

Essential Foundations workshop:

Sleep treatment issues in sexual assault survivors

Facilitators: Professor Dorothy Bruck (Emeritus Professor of Psychology - Victoria University) & Professor Gerard Kennedy (Professor of Clinical Psychology - RMIT)

Training for: DHHS funded Sexual Assault Workers

Date: Tuesday 22nd October 2019

From: 10:00am – 4:00pm

At: Queen Victoria Women's Centre, 210 Lonsdale St.

Workshop Objectives:

- To explore current research about sleep issues for survivors of sexual assault
- Develop a better understanding of sleep and relevant sleep difficulties
- Identify strategies to treat symptoms prevalent in survivors of sexual assault, including elements of CBT for insomnia
- Increase confidence in dealing with sleep difficulties through relevant case discussions

To register for this workshop please complete the registration process at tri booking via this link <https://www.trybooking.com/BCHOJ>

Any problems email admin at SECASA secasa@monashhealth.org

**Morning tea will be provided, participants are asked to provide their own lunch.*

For more information about this workshop please contact

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