CBT FOR TRAUMA: THE STATE OF THE ART
Specialistkurs i klinisk psykologi, ackrediterad av Psykologförbundets specialistråd
Stockholm 9-11 september och 5-7 november 2013

Kursspråk: Engelska. Skriftlig examination på svenska.

Lärare: Martina Mueller och Alison Croft, Ph D, kliniska psykologer, Oxford Cognitive Therapy Center

Examinator: Ewa Mörtberg, Fil dr, docent i klinisk psykologi, leg psykolog, specialist i klinisk psykologi, leg psykoterapeut

Plats: Elite Palace Hotel, St Eriksgatan 115

Pris: 15 000 kr + moms inkl lunch och för- och eftermiddagsfika
Sista anmälningsdag: 1 augusti 2013

Anmälan och information:
Anmälan hos www.wisemind.se under ”Kontakt och kursanmälan”.
Information eva@wisemind.se, mobil 070-265 25 75, telefon 08-685 60 50

KURSPLAN:
Our understanding of trauma-related presentations and their treatment is developing apace. The psychological consequences following exposure to severe trauma can be very varied and sometimes chronically disabling. This 6-day workshop series offers a comprehensive training in the state of the art CBT treatment methods for traumatized populations. There will be a strong grounding in current theories and the up to date evidence base. The course aims to increase participants’ knowledge and skills underpinning a wide range of treatment strategies; and to promote skill development to optimize treatment outcomes for this interesting and often challenging population.

Learning objectives
Participants should leave the course with a clearer understanding of the theoretical background of human reactions to trauma, and with an understanding of how those
reactions can be formulated and treated with cognitive-behavioural interventions. The course has the following learning objectives:

- Participants will develop a conceptual understanding of CBT and its application to clinical practice in traumatized populations.
- Participants will be enabled to critically appraise the evidence-base that supports the use of cognitive behavioural methods for a range of trauma related interventions.
- Participants will be enabled to conceptualise the development and maintenance of a range of trauma presentations in line with current CBT based models and theories.
- Participants will learn how to establish and maintain collaborative and safe working alliances with traumatised patients including those who present with loss of interpersonal trust and unhelpful interpersonal coping styles.
- Participants will learn to design and implement a wide range of CBT treatment plans/interventions for patients with trauma related presentations.

Programme
The first 3 days of the course will concentrate on using evidence-based CBT for PTSD following adult trauma. Days 4-6 will focus on working with survivors of childhood trauma.

The following topics will be covered:

**Day 1: Integrating theory with practice: the concept of trauma, assessment and formulation.** This workshop will cover contemporary theories of PTSD, the role of memory processes in the maintenance of PTSD, detailed trauma focused assessment and formulation, and the selection of appropriate treatment interventions.

**Day 2: Working with trauma memories: Using enhanced reliving and other narrative approaches to work with trauma memories within the context of adult PTSD.** Topics will include discrimination training and when and how to use reliving safely and sensitively to help process trauma memories and update unhelpful meanings with a wide range of PTSD presentations. Adaptations of the reliving format to working with multiple traumatic events and prolonged trauma will be also be covered.

**Day 3: Cognitive therapy for PTSD.** This workshop will look at the role of meaning. The workshop will cover a wide range of methods to change and update the negative appraisals that are common following trauma including overgeneralization of danger, inflated responsibility, personal blame, violation and degradation, and the role of pre-existing negative beliefs. It will also outline how to update trauma memories and demonstrate the use of imagery intervention techniques.

**DAY 4: Introduction to working with developmental trauma.** This will cover:
What the current research evidence tells us about which therapeutic approaches are most effective with this client group.

Early trauma and the brain - ways of making sense of the problems presented by adults traumatised in childhood.

Issues in the therapeutic relationship when working with survivors of childhood trauma.

CBT assessment and formulation with survivors of childhood trauma.

Setting realistic goals and priorities for therapy.

**DAY 5:** Getting going in therapy. This workshop will look at helping clients to build resilience and coping skills, and how to formulate and work with challenging problems such as flashbacks, dissociation, self-harming and impulsive behaviours, and how to most effectively manage risk and suicidal behaviours.

**DAY 6:** Remembering abuse. The final workshop will examine the application of reliving and reappraisals with survivors of childhood trauma, and the application of CBT skills for working with negative beliefs and low self-esteem. The workshop will conclude with looking at the impact of trauma work on the therapist and the essential role of supervision.

The workshops will make use a range of experiential and interactive teaching methods to suit different learning styles and allow hands on practice of key treatment strategies. They will incorporate illustrative clinical examples and extensive use of experiential and interactive teaching methods. Participants are likely to benefit most from the course if they come prepared with their own case material to work with during experiential exercises.

**Presenters:**

*Martina Mueller* is a Consultant Clinical Psychologist who works as a specialist trainer and supervisor for the Oxford Cognitive Therapy Centre. She is Course Director of the Post Graduate Certificate in CBT for Psychological Trauma run in collaboration with the University of Oxford. In addition she leads the trauma service for Oxford Health NHS Foundation Trust. published by OUP in 2010.

*Alison Croft* trained as a Clinical Psychologist in Oxford and is BABCP accredited CBT therapist, supervisor and trainer in CBT. She has published several book chapters and now works as a specialist trainer and supervisor for the Oxford Cognitive Therapy Centre. She is a supervisor on the Post Graduate Certificate in CBT for Psychological Trauma run collaboratively by the Oxford Cognitive Therapy Centre and the University of Oxford.

**Assessment:** Participants will submit a 4,000 – 6,000 word case report describing the assessment and treatment of a patient presenting with psychological difficulties due to trauma.
Key reading

**Post-traumatic stress disorder**


**Working with childhood trauma**


**Working with trauma in children**


