

2 Day Workshop with Tom Nesper

Trauma & Chronic Pain

The Integration of Biofeedback, Hypnosis and Mindfulness in Psychotherapy

This workshop provides an opportunity for clinicians to deepen their understanding of how trauma is manifested through chronic body pain. In this workshop you will be able to observe how this complex relationship between the body and the mind is addressed through the integration of various techniques.



Tom Nesper is a dynamic presenter and knowledgeable in his field. He shows a great capacity to integrate biofeedback with psychotherapy in a creative and exciting way. Tom has presented in Australia before and is returning due to popular demand.

Tom has been working with trauma for almost 25 years and has a particular in Post Traumatic Stress Disorder, first developed whilst working in South Africa. Presently he is the principal psychologist at Pain Management and Rehabilitation Services, based in Palmerston North, New Zealand. He also supervises and is associated with clinicians operating in Auckland, Christchurch and Wellington. Tom has applied his knowledge and experience specifically in the areas of pain management following physical injury. His expertise is also utilised as a psychologist for critical incident debriefing for the NZ Police, the Child Youth and Family Service and as a consultant to the Sexual Abuse Unit of the Accident Compensation Corporation.

The Workshop will cover:

- Helpful ways of explaining hyperarousal and other psychophysiological responses to trauma.
- Interaction between mind and body and how to utilise recent understandings in these areas in treating trauma.
- Treatment protocols for trauma and other forms of stress utilising combinations of mindfulness, hypnosis, diaphragmatic breathing and biofeedback.

Practicums will be interspersed throughout the workshop to ensure participants have an opportunity to utilise the treatment protocols for trauma and other forms of stress.

Sponsored by APS College of Health Psychology and APS College of Educational and Developmental Psychology. PD Points available.

Dates: 2 & 3 November 2006

Time: 9.00am - 5.00pm

Venue: Y Hotel, 5-11 Wentworth Ave Sydney 2000

Cost: AAAPB & iSNR members: \$300 (early bird before 3 October) \$350 thereafter

Non members: \$350 (early bird before 3 October) \$395 thereafter

Students (ID card required): \$150 (early bird before 3 October) \$175 thereafter

For further information and booking Phone: 02 9794 1900 Fax: 02 9794 1910

Registrations

You can register by calling STARTTS (NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) Reception on: **02 9794 1900** or Email: **Jacqueline.Donoso@swsahs.nsw.gov.au** or by Fax (the Registration Form) on **02 9794 1910** or Mail (see detail below)

Cost: \$350 (early bird until 3rd October 2006) \$395 (thereafter) (includes GST)

Name: _____ Total: \$ _____

Address: _____

Tel.: _____ Fax: _____ Email: _____

Profession: _____ Agency/Org: _____

Payment Details

Please make cheque or money order out to 'Friends of STARTTS' and forward together with the registration form to:
STARTTS, PO Box 203, Fairfield NSW 2165

A letter of confirmation and receipt will be forwarded to the course participants upon payment. No refund will be issued for cancellations made less than 7 days before the workshop date.

Workshop Outline

Day 1

Hyperarousal

Hyperarousal and other psychophysiological responses to trauma.

The dynamics of stress and psychophysiology

The broader picture

The existential impact of trauma on the client

The role of the practitioner's presence in recovery

Solutions

A hierarchy of solutions

Presence and mindfulness: what internal states aid recovery and how to achieve them?

Practicum

Diaphragmatic breathing and biofeedback approaches.

Day 2

When emotional trauma and physical pain are combined

Treatment protocols for trauma and other stressors

The psychophysiology of Pain

Treatment protocols for pain

Extended practicum

Treatment protocols for trauma and other forms of stress



AAAPB



Australian Association for Applied Psychophysiology and Biofeedback



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

Parking

The best parking is on the corner of Goulburn and Elizabeth Street, (entry via Goulburn Street). The Y Hotel has a discounted rate of \$17.50 per 24hrs (you can purchase prepay vouchers from the Hotel reception Ph:1800 994 994, or +61 2 9264 2451 (overseas calls).

Wilson Car Park

Museum Railway Station

Y Hotel Hyde Park

