

***I would like to attend the workshop on “Resolution of Traumatic Stress: Evidence and Practice Based Strategies For Addressing Acute and Complex Trauma” presented by J. Eric Gentry, PhD. Please register my application (TICK A BOX)***

- ☐ **SYDNEY**      **5 June 2013**  
Wesley Conference Centre,  
220 Pitt Street, Sydney NSW
- ☐ **CANBERRA**    **7 June 2013**  
The Hellenic Club,  
Matilda Street, Woden ACT
- ☐ **PERTH**            **10 June 2013**  
Wollaston Conference Centre,  
5 Wollaston Road, Mt. Claremont WA

- ☐ **ADELAIDE**      **14 June 2013**  
Next Generation Health Club,  
War Memorial Drive, Adelaide SA
- ☐ **MELBOURNE**   **18 June 2013**  
Darebin Arts and Entertainment Centre,  
Cnr Bell Street & George Street, Preston VIC
- ☐ **BRISBANE**      **20 June 2013**  
Broncos League Club,  
98 Fulcher Road, Red Hill QLD

COST	
EARLY BIRD RATE:	\$299 per person (before 5th May 2013)
STUDENT RATE:	\$270 per person (before 5th May 2013) (applies to self-funded and full time students only)
STANDARD RATE:	\$335 per person

- All prices include GST, Payment is required to secure registration.
- Only cancellations in writing will be accepted.
- NO REFUNDS WILL BE GIVEN FOR CANCELLING LESS THAN 5 WORKING DAYS BEFORE EACH SEMINAR. Cancellation policy is final and not negotiable. TATRA regrets difficult personal circumstances that prevent participants to attend, however the logistics of event management prevent TATRA from assuming responsibility for these contingencies.
- Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions and/or flight cancellations.
- Morning tea and lunch will be provided.
- Electronic Certificate of attendance will be issued after the workshop.
- Please provide TATRA with your email address.
- All courses are run subject to minimum numbers.

TIME	9.15am - 4.45pm
PRESENTER	J. Eric Gentry, PhD
TO ENROL	

1. Select the course you wish to attend (tick boxes above).
2. Complete the registration form details below.
3. Send this form with correct payment (cheque, money order EFT or Credit Card Details) to TATRA Corporate & Allied Health Training Services.
4. SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.
5. Remittance notice MUST be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
6. Credit card payments incur 1.5% surcharge.

NAME: \_\_\_\_\_

ORGANISATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ STATE: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

TEL: \_\_\_\_\_ FAX: \_\_\_\_\_ EMAIL: \_\_\_\_\_

TAX INVOICE TO BE SENT TO: (Include the correct details of your organisation Accounts Payable Dept.)

<b>CREDIT CARD DETAILS</b>		<input type="checkbox"/> VISA	<input type="checkbox"/> MASTERCARD
NAME ON CREDIT CARD		CREDIT CARD NUMBER	
EXPIRY DATE		AMOUNT \$	
SIGNATURE		DATE	



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# TATRA

CORPORATE AND ALLIED HEALTH TRAINING SERVICES

## RESOLUTION OF TRAUMATIC STRESS:

## EVIDENCE AND PRACTICE BASED STRATEGIES FOR ADDRESSING ACUTE AND COMPLEX TRAUMA

1-day workshop for professionals

**Presented by**  
**J.Eric Gentry, PhD**

**APS:** Activities do not need to be endorsed by the APS. APS Members can accrue 7 CPD hours by participating in this activity.

**AASW:** Members can acquire CPI hours by participating in this activity (14 CPE hours).

**PACFA:** Members can accrue 7 CPD hours by participating in this activity.

**ACA:** Double Points Apply.

*Practitioners are increasingly called upon to work with clients who are experiencing multiple types of trauma coupled with addictions, debilitated self structures, cultural/religious influences and self-injurious behaviours. This one-day training presented by internationally-renowned trauma professional Dr. J. Eric Gentry provides state-of-the-art evidenced-based practices and principles to help you safely and effectively work with this challenging client population. By attending this training you will learn the three evidence-based secrets of trauma treatment that make resolution of acute traumatic stress symptoms, and complex trauma, simple and successful. This training is full of easy-to-use skills and interventions that are immediately applicable to your clinical practice for not just treating traumatic stress and dissociation but for majority of and many other mental health disorders. Dr. Gentry has been providing clinical services to trauma survivors for over 30 years and his trainings have been called “The perfect alchemy of science and practice wisdom and soulful CBT.” You will find this workshop valuable, stimulating, and refreshingly practical. You will never look at traumatic stress and your trauma-surviving clients the same again.*

## Learning Objectives

- Increase your understanding of new developments in the trauma field
- Improve knowledge of the relationships between trauma, affective dysregulation, addiction/ self-harming behaviour, damaged self structures and impaired interpersonal capabilities.
- Increase your capacity to assess, treat and refer clients with history of repeated trauma
- Learn the secret “active-ingredients” employed by all effective treatments for traumatic stress to lessen symptoms;
- Appreciate the crucial importance of understanding the role of the Autonomic Nervous System in both the causation and resolution of traumatic stress symptoms;
- Teach your clients how to regulate and control their Autonomic Nervous System instead of being victimised by it.
- Learn why and how relational factors are critical to effective treatment and how to maximise these factors throughout the course treatment;
- Learn the six empirical markers to know when you have “good enough” safety and stabilisation with traumatised clients to transition into the memory processing phase of treatment;
- Why and how narratives are the most effective form of exposure in desensitising trauma memories;
- Brief Resolution of trauma memories; Experientially learn protocol for utilizing a CBT 5-narrative approach for desensitising and reprocessing trauma memories in one clinical session.
- Gain immediate mastery with understanding and treating traumatic stress.

## Program Outline

- Effects of Complex PTSD
- Understanding and diagnosing Complex PTSD and Trauma
- Insecure and/or Traumatized Attachments
  - Hyper-arousal / Affect dysregulation
  - Difficulties related to self soothing
  - Underdevelopment/lack of development of self capacities
- Recognizing the role trauma plays in numerous forms of psychopathology and psycho-physical distress
- Changing the Paradigm. (Benish et al, 2008)
- Three Evidence-Based “Active Ingredients” for the Effective Treatment of Traumatic Stress
- Scott Miller & The First Most Powerful Predictor of Positive Outcomes Skilled utilisation of the SRS
- Viktor Frankl & The Second Most Powerful Predictor of Positive Outcomes
- Tools for Hope (Gentry, 2012): Perceived Threat, Autonomic Nervous System and Self-Regulation
- Tri-Phasic Model for Treating Traumatic Stress (Herman, 1992) - Standard Of Care
  - Safety & Stabilisation
  - Six Empirical Markers
  - Skills-Building
  - Non-hypnotic Safe-Place/Anchoring/Grounding
  - 2-1 Sensory for Self-Rescue for Abreactions
  - Envelope Containment Technique/Incomplete Session
  - Second Diaphragmatic Breathing
  - Postural grounding
- Traumatic Stress: Illness or Injury?
- Anatomy of a Traumatic Response
- IATP Five-Narrative Approach for Desensitising & Reprocessing Trauma Memories Experiential
  1. Graphic Time-Line Narrative
  2. Written Narrative
  3. Graphic (Non-verbal) Narrative
  4. Verbal Narrative
  5. Recursive Narrative
- Closure and evaluation

## About J. Eric Gentry, LMHC



Dr. J. Eric Gentry (LMHC, CAC, Master Traumatologist ) is the co-author of the critically-acclaimed “Trauma Practice: Tools for Stabilisation and Recovery” (2011, Hogrefe & Huber); past director of the Traumatology Institute and International Traumatology Institute; and current vice-president of the International Association of Trauma Professionals. He is an internationally recognised leader in the study and trauma treatment and compassion fatigue. Under Dr. Charles Figley’s direction, Gentry developed the Accelerated Recovery Program for Compassion Fatigue with Anna Baranowsky, Ph.D., and Kathleen Dunning. Gentry has worked with hundreds of practitioners following their work with disaster survivors. Dr. Gentry draws equally from his scientific study and from his rich history of 30 years as a professional therapist to provide this training. He has a private clinical and consulting practice in Sarasota, Florida, USA, and is adjunct faculty at many universities.

