

STARTTS Resources

Professional Development

Programme

STARTTS' Professional Development Programme offers a range of specialist workshops aimed at skilling professionals and students currently working with survivors of torture and trauma.

For more information please contact Clinician Trainer on 02 9794 1900.

Library

STARTTS also has a library containing books and articles on torture and trauma, human rights and relevant State and Federal government policy, which is available for use by appointment.



Program

Registrations and Refreshments **6.00 - 6.30pm**

Address **6.30 - 6.40pm**
Jorge Aroche
Executive Director
STARTTS

Guest Speaker **6.40 - 7.30pm**
Timotea Goddard
'Mindfulness: A practice of re-connection in the healing of trauma'
Presentation

STARTTS Presentation **7.30 - 7.45pm**

Dr Chris Sochan **7.45 - 8.00pm**
Questions and Discussion

Closing Remarks & Refreshments **8.00 - 8.30pm**

To register for this FREE Master Class please contact STARTTS' Reception on

Tel: 02 9794 1900

Multicultural dinner (\$5 donations will be encouraged) together with tea & coffee will be provided

STARTTS

Phone: 02 9794 1900
Venue: STARTTS, Large Group Room
152-168 The Horsley Drive,
CARRAMAR NSW 2163
WWW.STARTTS.ORG



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

STARTTS' Clinical Master Class Evening with:

Timothea Goddard
Director of Openground

Mindfulness A Practice of Reconnection in Healing of Trauma



21 May 2008



The Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS) is a state-wide service established in late 1988 committed to extending access to specialised torture and trauma rehabilitation services.

STARTTS employs a multidisciplinary staff from a wide range of cultural backgrounds reflecting our client group and covering a range of languages.

As a part of STARTTS commitment to promoting excellence in clinical practice in working with refugees we are inviting experts from within Australia and internationally to focus on topics relevant to the treatment and rehabilitation of refugee torture and trauma survivors.

The aim of the programme is to provide an opportunity for interested clinicians working with refugees to contribute to and deepen their understanding on issues of refugee trauma.

This is the fifteenth session in the series which commenced in 2005. The focus of this session will be on the practice of Mindfulness that can best be described as "...an intentional focused awareness - a way of paying attention on purpose, in the present moment, non-judgmentally." (Jon Kabat-Zinn)

Trauma disconnects. It can disconnect us from our community, our families, from our own affects, sensations and capacity to think and reflect. It can remove the possibility of peace within our own skin, as experiences from the past shape and dominate our current life and relationships.

Mindfulness has been increasingly taken up as an object of exploration and research with some positive outcomes for a broad range of physical and psychological suffering, including traumatic experience.

In this presentation, Timothea will explore how the practice of mindfulness can provide a systematic framework of safety by which to help people:

1. Connect experiences (reconnecting and linking dissociated elements)
2. Un-couple experiences (separate, contain and reorganise elements)

By providing a method to approach one's experience with a sense of respect, openness and acceptance, this practice invites a possibility of re-remembering, and re-authoring experiences, and refreshing one's relationship to oneself and the world.

In this way, mindfulness can assist with the tasks of the affective, body-based and cognitive differentiation and integration of experience.

The presentation will be experiential as well as drawing on theory and clinical examples.

Guest Speaker

Profile

Timothea Goddard BA, Dip. Psychotherapy (ANZAP), PACFA Reg



Timothea works as a psycho-therapist, educator and workplace trainer, having trained in humanistic, body-oriented, and psychodynamic therapeutic orientations. Her interest in mindfulness has been deepened by being a long-time student in the practices of Aikido, yoga, and meditation.

She is an Mindfulness Based Stress Reduction teacher accredited with the Center for Mindfulness in Medicine, Healthcare and Society, University of Massachusetts Medical School, USA, and maintains strong professional links there.

She is the Director of Openground, a group which offers MBSR in health and workplace contexts in Australia.

