



TREATING COMPLEX TRAUMA IN ADOLESCENTS AND YOUNG ADULTS

28-29 March 2012

Wesley Conference Centre, Sydney

Based on his new book, John Briere will present an empirically-validated treatment for multiply traumatised, multi-problem adolescents and young adults. The result of four years of research, this innovative approach includes relational, cognitive-behavioural, affect regulation, and mindfulness components that are specifically crafted to engage and assist seriously traumatised young people. Grounded in the real world of clinical practice, but informed by cutting-edge behavioural science, it offers a flexible, nonjudgmental, but focused approach to issues such as substance abuse, tension reduction behaviours, dysfunctional sexual behaviour, and other avoidance responses. Based on initial and periodic assessment, interventions are individually adapted and customised according to the youth's current challenges, specific symptoms, and functional capacities.

SEMINAR OUTLINE

DAY ONE

SESSION 1

Exposure to traumatic events in adolescence
Complex posttraumatic outcomes
Posttraumatic stress, affect Dysregulation, avoidance/
survival, self-reference issues, relationships

SESSION 2

The social context
Trauma intensifiers
Social marginalization
Acute safety issues

SESSION 3

Customization
Focus on client's experience
Assessment-based treatment
When and how to assess,
The Assessment-Treatment Flowchart

SESSION 4

Relationship building and support
Research of the therapeutic relationship, safety/
disparity, willingness to understand, accept, and
connect, non-authoritarianism
Safety interventions
Suicidality, child protection, gangs, prostitution,
substance abuse, dangerous sexual behaviour

DAY TWO

SESSION 1

Psychoeducation
Targets, limits, integration/relevance
Distress reduction and affect regulation
Relaxation and grounding, mindfulness, urge-surfing
and resisting Tension Reduction Behaviors (TRBs),
emotional detective work

SESSION 2

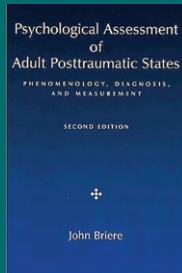
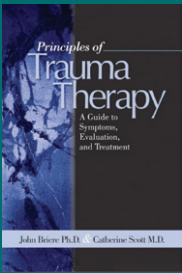
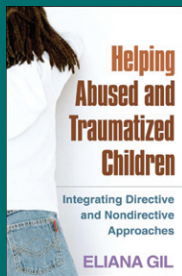
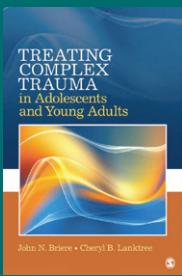
Cognitive interventions
Normalising and validating, trigger interventions,
cognitive reconsideration, developing a coherent
narrative, metacognitive awareness

SESSION 3

Titrated exposure to trauma memories
A new approach, the therapeutic window, intensity
control, multiple targets, acceptance of some level
of avoidance, constraints

SESSION 4

Identity development
Self-knowledge and self-acceptance, self-exploration,
non-leading questions, self- (versus other-)
directedness and empowerment, avoiding overuse
of interpretation and therapist-focused interventions
Interventions with caretakers and other family members
Goals of intervention, challenges, caretaker
education and parenting groups, family therapy,
focused and constrained caretaker/ couples therapy



ABOUT DR JOHN BRIERE PH.D.

John Briere, Ph.D. is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the Psychological Trauma Program at LAC-USC Medical Center.

A past president of the International Society for Traumatic Stress Studies (ISTSS), he is recipient of the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS and the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association.

He has been designated as "Highly Cited Researcher – Behavioral Science" by the Institute for Scientific Information, and is author or co-author of over 100 articles and chapters, 11 books, two treatment manuals, and nine psychological tests in the areas of trauma, child abuse, and interpersonal violence. His newest book, co-written with Cheryl Lanktree, Ph.D., is *Treating complex trauma in adolescents and young adults*. His website can be found at www.JohnBriere.com.

VENUE

Registrations: 9.00am

Seminar start/finish: 9.30am-5.00pm

Wesley Conference Centre, Wesley Theatre
220 Pitt St, Sydney CBD

Getting there:

Bus: Many buses going through the city

Train: St James and Town Hall stations

Car: Secure Parking, Castlereagh St

REGISTRATIONS

Register online at www.startts.org.au

Or fill out this form and:

Email: startstraining@startts.org.au

Fax: (02) 9794 1910. Attn: Training Admin

Post: Training Admin, STARTTS,
PO Box 203, Fairfield NSW 2165

TERMS AND CONDITIONS

The closing dates for registrations are final and non-negotiable. Registrations will not be confirmed until full payment is received. A receipt will be mailed to you once payment has been received. Please bring your receipt to the seminar for proof of registration. An administration fee of \$50 applies to all cancellations before 5/3/2012. Registration once paid cannot be cancelled after 5/3/2012 regardless of personal circumstances. Registration can be transferred to another delegate. One-day registrations are not available. Online registration is not available for the student or group price. **The student price is for full-time students only and a photocopy or pdf of a valid student card must be forwarded with registration form. *Group price is for groups of 5 or more people, must be paid together on 1 cheque/credit card, and each person must fill out an individual registration form with specific contact details, all forms must be sent together, otherwise individual registration fee will be charged.

ABOUT STARTTS

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors helps refugees recover from their experiences and build a new life in Australia. We are committed to promoting excellence in clinical practice and invite speakers recognised as experts in their field to run seminars relevant to the treatment and rehabilitation of torture and trauma survivors. Over the last few years STARTTS has hosted very successful seminars presented by high calibre speakers such as **Dr Bessel van der Kolk**, **Dr Louis Cozolino**, **Dr Daniel Siegel** and **Dr Stephen Porges**. Please refer to STARTTS' website www.startts.org.au for more details. STARTTS is a registered charitable organisation and donations over \$2 are tax deductible.

TAX INVOICE/ REGISTRATION FORM

ABN 15 136 372 248 | Prices include GST

Morning tea, lunch and afternoon tea provided.

'Treating Complex Trauma in Adolescents and Young Adults'

EARLY BIRD REGISTRATION

\$465 each \$440 groups* \$315 students**

(Payment in full before 5pm, Monday 6 February 2012)

STANDARD REGISTRATION

\$495 each \$470 groups* \$345 students**

(Payment in full before 5pm, Friday 23 March 2012)

Name _____

Email _____

Organisation _____

Position _____

Phone _____

Mobile _____

SPECIAL DIETARY REQUIREMENTS

Halal Vegan Gluten free Other _____

PAYMENT METHOD

Cheque to STARTTS:

Attached is my payment of \$ _____

Please debit my Credit Card: Visa MasterCard

Card No. _____ / _____ / _____

Name on card _____

Expiry date _____ / _____

Amount \$ _____

Signature _____

PLEASE TICK TO RECEIVE STARTTS' EMAIL UPDATES:

- Monthly Training Update
- Clinical Seminars and Evenings Updates
- Community Development Seminars Updates
- Hints for Healing: Strengthening Refugee Children's Resilience e-Magazine
- Quarterly e-Newsletter
- Annual Refugee Ball and Refugee Week Updates
- Refugee Transitions Magazine Update