Do you help people recover from trauma?

2019 Training Programs

Phoenix Australia Centre for Posttraumatic Mental Health
Do you or your staff help people who have experienced trauma? Many Australians have been exposed to traumas such as a disaster, workplace accident, or assault. These events can be incredibly difficult for people to deal with, and for some, the effects can have a lasting impact on their life.

If part of your work is to help, support, or treat traumatised individuals, you will want to understand the impacts of trauma and learn the most effective strategies to help people recover.

Phoenix Australia’s training programs give you the skills to provide practical, effective support and treatment. The programs are suited to a range of roles, including volunteers, workplace peers or managers, community workers, and mental health practitioners.

Phoenix Australia provides engaging and evidence-based training as well as consultation and supervision services. Our trainers and supervisors are trauma experts and experienced practitioners.

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### Psychological First Aid
**1 DAY WORKSHOP**
For early response support workers

### Anger and Trauma
**1 DAY WORKSHOP**
For a range of helping professionals

### Trauma Informed Care
**1 DAY WORKSHOP**
For a range of helping professionals

### Neuropsychological Impact of Trauma
**1 DAY WORKSHOP**
For specialist mental health providers

### Cognitive Processing Therapy
**2 DAY WORKSHOP + CONSULTATIONS**
For specialist mental health providers

### Trauma-Focussed Psychological Therapy Working with Adults
**2 DAY WORKSHOP + CONSULTATIONS**
For specialist mental health providers

### Trauma-Focussed Psychological Therapy Working with Children & Adolescents
**2 DAY WORKSHOP + CONSULTATIONS**
For specialist mental health providers

### Tailored Training & Support Programs
Tailored programs to suit the needs of particular organisations, services or workforces

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**FOR ENQUIRIES PHONE**
**Maria Humphries** 03 9035 5599

**REGISTER ONLINE**
[www.phoenixaustralia.org](http://www.phoenixaustralia.org)
Psychological First Aid

Psychological First Aid (PFA) is a practical, flexible, and recommended approach to helping people in the immediate aftermath of a traumatic event, such as a disaster, workplace accident, or assault. It can be delivered by both lay and professional helpers.

PFA helps to reduce the initial distress and assists people to cope better in the days and weeks following trauma. Helpers trained in PFA ensure safety, provide emotional comfort and support, and offer practical advice and assistance to address people’s immediate needs.

In this workshop, you will learn core skills of PFA, including simple psychological strategies, and gain the confidence to provide assistance and support to individuals affected by trauma.

A comprehensive training manual with tools and handouts is provided.

Who should attend?
- First responders
- Peer supporters
- Crisis response team members
- Disaster relief providers
- Primary care, emergency, and mental health providers
- Employee Assistance Program providers
- Workplace managers and supervisors

Course Content
- How people respond to trauma
- Providing PFA safely and effectively
- Listening and communication skills
- Skills to help calm and support others
- Looking after yourself

Duration
1 Day Workshop

Continuing Professional Development
The training provides a total of 7 CPD hours.

Locations & Dates

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Cost $390 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/pfa
Anger is a common response following trauma, but when a person finds it difficult to control their anger, it can contribute to a range of problems such as aggression, guilt, damaged relationships, and legal issues. Anger can be a significant barrier to recovery from trauma, and if not attended to, can impact on the effectiveness of therapy for posttraumatic stress disorder.

If you work with people with problematic anger following trauma, this workshop will provide you with a model to better understand anger, and a set of flexible, evidence-based interventions. These skills can be used by a range of practitioners, including those providing counselling and case management services.

In this workshop, you will learn and practise practical strategies to help clients to better manage their problematic anger, including working with clients to understand the connection between their emotional instability and past trauma, and to better manage their problematic anger and foster improved coping and functioning.

A comprehensive guide with tools, handouts and other resources is provided.

