

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 Clinical 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**
John Franklin, Ph.D
A Unified Theory of
Change & Psychotherapy
Presentation

Angela Dossetor **7.30 - 7.45pm**
Clinical Psychologist
STARTTS
Presentation

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

**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

Dr John Franklin

A Unified Theory of Change and Psychotherapy: Adaptive learning and personal growth



19 March 2008



A Unified Theory of Change and Psychotherapy: Adaptive learning and personal growth

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 thirteenth session in the series which commenced in 2005. The focus of this session will be on the questions of 'How does a change occur in the clinical setting?' and "What are the factors which potentiate change in clients?"

This Master Class will detail a new theory which identifies the key processes that underlie all personal change and psychotherapy. All change involves developing new skills concerning our self, our relations with others, work or the world.

These skills require adaptive learning and these are influenced by internal and external factors.

The internal factors involve our cognitions (beliefs, values, attitudes, expectation, attributions), motivation, ability to manage our self and assumed ability to learn (or sometimes the assumed biological constraints that limit our learning).

The external factors involve our access to environmental resources such as social or professional help, information, our cultural and physical environment etc.

The product of these internal factors in combination with the external factors determine our capacity to learn and develop those skills necessary to take us from where we are to where we want to be.

In this Master Class Dr. Franklin will briefly examine the techniques which facilitate the process of learning and personal change.

Guest Speaker

Profile

John Franklin PhD M. Clin. Psy.
FAPS

Director of Clinical Training
Macquarie University



Dr. John Franklin has been the Director of the Clinical Psychology Training Program at Macquarie University for 12 years, and is the past Director of the Counselling and School Counselling programs. He is also the Director of the Health and Anxiety Clinic and the Agoraphobic Treatment Clinic, and was responsible for introducing the teaching of courses on positive psychology and coaching psychology at Macquarie University.

He has 30 years experience in clinical research, practice and teaching and has worked in Australia, the UK and Malaysia. He has published 2 books and over 60 papers. He was responsible along with Prof Gavin Andrews for the establishment of anxiety disorder research and treatment services in Australia. He was also instrumental in the development and introduction of professional bachelor and doctoral degrees in psychology.

He has recently developed a set of Change Readiness Scales and a pre-treatment training program titled "Change Readiness Training". He is also active in researching the psychology of success, happiness and wellbeing.

