

# Presenters



**Jace Cannon-Brookes**

*Clinical Psychologist and Psychotherapist*

*Co-Director of Birchtree Centre of Excellence*

Jace Cannon-Brookes has worked as a Clinical Psychologist across private and public settings. Her work has covered bereavement services, eating disorder units, and acute and general psychiatry.

For fourteen years Jace worked within drug and alcohol centres, where she designed and co-ordinated a six week residential rehabilitation program, with a focus on the treatment of complex trauma for women with histories of substance dependence.

Jace has also completed the intensive Dialectical Behaviour Therapy (DBT) training and subsequently co-ordinated the implementation of a 12 month out-patient DBT program. She has completed the Diploma of Psychotherapy with ANZAP.

Jace has run trainings on Complex Trauma and DBT for NSW health services, NGO's, professional colleagues, and within the Doctorate of Clinical Psychology programs at the University of Sydney, the University of New South Wales and University of Technology, Sydney.



**Dr Sophie Reid**

*Clinical Psychologist*

*Co-Director of Birchtree Centre of Excellence*

Sophie holds a Masters of Clinical Psychology and a PhD in psychology Child and Adolescent Mental Health. Sophie has been a clinically focused academic at Sydney University, Monash University, Melbourne University, the Murdoch Children's Research Institute and the National Drug and Alcohol Research Centre. She has supervised PhD, Masters and Honours students, and continues to collaborate on a number of projects in the trauma and eating disorder areas. Sophie has been a member of the Expert Working Committee for *beyondblue*.

Sophie has extensive experience working with adults, children and adolescents, parents and families. Sophie specialises in helping both individuals and families experiencing childhood trauma, childhood illness and the associated trauma, eating disorders, grief and loss, addictions, couple and relationship issues. A passion for child advocacy has lead Sophie to focus her clinical work on helping people heal from the trauma of childhood/ adolescent difficulties and to assist people to become a more peaceful integrated self.

# Understanding the long limbs of trauma

**A Two-Day Workshop for Doctors, Nurses, and Allied Health Professionals**

**Orange**  
25th & 26th June, 2018

**Dubbo**  
5th & 6th September, 2018

Book now at [www.birchtreecentre.com.au](http://www.birchtreecentre.com.au)



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## A rewarding workshop for all health professionals

Clinicians across all settings frequently find themselves working with clients who have histories of trauma. This can often result in clinicians feeling daunted at the complexity they have uncovered, being unsure of a road map to guide assessment and treatment.

Experiences of recent and developmental trauma can result in attachment injuries, bringing the therapeutic relationship into focus as an essential conduit of healing for survivors.

For clinicians, hearing traumatic stories often leads to burn out, stress and vicarious traumatisation. Early stress and maltreatment results in structural and functional changes in brain development, and plays a significant role in impulsivity, and the emergence of psychiatric disorders and behavioural dysfunction. Cutting edge research

suggests that trauma primes the brain to be hypervigilant for threat, shuts down the area responsible for social engagement and leads to distinct neuroanatomical changes in perception. Research on mirror neurons suggests that the neurobiology of traumatised clients can trigger the same neurological processes within the professionals working with them, ergo vicarious trauma.

This workshop will outline recent research on the impact of trauma on brain function, social engagement and the neurobiology of trauma victims, as well as the triggering of neurological processes in professionals.

**BOOK NOW**  
[www.birchtreecentre.com.au](http://www.birchtreecentre.com.au)  
Day 1: \$275  
Both Days: \$440

### Day 1 - 9am to 4pm

#### Understanding the long limbs of trauma and its pervasive impact on brain function, impulsivity and behavioural dysfunction

Day 1 aims to equip health professionals to utilise a trauma sensitive lens when assessing clients. Participants will be equipped with strategies to work effectively in this arena.

##### Outcomes of Day 1: Participants will...

- Understand the impact of trauma on the brain and social engagement systems, and the way it interferes with professional and personal relationships.
- Be aware of the concept of neuroplasticity and its relationship to recovery from complex trauma.
- Be equipped to detect trauma in clients and understand the need for provision of safety in all interactions.
- Recognise trauma related behaviours in clients, and learn the skills to best manage these proactively.
- Understand vicarious trauma – recognise the effects of work with trauma victims on health professionals and organisations.
- Demonstrate skills to assist in stepping back, maintaining perspective, and containing the trauma.

### Day 2 - 9am to 4pm

#### How to work effectively with traumatised clients whilst minimising Vicarious Traumatisation

Day 2 aims to equip health professionals in the therapeutic setting to work more in depth with clients towards healing from trauma.

##### Outcomes of Day 2: Participants will...

- Understand the importance of providing psychoeducation on trauma to clients. Participants will be provided with examples of the same to use in their practice.
- Be equipped with an understanding of structural dissociation – and the need in therapy to identify and work with the different parts of the client's personality.
- Recognise shame and its impact on the client – with a focus on creating a "shame-free" frame for therapy.
- Be aware of the need to develop, nurture and maintain an attuned therapeutic relationship - recognising and managing disjunctions and re-enactments when they occur within therapy.
- Comprehend the focus in trauma treatment on process over content.
- Be aware of Signs of Recovery – as well as the impediments that can get in the way.