Course Content
• A trauma informed model of anger
• Helping a client to understand their anger
• Helping a client to ‘take action’ with their anger
• Using simple ‘short circuit’ strategies
• Teaching arousal reduction strategies
• Helping a client to think differently about anger-provoking situations
• Helping a client to communicate more effectively

Who should attend?
Practitioners who work in a range of settings, including youth, family, homeless, aged, education, welfare, alcohol and substance, mental health, and disability.

Duration
1 Day Workshop

Continuing Professional Development
The training provides a total of 7 CPD hours.

Locations & Dates
Brisbane 29 Apr
Melbourne 2 May
Sydney 20 May
Melbourne 12 Aug
Sydney 26 Aug
Brisbane 15 Oct

Cost $390 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/anger
Trauma Informed Care

Traumatic experiences are common, and the effects can be profound. If you work in a community-based setting with people who have experienced trauma, this workshop will provide a framework for understanding, responding, and aiding recovery. Trauma Informed Care helps to build a client’s sense of safety, control and empowerment through strengths-based interventions that can be delivered by a range of professionals.

In this workshop, you will learn about and practise key aspects of Trauma Informed Care, including how to safely talk about trauma, simple strategies to teach your clients to help them deal with their distress, how to foster independence and recovery, and encouraging connection with others. You will also learn how to apply these skills in your own work setting.

A comprehensive guide with tools, handouts and other resources is provided.

Course Content
- The impact of psychological trauma
- The principles of Trauma Informed Care
- Applying Trauma Informed Care principles in your work and organisation
- How to assess and talk about trauma safely and sensitively
- Using brief recovery-focussed interventions
- Looking after yourself

Who should attend?
Practitioners who work in a range of settings, including youth, family, homeless, aged, education, welfare, alcohol and substance, mental health, and disability.

Duration
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Cost  $390 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/tic
Neuropsychological Impact of Trauma

The cognitive impairments commonly associated with trauma and PTSD can be quite disabling. Using illustrative case studies, this workshop will help you to identify these deficits, understand the impact they may have on a client’s presentation and functioning, and consider the implications for your treatment planning.

The workshop will take a lifespan approach, highlighting the impact of trauma on brain development and cognitive functioning at different life stages. You will learn about cognitive screening measures and how a more comprehensive neuropsychological assessment can enhance your case formulation and treatment planning. You will also learn and practise simple compensation strategies to teach clients to improve their day-to-day functioning.

A practitioner guide with tools, handouts, and an up-to-date reference list is provided.

Course Content
- The impact of early-life trauma on the developing brain
- Common cognitive deficits in PTSD and their functional impact at different life stages
- The neurobiology underlying cognitive deficits in PTSD
- Identifying the impact of comorbid health and mental health problems on cognitive functioning
- Using cognitive screening measures to supplement the assessment process
- The benefits of a comprehensive neuropsychological assessment
- Simple compensation strategies for clients to better manage cognitive deficits

Who should attend?
Specialist mental health providers who provide treatment and support to children and adults with PTSD and related conditions.

Duration
1 Day Workshop

Continuing Professional Development
The training provides a total of 7 CPD hours.

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Cost $440 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/np
Cognitive Processing Therapy

If you are looking to learn an evidence-based therapy for PTSD, Cognitive Processing Therapy (CPT) offers an alternative to exposure-based therapy. CPT is an effective cognitive behavioural treatment for PTSD with a focus on assisting a client to process and modify their beliefs related to the traumatic event.

With the aid of expert video demonstrations and skills rehearsal, this interactive training program consists of a two-day workshop and three follow-up consultations. This will give you the skills and confidence to deliver CPT to people affected by a wide range of traumatic events.

A comprehensive treatment manual including client handouts is provided.

**Course Content**
- The theoretical basis for CPT
- Delivering CPT: session by session
- Rehearsal of key CPT skills
- Addressing common difficulties in therapy
- Managing comorbid mental health conditions
- Treating complex PTSD

**Who should attend?**
Specialist mental health providers who provide treatment and support services to adults with PTSD.

