

**NSW Service for the Treatment and
Rehabilitation of Torture and Trauma Survivors
CLINICAL MASTER CLASS EVENING**



**Monday 17 May 2010
FREE PRESENTATION: 6-8pm**

**A SENSORY-EMOTIONAL APPROACH TO
UNDERSTANDING AND TREATING TRAUMA AND PAIN**



Presenter Profile—MARK GRANT

Mark Grant is a psychologist with over 20 years experience treating sufferers of pain and stress. Mark has been developing and researching the use of EMDR in the treatment of chronic pain for over 15 years. Mark is the author of a chapter in the edited volume **Eye Movement Desensitization and Reprocessing EMDR Scripted Protocols** (Springer, 2008) and the forthcoming clinician guide/self-help manual "[Change Your Brain Change Your Pain](#)" and has published several articles on the subject, including in the Journal of Clinical and Consulting Psychology. Since 2005 Mark has worked in partnership with his wife Ana, who is also a psychologist.

Presentation Summary

Trauma and pain have long been recognized as related problems involving overlapping physical and emotional distress. Both problems also involve similar mechanisms such as somatic "memories," emotional disconnection, increased physiological arousal and sensory-emotional dysregulation.

Increased understanding of the relationship between trauma and pain, including the role of neurological processes, is leading to new treatments designed to change the sensory-emotional processes which maintain these problems. From mirror-box therapy for phantom-limb pain to EMDR for posttraumatic pain, these new treatments draw on concepts such as bottom-up processing, neuroplasticity and memory processing. In practice they work to break down the split between 'psyche' and 'soma' via methodologies such as mindfulness, somatic focusing, and dual-attention/bilateral stimulation.

Drawing on lesson's learned over 20 years of clinical experience and research, Mark Grant MA will review the connection between trauma and pain and describe a 6-step phase-oriented approach to the treatment of traumatic pain.

**PLEASE REGISTER with STARTTS reception to ensure
we plan adequately for seating and catering
(\$5 donation encouraged for food)**

Phone: 9794-1900 or Email: jacqueline.donosso@sswahs.nsw.gov.au

Program

Registrations and refreshments	6.00 pm
Address Jorge Aroche Executive Director STARTTS	6.30 pm
Guest Speaker Mark Grant Presentation	6.40 pm
STARTTS Counsellor Thuy Tran Presentation	7.10 pm
Questions and Discussion	7.30 pm
Closing Remarks	8.00 pm

Venue Details:

Large Group Room, STARTTS Office
152-168 The Horsley Drive, Carramar

For more information about STARTTS: www.startts.org.au

