Trauma is often described as a literal wounding of the emotions, spirit, physical body and sense of security. Traumatic bereavement brings with it two different but powerful forms of human distress: the separation distress that comes when someone you care about and love dies and the trauma distress that comes from how they died. Often people experience both types of distress simultaneously.

Traumatic grief can be experienced after a sudden traumatic event that involves violent suffering, mutilation, and/or multiple deaths; appears to be random or preventable; and can involve the survivor’s own brush with death. Such events as the terrorist attacks of September 11, 2001, Bali bombings, the East Asian tsunami of December 2004, and airplane crashes or other transportation disasters may produce traumatic grief in survivors.

This presentation will give the audience a greater understanding of the impact of trauma and traumatic loss and grief on individuals and communities. Julie Dunsmore will present a summary of the literature and theory on traumatic bereavement and complex/ prolonged grief disorder. The current thinking on Psychological First Aid and resilience in the face of adversity will be explored. She will discuss how theory can be translated to counselling and support work practice. Through case studies, Julie will also present some of the counselling techniques and strategies that have assisted people who have experienced traumatic bereavement.

Julie Dunsmore is the current President of the National Association for Loss and Grief (NALAG) (NSW) Inc. She has been working as a psychologist in the area of loss, grief and trauma for over 30 years. Since 2003 Julie has been the Bali Trauma Recovery Coordinator primarily working with NSW Bali Bombing survivors, bereaved, & first responders; survivors from the Tsunami and most recently a consultant for those working with the bereaved from the Victorian bushfires.

In 2008 Julie was invited to address the UN Supporting Victims of Terrorism symposium in New York and be part of the expert working group. Julie has had a special interest in working with bereaved parents, adolescents and children. She has worked extensively with those who have experienced traumatic bereavement after a sudden unexpected death, including suicide, murder and accidents. Julie conducts training in the area of Psychological First Aid, PTSD and Complex Grief treatment. She is well recognised for her innovative model of working creatively with those who have experienced trauma and grief.

**Target Group**
Suitable for all interested clinicians, students and other service providers.

**Cost**
Free if you attend in person
$5.99 to watch the live broadcast

**Registration Essential**
To attend in person:
Phone: 9794-1900 or
Email: jacqueline.donoso@sswahs.nsw.gov.au
To watch the live broadcast:
Online: www.startts.org.au

**Program**

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6.00pm</td>
<td>Registrations and refreshments</td>
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<tr>
<td>6.30pm</td>
<td>Address</td>
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<tr>
<td>6.40pm</td>
<td>Guest Speaker Presentation</td>
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<td></td>
<td>Julie Dunsmore, Psychologist</td>
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<tr>
<td>7.10pm</td>
<td>STARTTS Case Presentation</td>
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<td>Julie Savage, General Services Counsellor</td>
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<td>7.30pm</td>
<td>Questions and discussion</td>
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<td>Closing remarks</td>
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ABOUT STARTTS

The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors helps refugees recover from their experiences and build a new life in Australia. We are committed to promoting excellence in clinical practice and invite speakers recognised as experts in their field to run seminars and clinical master class evenings relevant to the treatment and rehabilitation of torture and trauma survivors. Over the last few years STARTTS has hosted very successful seminars presented by high calibre speakers such as Dr Bessel van der Kolk and Dr Daniel Siegel. Please refer to STARTTS’ website www.startts.org.au for more details.

THE CLINICAL MASTER CLASS EVENING PROGRAM

STARTTS’ Clinical Master Class Evenings are held five times per year and aim to provide an opportunity for clinicians working with refugees to extend their understanding of refugee trauma by inviting local and international expert speakers to present on interesting and practical topics. These presentations are followed by a case study presentation by an experienced STARTTS staff member and a panel discussion.

LIVE INTERNET BROADCAST IN 2011

The Clinical Master Class Evening Program grew dramatically in strength in 2010 with the events being broadcast live over the internet to audiences from refugee torture and trauma agencies around Australia and New Zealand. The live broadcast allows the audience to send in typed questions which are answered live. We are excited to announce that this opportunity to participate in the live broadcast will be open to everyone interested in 2011.

ONLINE LECTURES

These events are recorded by Psychevisual and are available for viewing on the internet at a later date for a fee. Please see the Psychevisual website www.psychevisual.com.

CASE PRESENTATION – “AN EXPLORATION OF TRAUMATIC GRIEF WITHIN THE CONTEXT OF CONTINUING TRAUMA”

Julie Savage will do a case presentation of one of her female clients at STARTTS who had been imprisoned and tortured for her involvement in a political movement that began as an initiative for social justice, and was consequently targeted by the national government. The client retreated from political involvement and focused upon bringing up her daughter until a resurgence of attacks upon members of the political group several years later, led her to flee to Australia as an asylum seeker. Through this case presentation Julie will illustrate the central role of grief in the refugee experience and the impact of the intersection of grief and intense trauma upon our clients, within the context of the continuing need to survive.

VENUE

STARTTS
152-168 The Horsley Drive, Carramar NSW
(Enter STARTTS from Mitchell St)

STARTTS PRESENTER PROFILE – JULIE SAVAGE

Julie Savage is a psychologist who joined STARTTS as a Generalist Counsellor in 1997. Julie found this a wonderful experience, working in an exciting, clinically focused range of programs, with consistent supervision and continual further training in different clinical interventions. Julie utilises her expertise at STARTTS by providing clinical supervision, seeing individual clients, co-facilitating a monthly clinical supervisor practice and discussion group, and co-facilitating the Advanced Clinical Trainings.

Julie’s first training as a Counsellor was at Lifeline, and then at the Bereavement Care Centre where she developed her expertise in working with bereaved clients. Later she worked as a counsellor at Long Bay Gaol including running a range of therapeutic, Cognitive Behavioural Therapy and educational groups. Julie is currently also a Family Therapist at Relationships Australia. In addition to this Julie has had an eclectic career working at Film Australia, running her own importing business and teaching Child Studies at TAFE.