

STARTTS RESOURCES

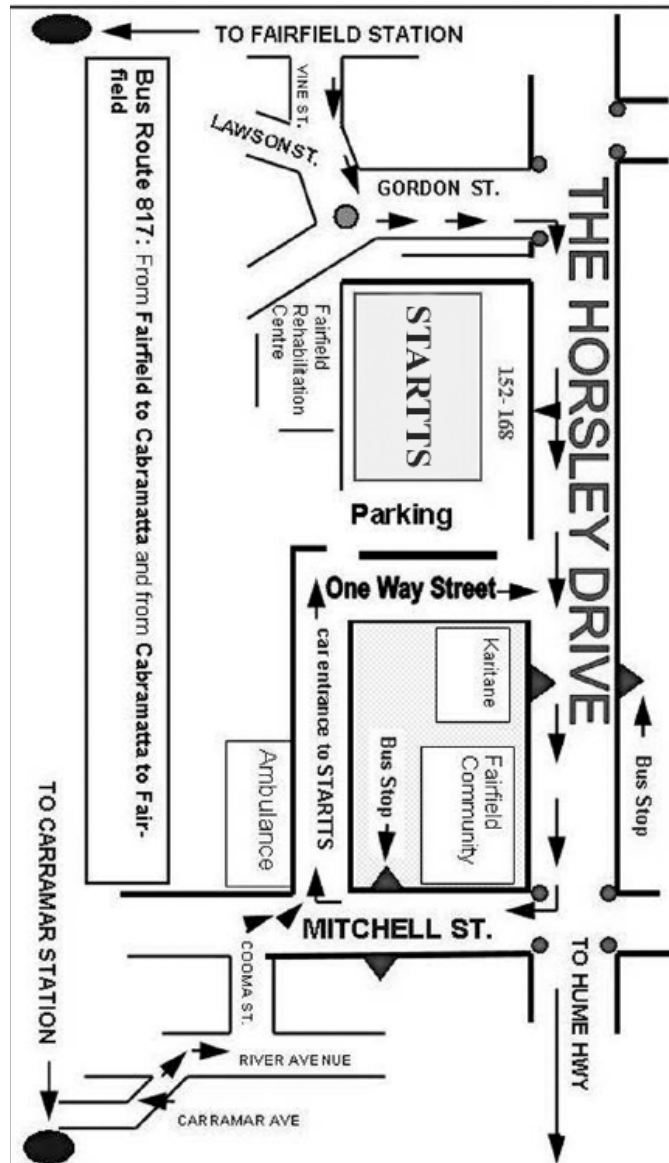
Statewide Service

STARTTS is a statewide service and is committed to extending access to specialised torture and trauma rehabilitation services. This is achieved through an outreach strategy which combines direct services on a sessional basis with training, support and consultancy to mainstream health services in other areas of metropolitan Sydney and regional NSW.

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 Training Coordinator on 02 9794 1900.



NSW SERVICE FOR THE
TREATMENT AND
REHABILITATION OF
TORTURE AND TRAUMA
SURVIVORS



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STARTTS Clinical Evening Master Class

23 July 2008

Trauma and Chronic Pain

New insights into
working with
Pain and Trauma
using a
Psychophysiological
approach

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152-168 The Horsley Drive,
CARRAMAR NSW 2163

ABOUT STARTTS

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.

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 Master Class is many in the series which commenced in early 2005. This session will concentrate on the new insights and ideas when working with Pain and Trauma using a psycho-physiological approach.

Trauma & Chronic Pain

This Clinical Master Class will provide an opportunity to challenge some established ideas about the use of psychotherapy when dealing with pain and emotional trauma. An understanding of “body up” approaches rather than “head down” approaches will be offered that seek to integrate insights relating to both psychological and physiological dynamics arising from pain and emotional trauma.

The aim is to be very practical and to provide some strategies that clinicians can incorporate with their existing therapeutic approaches to enhance the effectiveness of outcomes.

We had a pleasure of having Tom Nesar present to us in the late 2006 Master Class. In this session he will provide more information about the further developments in this field and you will be able to observe how this complex relationship between the body and the

PROGRAMME 23 JULY 2008

Registrations and Refreshments	6.00pm
Address Jorge Aroche Executive Director STARTTS	6.30pm - 6.40pm
Guest Speaker Tom Nesar Trauma & Chronic Pain Paper Presentation	6.40pm - 7.15pm
STARTTS Case study	7.15 pm - 7.45 pm
Dr Chris Sochan Questions and Discussion	7.45 pm - 8.00 pm
Closing Remarks & Refreshments	8.00 pm - 8.30 pm

To Register for this **FREE** Master Class please contact **STARTTS** reception on
Tel: 02 9794 1900.
Venue: STARTTS
Large Group Room;
152-168 The Horsley Drive,
CARRAMAR NSW 2163
(STARTTS Map is included)

Multicultural meal and drinks (\$5 donations will be encouraged) together with free tea and coffee will be provided

mind is addressed through the integration of various techniques. In his work Tom Nesar has sought to integrate Biofeedback, Hypnosis and Mindfulness in Psychotherapy in creative and exciting way.

Guest Speaker Profile



Tom Nesar
The Principal Psychologist at the Pain Management and Rehabilitation Services, New Zealand

Tom Nesar is currently the principal psychologist at Pain Management and Rehabilitation Services, a New Zealand based service that works with people suffering from chronic pain conditions. Tom has specialized in psychophysiological approaches to managing pain for the last 10 years during which time he developed interests in biofeedback, clinical hypnosis and critical incident debriefing. He has undertaken extensive training with Babette Rothschild, the author of

“The Body Remembers”. He also works as a Psychological consultant with the Sensitive Claims Unit of the NZ Accident Compensation Corporation, the NZ Police and the Wakefield Back institute (affiliated with the Canadian Back Institute).

Prior to this Tom Nesar worked as the clinical director of the Sedgley Family Centre, which provided a range of community and family based services to largely rural communities close to Wellington. During this time he received training in Hakomi Integrated Somatics and the use of body oriented psychotherapies. He has also worked in private practice in New Zealand as a psychotherapist and as a consultant in stress management and conflict resolution. He trained originally in South Africa where he graduated as a clinical psychologist in 1985 and where he worked in several large psychiatric hospitals in the mid to late 1980's. Tom has presented a wide range of seminars over the last 20 years on topics as diverse as coping with Depression, Stress management, Conflict resolution, Biofeedback approaches, Pain and adjustment and related topics as well as being involved in providing training at times on various topics related to psychotherapy.