Advanced Skills for working with Complex PTSD

Introduction:
This two day course will cover complex (type II) trauma from both childhood and adulthood experiences. It will review the differential impact of multiple, repeated and prolonged trauma on neuropsychological development, attachment and cognition, including difficulties associated with Complex PTSD (C-PTSD).

Content
The workshop will introduce the impact of multiple, prolonged and repeated trauma, focussing on the development of difficulties consistent with C-PTSD. The current evidence base for treating C-PTSD will be reviewed and gaps identified. A phase-based model for working with C-PTSD will be presented in order to guide understanding of where to start and where to focus treatment. Different clinical skills which can be used when working with complex trauma, transferrable to different populations, will be discussed, demonstrated and practiced during the workshop.

Learning objectives:
1. To explore the psychological impact of prolonged and repeated trauma, including the development of C-PTSD.
2. Explore the evidence base for treating C-PTSD and discuss current treatment guidelines
3. To introduce a phase-based treatment model to enhance current evidence-based treatment
4. To introduce therapeutic techniques and develop clinical skills in working with PTSD symptoms and additional difficulties commonly seen in C-PTSD
Dr Deborah Lee
Dr Martha Nicholson
Berkshire Traumatic Stress Service

17th and 18th of September 2018
Venue: Local to Reading

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

About the presenters:
Dr Deborah Lee is a Consultant Clinical Psychologist and Head of the Berkshire Traumatic Stress Service. This is a national service treating those suffering from PTSD and complex PTSD. She has specialized in trauma for over 20 years and has presented her clinical interests and research to an international forum. Her particular areas of interest include shame-based trauma, interpersonal violence, PTSD following CSA and compassion-focused therapy. Dr Lee has published widely and has presented over 150 invited workshops and talks on her clinical work. Dr Lee is an honorary senior lecturer at University College London.

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 2-day workshop: £250 including lunch

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 7537

Charlie Waller Institute
School of Psychology and Clinical Language Science
University of Reading
RG6 6AL
http://www.reading.ac.uk/charliewaller

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading