



**Essential Topics in Psychology** Essential Topics in Psychology is proud to announce the next workshop in the 2011 program.

### **Sustaining Relationships: Considering Trauma presented by Professor Grace Pretty**

**“Can we go there?” “ Will you stay with me?” The troubling terrain of the therapeutic journey with clients surviving severe adversities.**

The engagement of psychologists’ services for people who have experienced severe adversity is becoming more prevalent with the APS initiatives to provide national emergency and follow-up disaster response, and with Medicare access enabling more individuals to address mental health problems related to private trauma. Several professional development initiatives are available to improve psychologists’ assessment and intervention capabilities to address immediate and long term *sequelae* of traumatic experiences. However, less assistance is offered to enhance psychologists’ awareness, skill and confidence to manage challenges in therapeutic relationships within which trauma intervention strategies are provided. Attention to such matters is of concern not only for the provision of best practice client care (van Minnen, Hendriks & Olf, 2010), but also for the emotional well-being of the therapist for whom exposure to the unexpected perils and “underbelly” of everyday life may pose unfamiliar professional and personal challenges ( Devilly, Wright & Varker, 2009).

While we know therapeutic relationships are essential to positive client outcomes, we acknowledge that some are more challenging to develop and sustain than others. This workshop focuses on experiences particular to maintaining a therapeutic presence with clients surviving severe adversities while being confident to deliver best practice strategies. It draws participants toward self awareness of their discomfort as it arises not only from the client’s narratives and silences, but also from therapists’ own internal voices and visceral responses during sessions.

By the end of this workshop, participants will have:

- Enhanced understanding and skill to address the particular challenges faced by this clientele in developing therapeutic relationships that provide the foundation to their sustained engagement in emotive, cognitive and behavioural strategies
- Enhanced awareness of, and strategies for attending to, therapist vulnerabilities that may prompt avoidance of the use of recommended exposure therapies and compromise best practice
- Working knowledge of a framework from which to reflect and engage in peer consultation to strengthen capabilities and confidence for best practice with this clientele.

### **Professor Grace Pretty**

PhD

FAPS

Member Colleges of Clinical Psychology, Health Psychology and Community Psychology  
Registered with the Psychology Board of Australia

Grace is a Professor in the Department of Psychology at the University of Southern Queensland where she teaches and supervises within the Clinical Postgraduate Program. She is a Fellow of the APS and a member of the Clinical, Health and Community Colleges, and serves on the Qld-NT Board of the PBA. Fifteen years ago she came to Australia from Canada where she had completed her psychology study and had begun her practice. She has 30 years experience in private practice while holding academic positions within clinical-community programs. Over this time her teaching focus has been the initial psychotherapy training of postgraduate students, and specialist training in crisis intervention and trauma-related therapy. She has extensive experience in supervision and peer consultation. Her research program considers the significance of community environmental contexts and change to individual well-being, working with concepts such as sense of place and place identity.

**Continuing Professional Development (CPD) Points:** This workshop is eligible for **7 Continuing Professional Development (CPD) points**. Endorsement has been approved by the APS for specialist points for members of the **Clinical, Counselling, Health and Community Colleges**. Members of other APS colleges and non-college members have been approved to claim generalist points.

#### **Workshop dates and venues:**

**03 June 2011 - Rockhampton Plaza Hotel**

**24 June 2011 - Townsville House of Prayer**

**22 July 2011 - Brisbane Golf Club**

All workshops from 9am to 5pm.

For further information about this session, and the other workshops in the **Essential Topics in Psychology 2011** program, including full registration details, please visit <http://www.psychologytraining.com.au/>

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