**Duration**
2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

**Continuing Professional Development**
The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

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**Cost** $990 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/cpt
Trauma-Focussed Psychological Therapy
Working with Adults

Treating posttraumatic stress disorder (PTSD) is challenging, whether the result of a single incident such as a car accident or natural disaster, or more chronic trauma exposure such as child sexual abuse. This training program will give you the skills and confidence to use exposure-based therapy to help your clients recover from PTSD. The two-day workshop is followed by three group-based consultations with an expert trainer – supporting you to apply and refine your new skills.

With the aid of expert demonstrations, you will learn and practise skills in exposure, cognitive, and emotion regulation interventions. You will also learn about and practise case formulation as a tool in developing individualised treatment plans for clients with complex presentations.

A comprehensive manual with practitioner tools and client handouts is provided.

Course Content
- Trauma, PTSD and related posttraumatic conditions
- Evidence-based treatments for PTSD
- The importance of traumatic memory
- Exposure-based therapy
- Troubleshooting problematic reactions
- Managing comorbid mental health conditions
- Case formulation and treatment planning
- Treating complex PTSD

Who should attend?
Specialist mental health providers who:
- provide treatment and support services to adults with PTSD
- have experience in providing psychological therapies to individuals with mental health problems

Duration
2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

Continuing Professional Development
The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

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Cost $990 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/tfta
Treating traumatised children and adolescents can be challenging even for experienced practitioners. This training program will provide you with the confidence to use a toolkit of evidence-based interventions to address PTSD and other posttraumatic mental health conditions in young people, whether due to single or repeated traumatic experiences. The two-day workshop is followed by three group-based consultations with an expert trainer – supporting you to apply and refine your new skills.

With the aid of expert demonstrations, you will learn and practise a range of skills using a family-sensitive approach, including exposure, cognitive, and emotion regulation interventions. The importance of a thorough clinical assessment and comprehensive treatment plan is emphasised.

A comprehensive manual with practitioner tools and client handouts is provided.

**Course Content**
- Evidence-based treatments for posttraumatic mental health problems
- Involving parents in treatment
- Helping clients make sense of trauma
- Addressing unhelpful beliefs
- Strategies to reduce distress
- Helping clients to get active and address avoidance
- Working with clients to process traumatic memories
- Addressing complicated grief
- Preventing relapse

**Who should attend?**
**Specialist mental health providers who:**
- provide treatment and support services to children and adolescents with PTSD and other posttraumatic mental health conditions
- have experience in mental health assessment, case formulation, and treatment planning

**Duration**
2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

**Continuing Professional Development**
The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

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**Cost** $990 (inc GST)

REGISTER ONLINE
www.phoenixaustralia.org/tftc
Tailored training and support programs

Phoenix Australia’s training and supervision services can be tailored to suit the needs of particular organisations, services or workforces. We also provide training and support to supervisors and practice leaders to help them lead practice change within their settings.

Examples of services for tailored programs

- Homelessness
- Sexual assault
- Mental health
- Substance misuse
- Refugee and asylum seeker
- Emergency services
- Legal
- Justice
- Advocacy
- Telephone counselling
- School support
- Relationship counselling
- Military and veteran

Other training programs

- **Managing Sensitive Disclosure**: for assessors and other administrative staff to better manage contact with clients reporting sexual abuse or other traumatic experiences

- **Case Formulation**: for mental health practitioners to improve their assessment and case formulation skills with more complex clients with a view to undertaking collaborative treatment planning with clients

- **Skills for Psychological Recovery**: for practitioners with basic counselling skills to learn how to provide simple recovery-oriented psychological interventions in the weeks after disaster or trauma

- **Community Support Training Program**: for community members to learn effective ways to assist others following disaster

**PLEASE CONTACT US TO DISCUSS YOUR REQUIREMENTS**

Call 03 9035 5599 or email phoenix-info@phoenixaustralia.org
## 2019 TRAINING CALENDAR

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www.phoenixaustralia.org