

Essential Foundations Workshop for DHHS funded sexual assault workers:

Trauma-focussed cognitive therapy: Helping sexual assault survivors process beliefs that stop them from recovering

Presenter: *Anne-Laure Couineau- psychologist, from: Phoenix Australia
- Centre for Posttraumatic Mental Health*

Dates: *May 19th and 20th 2020*

Time: *9:30AM until 4:30PM*

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

Workshop Outline

This interactive and skills-based workshop will introduce participants to cognitive therapy as a tool to help process traumatic memories. Participants will have the opportunity to practice core cognitive therapy skills. They will then be provided with information on how to approach cognitive therapy with **Adults and adolescents** who have experienced complex trauma.

Workshop Objectives

- Increase familiarity with traumatic stress and the nature of traumatic memories
- Identify and establish treatment goals
- Sequence treatment for complex problems and co-morbidity
- Gain confidence in using trauma-focussed cognitive therapy techniques including Socratic questioning
- Gain understanding on how to prepare clients who have experienced ongoing trauma or childhood abuse for trauma-focussed therapy
- Explore common issues in trauma focused treatment with survivors of sexual assault, including potential breaks in therapeutic alliance

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

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

Any problems email admin at SECASA secasa@monashhealth.org

For more information about this workshop please contact
Sarah McGregor, Training Co-ordinator, Statewide Sexual Assault Workforce Development on 99288741 or email
sarah.mcgregor@monashhealth.org.au