

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

Proudly Presents a 2 Day Seminar



STARTTS

22-23 March 2010

Sydney Masonic Centre, Sydney CBD

FRONTIERS OF TRAUMA TREATMENT

**The Roles of Attention, Memory, Arousal Modulation
and the Therapeutic Relationship**



Dr Bessel van der Kolk

**Professor of Psychiatry, Boston University Medical School
Medical Director, HRI Hospital Trauma Center, Brooklyn**

Bessel A. van der Kolk M.D. has been active as a clinician, researcher and teacher in the area of post traumatic stress and related phenomena since the 1970s. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment.

Dr. van der Kolk and his various collaborators have published extensively on the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatised children and adults, and the psychobiology of trauma. He was co-principal investigator of the DSM IV Field Trials for Post Traumatic Stress Disorder. His current research is on how trauma affects memory processes and brain imaging studies of PTSD.

Dr. van der Kolk is past President of the International Society for Traumatic Stress Studies, Professor of Psychiatry at Boston University Medical School, and Medical Director of the Trauma Center at HRI Hospital in Brooklyn, Massachusetts. He has taught at universities and hospitals across the United States and around the world, including Europe, Africa, Russia, Australia, Israel, and China.

2-DAY SEMINAR OUTLINE

This seminar will explore how trauma affects people's rhythms within themselves and with their surroundings. Trauma changes the way the brain processes information and the body engages with the world. Because of altered biological systems traumatised people continue to be trapped by their history and react in a myriad of ways to current experience as a replay of the past. We will explore the neurobiology of self-regulation and examine ways of befriending one's body, both of which are essential for the integration of traumatic memories: sensations, action patterns and physical sensations derived from the past.

Most experience is automatically processed on subcortical (i.e. "unconscious") levels in the brain; therefore, insight and understanding have only a limited influence on people's control over these processes. We will study and experience the capacity of techniques such as EMDR, Yoga, Internal Family Systems Therapy, Theatre work, and Neurofeedback to help people overcome a traumatic past and regain the capacity to be fully alive in the present.

REGISTRATIONS

You can register by phoning STARTTS on (02) 9794-1900. Ask for Jacqueline Donoso.
Email: jacqueline.donoso@sswahs.nsw.gov.au
Fax this form to: (02) 9794-1910. Attention: Jacqueline Donoso.
Post this form to: STARTTS, PO Box 203, Fairfield NSW 2165

Standard Registration

(payment in full before 5pm,
12 March 2010)

\$550 \$500 (Students)

Late Registration

(payment in full before 5pm,
16 March 2010)

\$600 \$550 (Students)

Special Dietary Requirements: Halal Vegan Gluten free Other _____

Payment details

Payment can be made by credit card (Visa and MasterCard), cheque or money order
Please make cheque or money order payable to "STARTTS"

Name: _____ Email: _____
Organisation: _____ Position: _____
Phone: _____ Mobile: _____

Payment Method:

Cheque: Attached is my payment of \$ _____

Credit Card: Visa / MasterCard (Please circle) Card No.: _____ / _____ / _____ / _____

Name on card: _____ Expiry date: ____ / ____ Amount: \$ _____

Signature: _____

Terms and conditions

- The closing dates for registrations are final and non-negotiable. No registrations will be accepted after 16/3/2010.
- Registrations will not be confirmed until full payment is received.
- A receipt will be mailed to you once payment has been received.
- Price includes GST. Registration includes morning tea, hot buffet lunch and afternoon tea.
- A photocopy or pdf of a valid student card must be forwarded with registration form if the student price is being paid.
- Registration once paid cannot be cancelled, but can be transferred to another delegate.

VENUE DETAILS

Conveniently Located Venue

Sydney Masonic Centre
Grand Lodge Room
66 Goulburn St, Sydney CBD
(Same block as World Square)

Registrations: 9.00am
Seminar start/finish: 9.30am-4.30pm

Getting there is easy

Bus: Many buses going through the city
Train: Museum Station the closest (within blocks of Town Hall and Central Stations)
Car: Wilson Parking Station on Goulburn St the closest

Accommodation

Follow the link below for local accommodation options
<http://www.smc.au.com/accommodation.html>