Dr Martha Nicholson  
Berkshire Traumatic Stress Service  
Thursday the 20th of September 2018  
Venue: Local to Reading

Working with PTSD following Childhood Sexual Abuse

Introduction:  
This workshop focuses on developing clinical skills to work with people who have posttraumatic stress disorder as a consequence of childhood sexual abuse (CSA). The workshop will particularly focus on understanding the impact of such traumatic experiences on the developing brain and the development of inter- and intra-personal capabilities.

This workshop is part of the advanced skills module and assumes prior knowledge, practice of CBT and use of trauma-focused CBT.

Content

This workshop will introduce participants to some of the psychological sequale of CSA including difficulties consistent with Complex PTSD. It will focus on using theoretical understanding to formulate PTSD in this context and how to use the formulation as a roadmap to structuring clinical intervention. The workshop will present a three-phased therapeutic process to enhance evidence-based treatment for this more complex presentation of PTSD.

Learning objectives:

1. To explore the psychological impact of CSA, including the development of C-PTSD.

2. To build participant’s confidence in using the PTSD formulation to help make sense of difficulties and guide treatment

3. To introduce a phased therapeutic process to enhance evidence-based treatment
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4. To introduce therapeutic techniques to work with specific beliefs and emotional states commonly seen in PTSD following CSA.

Training modalities

The workshop will use didactic teaching, video, experiential role-plays and clinical case material to facilitate participants’ learning.

Key references:


About the presenter:

Dr Martha Nicholson is a Clinical Psychologist and the Deputy Clinical Lead of the Berkshire Traumatic Stress Service. She has specialized in working with PTSD and C-PTSD for a number of years and has a particular interest in PTSD following rape, CSA (particularly in older adults), Veterans and birth trauma. She has developed a successful CBT group for PTSD following CSA and is involved in facilitating the service’s Compassionate Resilience Group for this client group.

Cost of 1-day workshop: £130 including lunch

For further information contact the Charlie Waller Institute: 
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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading