



Do you
help people
recover from
trauma?

2019
TRAINING
PROGRAMS



PHOENIX
AUSTRALIA

Centre for
Posttraumatic
Mental Health

Do you or your staff help people who have experienced trauma? Many Australians have been exposed to traumas such as a disaster, workplace accident, or assault. These events can be incredibly difficult for people to deal with, and for some, the effects can have a lasting impact on their life.

If part of your work is to help, support, or treat traumatised individuals, you will want to understand the impacts of trauma and learn the most effective strategies to help people recover.

Phoenix Australia's training programs give you the skills to provide practical, effective support and treatment. The programs are suited to a range of roles, including volunteers, workplace peers or managers, community workers, and mental health practitioners.

Phoenix Australia provides engaging and evidence-based training as well as consultation and supervision services. Our trainers and supervisors are trauma experts and experienced practitioners.

FOR ENQUIRIES PHONE

Maria Humphries 03 9035 5599

REGISTER ONLINE

www.phoenixaustralia.org

Psychological First Aid

1 DAY WORKSHOP

For early response support workers

Anger and Trauma

1 DAY WORKSHOP

For a range of helping professionals

Trauma Informed Care

1 DAY WORKSHOP

For a range of helping professionals

Neuropsychological Impact of Trauma

1 DAY WORKSHOP

For specialist mental health providers

Cognitive Processing Therapy

2 DAY WORKSHOP + CONSULTATIONS

For specialist mental health providers

Trauma-Focussed Psychological Therapy Working with Adults

2 DAY WORKSHOP + CONSULTATIONS

For specialist mental health providers

Trauma-Focussed Psychological Therapy Working with Children & Adolescents

2 DAY WORKSHOP + CONSULTATIONS

For specialist mental health providers

Tailored Training & Support Programs

Tailored programs to suit the needs of particular organisations, services or workforces

Psychological First Aid

Psychological First Aid (PFA) is a practical, flexible, and recommended approach to helping people in the immediate aftermath of a traumatic event, such as a disaster, workplace accident, or assault. It can be delivered by both lay and professional helpers.

PFA helps to reduce the initial distress and assists people to cope better in the days and weeks following trauma. Helpers trained in PFA ensure safety, provide emotional comfort and support, and offer practical advice and assistance to address people's immediate needs.

In this workshop, you will learn core skills of PFA, including simple psychological strategies, and gain the confidence to provide assistance and support to individuals affected by trauma.

A comprehensive training manual with tools and handouts is provided.

Course Content

- How people respond to trauma
- Providing PFA safely and effectively
- Listening and communication skills
- Skills to help calm and support others
- Looking after yourself

Who should attend?

- First responders
- Peer supporters
- Crisis response team members
- Disaster relief providers
- Primary care, emergency, and mental health providers
- Employee Assistance Program providers
- Workplace managers and supervisors

Duration

1 Day Workshop

Continuing Professional Development

The training provides a total of 7 CPD hours.

Locations & Dates

Melbourne	6 May
Sydney	28 May
Brisbane	5 Aug
Launceston	22 Aug
Brisbane	29 Oct
Melbourne	10 Oct
Sydney	31 Oct

Cost \$390 (inc GST)

[REGISTER ONLINE](http://www.phoenixaustralia.org/pfa)

www.phoenixaustralia.org/pfa

Anger and Trauma

Anger is a common response following trauma, but when a person finds it difficult to control their anger, it can contribute to a range of problems such as aggression, guilt, damaged relationships, and legal issues. Anger can be a significant barrier to recovery from trauma, and if not attended to, can impact on the effectiveness of therapy for posttraumatic stress disorder.

If you work with people with problematic anger following trauma, this workshop will provide you with a model to better understand anger, and a set of flexible, evidence-based interventions. These skills can be used by a range of practitioners, including those providing counselling and case management services.

In this workshop, you will learn and practise practical strategies to help clients to better manage their problematic anger, including working with clients to understand the connection between their emotional instability and past trauma, and to better manage their problematic anger and foster improved coping and functioning.

A comprehensive guide with tools, handouts and other resources is provided.

Course Content

- A trauma informed model of anger
- Helping a client to understand their anger
- Helping a client to 'take action' with their anger
- Using simple 'short circuit' strategies
- Teaching arousal reduction strategies
- Helping a client to think differently about anger-provoking situations
- Helping a client to communicate more effectively

Who should attend?

Practitioners who work in a range of settings, including youth, family, homeless, aged, education, welfare, alcohol and substance, mental health, and disability.

Duration

1 Day Workshop

Continuing Professional Development

The training provides a total of 7 CPD hours.

Locations & Dates

Brisbane	29 Apr
Melbourne	2 May
Sydney	20 May
Melbourne	12 Aug
Sydney	26 Aug
Brisbane	15 Oct

Cost \$390 (inc GST)

REGISTER ONLINE

www.phoenixaustralia.org/anger

Trauma Informed Care

Traumatic experiences are common, and the effects can be profound. If you work in a community-based setting with people who have experienced trauma, this workshop will provide a framework for understanding, responding, and aiding recovery. Trauma Informed Care helps to build a client's sense of safety, control and empowerment through strengths-based interventions that can be delivered by a range of professionals.

In this workshop, you will learn about and practise key aspects of Trauma Informed Care, including how to safely talk about trauma, simple strategies to teach your clients to help them deal with their distress, how to foster independence and recovery, and encouraging connection with others. You will also learn how to apply these skills in your own work setting.

A comprehensive guide with tools, handouts and other resources is provided.

Course Content

- The impact of psychological trauma
- The principles of Trauma Informed Care
- Applying Trauma Informed Care principles in your work and organisation
- How to assess and talk about trauma safely and sensitively
- Using brief recovery-focussed interventions
- Looking after yourself

Who should attend?

Practitioners who work in a range of settings, including youth, family, homeless, aged, education, welfare, alcohol and substance, mental health, and disability.

Duration

1 Day Workshop

Continuing Professional Development

The training provides a total of 7 CPD hours.

Locations & Dates

Brisbane	30 Apr
Melbourne	7 May
Sydney	29 May
Launceston	23 Aug
Townsville	9 Aug
Adelaide	23 Oct
Brisbane	14 Oct
Melbourne	9 Oct
Sydney	1 Nov

Cost \$390 (inc GST)

[REGISTER ONLINE](#)

www.phoenixaustralia.org/tic

Neuropsychological Impact of Trauma

The cognitive impairments commonly associated with trauma and PTSD can be quite disabling. Using illustrative case studies, this workshop will help you to identify these deficits, understand the impact they may have on a client's presentation and functioning, and consider the implications for your treatment planning.

The workshop will take a lifespan approach, highlighting the impact of trauma on brain development and cognitive functioning at different life stages. You will learn about cognitive screening measures and how a more comprehensive neuropsychological assessment can enhance your case formulation and treatment planning. You will also learn and practise simple compensation strategies to teach clients to improve their day-to-day functioning.

A practitioner guide with tools, handouts, and an up-to-date reference list is provided.

Course Content

- The impact of early-life trauma on the developing brain
- Common cognitive deficits in PTSD and their functional impact at different life stages
- The neurobiology underlying cognitive deficits in PTSD
- Identifying the impact of comorbid health and mental health problems on cognitive functioning
- Using cognitive screening measures to supplement the assessment process
- The benefits of a comprehensive neuropsychological assessment
- Simple compensation strategies for clients to better manage cognitive deficits

Who should attend?

Specialist mental health providers

who provide treatment and support to children and adults with PTSD and related conditions.

Duration

1 Day Workshop

Continuing Professional Development

The training provides a total of 7 CPD hours.

Locations & Dates

Brisbane	3 May
Melbourne	31 May
Sydney	27 Aug
Melbourne	28 Oct

Cost \$440 (inc GST)

[REGISTER ONLINE](#)

www.phoenixaustralia.org/np

Cognitive Processing Therapy

If you are looking to learn an evidence-based therapy for PTSD, Cognitive Processing Therapy (CPT) offers an alternative to exposure-based therapy. CPT is an effective cognitive behavioural treatment for PTSD with a focus on assisting a client to process and modify their beliefs related to the traumatic event.

With the aid of expert video demonstrations and skills rehearsal, this interactive training program consists of a two-day workshop and three follow-up consultations. This will give you the skills and confidence to deliver CPT to people affected by a wide range of traumatic events.

A comprehensive treatment manual including client handouts is provided.

Course Content

- The theoretical basis for CPT
- Delivering CPT: session by session
- Rehearsal of key CPT skills
- Addressing common difficulties in therapy
- Managing comorbid mental health conditions
- Treating complex PTSD

Who should attend?

Specialist mental health providers who provide treatment and support services to adults with PTSD.

Duration

2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

Continuing Professional Development

The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

Locations & Dates

Brisbane	1-2 Aug
Melbourne	14-15 Oct
Sydney	21-22 Oct

Cost \$990 (inc GST)

REGISTER ONLINE

www.phoenixaustralia.org/cpt

Trauma-Focussed Psychological Therapy

Working with Adults

Treating posttraumatic stress disorder (PTSD) is challenging, whether the result of a single incident such as a car accident or natural disaster, or more chronic trauma exposure such as child sexual abuse. This training program will give you the skills and confidence to use exposure-based therapy to help your clients recover from PTSD. The two-day workshop is followed by three group-based consultations with an expert trainer – supporting you to apply and refine your new skills.

With the aid of expert demonstrations, you will learn and practise skills in exposure, cognitive, and emotion regulation interventions. You will also learn about and practise case formulation as a tool in developing individualised treatment plans for clients with complex presentations.

A comprehensive manual with practitioner tools and client handouts is provided.

Course Content

- Trauma, PTSD and related posttraumatic conditions
- Evidence-based treatments for PTSD
- The importance of traumatic memory
- Exposure-based therapy
- Troubleshooting problematic reactions
- Managing comorbid mental health conditions
- Case formulation and treatment planning
- Treating complex PTSD

Who should attend?

Specialist mental health providers who:

- provide treatment and support services to adults with PTSD
- have experience in providing psychological therapies to individuals with mental health problems

Duration

2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

Continuing Professional Development

The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

Locations & Dates

Brisbane	9-10 May
Perth	16-17 May
Melbourne	27-28 May
Townsville	15-16 Aug
Sydney	22-23 Aug
Melbourne	29-30 Aug
Adelaide	24-25 Oct

Cost \$990 (inc GST)

REGISTER ONLINE

www.phoenixaustralia.org/tfta

Trauma-Focussed Psychological Therapy

Working with Children & Adolescents

Treating traumatised children and adolescents can be challenging even for experienced practitioners. This training program will provide you with the confidence to use a toolkit of evidence-based interventions to address PTSD and other posttraumatic mental health conditions in young people, whether due to single or repeated traumatic experiences. The two-day workshop is followed by three group-based consultations with an expert trainer – supporting you to apply and refine your new skills.

With the aid of expert demonstrations, you will learn and practise a range of skills using a family-sensitive approach, including exposure, cognitive, and emotion regulation interventions. The importance of a thorough clinical assessment and comprehensive treatment plan is emphasised.

A comprehensive manual with practitioner tools and client handouts is provided.

Course Content

- Evidence-based treatments for posttraumatic mental health problems
- Involving parents in treatment
- Helping clients make sense of trauma
- Addressing unhelpful beliefs
- Strategies to reduce distress
- Helping clients to get active and address avoidance
- Working with clients to process traumatic memories
- Addressing complicated grief
- Preventing relapse

Who should attend?

Specialist mental health providers who:

- provide treatment and support services to children and adolescents with PTSD and other posttraumatic mental health conditions
- have experience in mental health assessment, case formulation, and treatment planning

Duration

2 day workshop followed by three small-group consultations with an expert trainer via teleconference.

Continuing Professional Development

The training program provides a total of 17 CPD hours – the two-day workshop provides 14 hours, and the consultations a further 3 hours.

Locations & Dates

Melbourne	15-16 Aug
Sydney	26-27 Aug
Brisbane	17-18 Oct
Melbourne	31 Oct - 1 Nov

Cost \$990 (inc GST)

[REGISTER ONLINE](#)

www.phoenixaustralia.org/tftc

Tailored training and support programs

Phoenix Australia's training and supervision services can be tailored to suit the needs of particular organisations, services or workforces.

We also provide training and support to supervisors and practice leaders to help them lead practice change within their settings.

Examples of services for tailored programs

- Homelessness
- Sexual assault
- Mental health
- Substance misuse
- Refugee and asylum seeker
- Emergency services
- Legal
- Justice
- Advocacy
- Telephone counselling
- School support
- Relationship counselling
- Military and veteran

Other training programs

- **Managing Sensitive Disclosure:** for assessors and other administrative staff to better manage contact with clients reporting sexual abuse or other traumatic experiences
- **Case Formulation:** for mental health practitioners to improve their assessment and case formulation skills with more complex clients with a view to undertaking collaborative treatment planning with clients
- **Skills for Psychological Recovery:** for practitioners with basic counselling skills to learn how to provide simple recovery-oriented psychological interventions in the weeks after disaster or trauma
- **Community Support Training Program:** for community members to learn effective ways to assist others following disaster

PLEASE CONTACT US TO DISCUSS YOUR REQUIREMENTS

Call 03 9035 5599 or email phoenix-info@phoenixaustralia.org

2019 TRAINING CALENDAR

29	Apr	Brisbane	Anger and Trauma
30	Apr	Brisbane	Trauma Informed Care
2	May	Melbourne	Anger and Trauma
3	May	Brisbane	Neuropsychological Impact of Trauma
6	May	Melbourne	Psychological First Aid
7	May	Melbourne	Trauma Informed Care
9-10	May	Brisbane	Trauma Focussed Therapy – Adults
16-17	May	Perth	Trauma Focussed Therapy – Adults
20	May	Sydney	Anger and Trauma
27-28	May	Melbourne	Trauma Focussed Therapy – Adults
28	May	Sydney	Psychological First Aid
29	May	Sydney	Trauma Informed Care
31	May	Melbourne	Neuropsychological Impact of Trauma
1-2	Aug	Brisbane	Cognitive Processing Therapy
5	Aug	Brisbane	Psychological First Aid
9	Aug	Townsville	Trauma Informed Care
12	Aug	Melbourne	Anger and Trauma
15-16	Aug	Townsville	Trauma Focussed Therapy – Adults
15-16	Aug	Melbourne	Trauma Focussed Therapy – Children
22	Aug	Launceston	Psychological First Aid
23	Aug	Launceston	Trauma Informed Care
22-23	Aug	Sydney	Trauma Focussed Therapy – Adults
26-27	Aug	Sydney	Trauma Focussed Therapy – Children
26	Aug	Sydney	Anger and Trauma
27	Aug	Sydney	Neuropsychological Impact of Trauma
29-30	Aug	Melbourne	Trauma Focussed Therapy – Adults
9	Oct	Melbourne	Trauma Informed Care
10	Oct	Melbourne	Psychological First Aid
14	Oct	Brisbane	Trauma Informed Care
15	Oct	Brisbane	Anger and Trauma
14-15	Oct	Melbourne	Cognitive Processing Therapy
17-18	Oct	Brisbane	Trauma Focussed Therapy – Children
21-22	Oct	Sydney	Cognitive Processing Therapy
23	Oct	Adelaide	Trauma Informed Care
24-25	Oct	Adelaide	Trauma Focussed Therapy – Adults
28	Oct	Melbourne	Neuropsychological Impact of Trauma
29	Oct	Brisbane	Psychological First Aid
31	Oct	Sydney	Psychological First Aid
31-1	Oct -Nov	Melbourne	Trauma Focussed Therapy – Children
1	Nov	Sydney	Trauma Informed Care



Phoenix Australia offers
engaging and evidence-based
training programs around
Australia for mental health
practitioners and support workers.

www.phoenixaustralia.org

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THE UNIVERSITY OF
MELBOURNE