



Trauma Education

presented by Dr Leah Giarratano

Leah is a doctoral-level clinical psychologist and author with vast clinical and teaching expertise in CBT and traumatology since 1995

A highly regarded trauma focused program for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 4-day livestream

Trauma Education: Day 1 – 4 overview

There is a difference in the best-practice treatment for PTSD and Complex PTSD. This program synthesises practical approaches from several modalities that are publishing positive outcomes for these clients, and presents them using actual cases that will underpin your clinical practice in traumatology. The content is applicable to both adult and adolescent populations. The techniques will be immediately useful and effective for your clinical practice. The program will explain when exposure-based interventions are indicated and appropriate, and when other therapeutic needs must be addressed first.

Day 1-2 is dedicated to treating PTSD clients utilising a cognitive behavioural approach. Day 3-4 is dedicated to the treatment of Complex PTSD (survivors of child abuse and neglect/prolonged interpersonal trauma) utilising the phase-based approach and incorporating current experiential techniques showing promising results with this population; drawn from Emotion Focused Therapy for trauma, Metacognitive Therapy, Schema Therapy, Attachment pathology treatment, Acceptance and Commitment Therapy, Cognitive Behaviour Therapy, and Dialectical Behaviour Therapy.

Upcoming online offerings for 2022

Self-paced online commencing 1 Feb, 1 Apr, 1 Jul, 1 Oct and 1 Nov 2022

17-18 + 24-25 March 2022 **Livestream** 9am-5pm AEDT

19-20 + 26-27 May 2022 **Livestream** 9am-5pm WAST/HKT

2-3 + 9-10 June 2022 **Livestream** 9am-5pm AEST

16-17 + 23-24 June 2022 **Livestream** 9am-5pm NZST

1-2 + 8-9 September 2022 **Livestream** 9am-5pm AEST

18-19 + 25-26 November 2022 **Livestream** 9am-5pm AEDT

Please visit our website for capital offerings in Australia and New Zealand in 2022

Day 1-4 online mode program fee is \$1,270 Australian Dollars (AUD) for NZ residents. The NZ fee for Day 1-2 (or Day 3-4) is \$680 AUD when you register at different times.

Day 1-4 Auckland program fee is \$1,390 Australian Dollars (AUD) for NZ residents. The NZ fee for Day 1-2 (or Day 3-4) is \$795 AUD when you register at different times.

Livestream: The four days are split into two days, one week apart. They are highly interactive and include three-months complimentary access to self-paced online to consolidate learning.

Self-paced online Engaging three months access. Not a recording of a past live event and includes access to a livestream of the program you register for during your access period.

Both online modes include 4 trauma case studies after completing the program to apply the Day 1-4 skills to real cases and improve your trauma case formulations.

Time commitment is: 30 hours (or 39 if you return 4 completed case formulations)

Please visit www.talominbooks.com for further details about Leah's books and this Day 1-4 trauma education, also watch Leah present an overview of Day 1-2 and Day 3-4

