

Working with Complex Trauma & Mental Health

Presented by
Philip Hilder
Psychologist



1 Day Workshop

When: Wednesday, 3rd May 2017

Time: 9.00 am to 5.00 pm

Where: NALAG Centre for
Loss & Grief
Welchman Street, Dubbo

Cost: **NALAG Member**
\$220.00 (inc GST)

Non NALAG Member
\$260.00 (Inc GST)

The attendance fee is inclusive of morning tea, lunch, comprehensive manual and certificate of attendance.

NALAG Membership Offer

Join NALAG now to save \$40.00 on this workshop and other NALAG Education & Training. Annual Individual Membership is \$65.00 or Concessional \$40.00. Organisational Membership also available - ask our staff or visit our website www.nalag.org.au for more details.

About the Workshop

The workshop will explore mental health from the perspective of exposure to single or multiple event trauma and toxic stress. The impact of childhood trauma (complex trauma) is being recognised as the single biggest cause of adult mental health problems, relationship problems, career and lifestyle problems, as well as many physical diseases, including early mortality.

This one-day workshop will introduce participant's to how exposure to adversity impacts the developing brains and bodies of children and later adults. Participants will learn to assess and creatively respond to the legacy of complex developmental trauma on the autonomic nervous system, on the emotional system and on the higher brain - cognitively.

Overview of Learning Outcomes:

- Appreciate the movement towards trauma informed care in mental and social health services.
- Understand and differentiate Post Traumatic Stress Disorder (PTSD) from Complex Developmental trauma.
- Gain an understanding of cerebral structures impacted by complex trauma.
- Learn to assess and respond to the body and signs of hyper or hypo arousal, via Stephen Porges Polyvagal Theory
- Understand self-blame and self-hate and coping with these negative beliefs via perfectionism, busyness, and escape.
- Learn to work creatively with complexity attending to each part while always keeping the wellbeing of the 'whole' in mind.
- Appreciate the power of mindfulness and keeping a positive outlook.
- Appreciate the power of clear ethical therapeutic boundaries for successful outcomes.

Who should attend this workshop?

Counsellors, psychologists, social workers, occupational therapists, teachers, clergy, foster carer case managers, mental health workers, and volunteers.

How to Register:

The NALAG Centre for Loss and Grief require all registrations to be performed using our online system please go to our website www.nalag.org.au

Credit Card/Paypal Payments

To register and pay online using your Credit Card or PayPal Account please go to our website and follow the links.

Need an Invoice?

Want to pay by Cheque?

If you require an invoice or wish to pay by cheque please register online via our website and follow the links - at the payment option under Credit Card please select "Offline Payments" and continue as prompted, select invoice or cheque.

If you select invoice you will receive an invoice within 7 days. If you are paying by cheque you will need to print out your registration confirmation email and attach your cheque made out to NALAG (NSW) Inc and mail to:

NALAG Centre for Loss & Grief
PO Box 379, Dubbo NSW 2830

PLEASE NOTE: Spaces cannot be reserved without payment - your registration is not confirmed unless payment has been received.

Bookings and Enquiries

NALAG Centre for Loss & Grief Dubbo
Ph: 02 6882 9222
Or Email: education@nalag.org.au

Cancellation and Refund Policy

NALAG (NSW) Inc reserves the right to cancel education programs (up to 1 week before the commencement date) that do not achieve minimum occupation rates in which case all fees paid will be refunded. NALAG will not be liable for any travel and/or accommodation costs incurred by registered participants to attend programs that are cancelled.

An administration fee of 25% of the registration fee will apply to cancellations by a participant up to 14 days prior to seminar or workshop commencement. For cancellations between seven and 14 days prior to the seminar or workshop, a 50% administration fee will be charged. **NO** refund will be made for cancellations less than 7 days prior to seminar or workshop. A substitute participant can be sent in your place at any time, please advise us of this change.

Program

9.00am	Registration
9.20am	Acknowledgment of Traditional Owners and Country
9.30am	Overview of the training material, and introduction to the Adverse Childhood Experiences study
10.00am	Understanding and differentiating PTSD from Complex Developmental Trauma
10.30am	Addressing self-blame and self-hate
11.00am	<i>Morning tea (20mins)</i>
11.20am	Neurological pieces: The hierarchy of mind, The division of the brain, and the Polyvagal Theory
12.30pm	The therapeutic art of mindfulness
1.00pm	<i>Lunch (45mins)</i>
1.45pm	Systems Theory and Bateson's Propositions
2.30pm	Working with complexity, addressing each part while keeping the wellbeing of the whole in mind
3.30pm	<i>Afternoon Tea (20mins)</i>
3.50pm	Attending to a client's missed or missing needs and experiences
4.00pm	Keeping unstuck - working with creativity and magic
4.45pm	Completions, certificates of attendance and closure

About the Presenter

Philip Hilder has provided counselling since 1990 to survivors of adverse childhood experiences and toxic stress. He is a graduate and practitioner of Hakomi and Sensorimotor psychotherapies which are mindfulness and body centred methods, as well as The Trauma Model of therapy by Dr Colin Ross.



He offers supervision and teaches at the Centre for Community Welfare Training and Jansen Newman Institute, Sydney. He works at Sydney Integrative Psychology, a clinic that offers holistic counselling services located in the centre of Sydney.