

# Complex Trauma



People who have a history of significant abuse and neglect often have recurrent issues relating to their identity, the way they manage emotions, their ability to develop and maintain relationships, and the way they relate to the world around them (including difficulties complying with social and behavioural expectations). This 'complex trauma' presentation can lead to a range of challenges for those trying to engage with and support them, as well as conflict with social, employment, education and legal systems. Supporting, and 'making a difference' for, someone with complex trauma is a long, slow and at times tumultuous process requiring a solid foundation of therapeutic relationships. This course provides participants with an understanding of the issues associated with complex trauma, and practical approaches to 'making a difference'.

## Day 1: Understanding the Issues

Day 1 of the Complex Trauma Training defines what trauma is as well as what role, factors and impact are associated with the trauma, the individual and the social response, including the development of specific trauma symptoms including depression, anxiety and PTSD. Day 1 also differentiates trauma from complex (or developmental) trauma:

Emerging in the Psychological Literature in the early 1990's complex trauma aims to understand and explain the presenting behaviour of people who have experienced severe, repeated, prolonged trauma almost always within the context of an interpersonal relationship (van der Kolk).

Due to the interrelationship between the Ecology (including multiple traumas) and Biology (including possible factors associated with disability, acquired brain injury, etc), via the process of attachment and the influence on neurological development, young people and adults with a complex trauma presentation, present both with specific trauma symptoms and underlying chronic difficulties and lifestyle issues.

In order to understand attachment, participants are introduced to the four style classification system of attachment as well as the role that attachment plays in the development of the secure base phenomenon, the development of a blueprint for all future relationships and the link between people and pleasure and the development of emotion regulation, affiliation, attunement (and empathy), tolerance and respect.

In order to understand the link between neurological development, trauma and offending behaviour, participants are introduced to the brain in terms of increasing complexity from the bottom up and from the inside out. The role of the hindbrain, midbrain and forebrain are discussed in developmental terms. The role of the amygdala is highlighted in relation to mediating the stress / arousal response and the impact of chronic and unpredictable stress on the developing brain is discussed and the impact this has on a child and young persons behaviour.

Underlying chronic difficulties cluster in three primary areas relating to self, emotion regulation and interpersonal relatedness. A description of the primary difficulties associated with these three areas is then provided via a case illustration.

The first day of the training will include audience interaction, activities and case scenarios.

## Day 2: Making a difference

Day 2 focuses on the notion that "damage occurred within the context of relationships therefore it makes sense that repair is most likely in the context of relationships".

Participants are introduced to the concept of "THE BOX" and the equating of this with the window of tolerance or optimum arousal.



The critical components of intervention are detailed including:

- Creating a therapeutic environment
- Creating and maintaining therapeutic relationships by Providing Acceptance, Validation and Empathy.
- The role of medication in treating specific trauma symptoms and in mediating hyper-arousal where indicated
- The role of therapy
- Responding to difficult incidents while maintaining the therapeutic context
- Addressing the underlying chronic difficulties and problematic lifestyle issues.

Intervention aims to create a layering of skill development in the brain from the lower level (hindbrain / mid brain) or foundation skills, to the middle level (mid brain) or intermediate skills, to the upper level (forebrain) or advanced / cognitive skills.

The final section of the day aims to highlight and address some of the common issues noted in teams. The day will include audience interaction, activities and role play.

## Details

Presenters: Katrina Halpin, Portfolio Manager – Therapy & NMT Services / Psychologist  
Date(s): Wednesday 7 & Thursday 8 March 2018  
Time: 9am for 9:30am start to 4:30pm  
Location: Languages Room, Western Plains Cultural Centre, 73 Wingewarra Street, Dubbo NSW 2830

## Registration

Please complete and return the Registration Form on page 3.

## Enquiries

Registrations  
P: (02) 9481 7862  
E: [registrations@salconsulting.com.au](mailto:registrations@salconsulting.com.au)



# Registration Form



## Training Details

**Course:** Complex Trauma

**Location:** Languages Room, Western Plains Cultural Centre, 73 Wingewarra Street, Dubbo NSW 2830

**Date(s):** Wednesday 7 & Thursday 8 March 2018

**Cost:**  Member \$480.00+GST  Non-Member \$540.00+GST

**Discounts:**  SAL Partner/Member  Group of 5 or more

## Contact Details

**Name:**

**Organisation:**

**Address of Attendee:**

**Position Title:**

**Mobile:**

**Email:**

**Dietary Requirements:**

## Payment Option 1 – Credit card

**Card Type:**  Visa  MasterCard  AMEX

**Card Number:**

**Expiry Date:**

**Name on Card:**

**Signature:**

**Total amount payable:** \$

## Payment Option 2 - Invoice

**Who is paying for training:**  Learner  Employer

**Name of person to be invoiced:**

**Organisation:**

**Email address:**

## How did you find out about this training?

### Terms & Conditions

- Fees include course materials and catering. A certificate upon completion will be provided if applicable. All courses are subject to number of registrations.
- Cancellations received more than seven (7) working days in advance of the start of the course will be able to transfer to another course without penalty or a substitute delegate is welcome to attend the course at no extra charge.
- Cancellations received seven (7) working days or less before the start of the course will forfeit 100% of the course fee (except with a medical certificate), will be able to transfer to another course without penalty or a substitute delegate is welcome to attend the course at no extra charge. Credits held by SAL Consulting are valid for twelve months from the date of the course for which the credit request is made.
- Where no cancellation is received or where nominated participants do not attend, full fees will be due and payable.
- A full refund is offered where SAL Consulting Pty Ltd cancels the training.

**I have read and understood the terms and conditions as stated above.**

**Signature:**

**Date:**

**TO REGISTER:** please print, complete and return this form to [registrations@salconsulting.com.au](mailto:registrations@salconsulting.com.au)  
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