree of inclusion and support for both patients and clinicians.
- Identify and conceptualise maladaptive behaviours using an attachment theory framework so that problems can be addressed and resolved.
- Use brief interventions to achieve affect regulation in the moment, identify strengths and resources, develop missing life skills, and build and strengthen social supports.

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 resources.
- 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 seminar has been designed to extend the knowledge of health clinicians such as GPs and other medical practitioners, psychologists and allied health staff working in the physical health sector.

No prior knowledge of Attachment theory or trauma is required, although those who are familiar with the concepts will benefit as this is a practical workshop.

Feedback from Monica’s recent presentations for PDP:

“Thank you once again – just so very helpful.”

“Thank you Monica! A lovely presentation with great, honest examples.”

“The PD was presented by a dynamic and engaging professional who was current in the industry. My colleagues and I gained so much from this and previous sessions with Dr Moore – she’s wonderful! Thank you!”

“This training was excellent in both content and presentation. The practical skills exercise is very useful for being able to develop your thinking in the patient role.”

“A very useful, concise session to stimulate and give techniques to change practice.”