

Safe and effective reliving

Overcoming client (and therapist!) anxieties about reliving traumatic events

Tuesday 12 June 2012

Springfield University Hospital, London

The Masterclass delivers

The day provides an overview of the principles used to determine how and when to use “reliving” the traumatic event(s) in the treatment of post traumatic stress disorder (PTSD).

By attending, you will

- see demonstration of “reliving” a traumatic event
- see how to get the “emotional temperature” right and how to review afterwards
- try out techniques in groups for dissociation and grounding

Benefits of attending

- increase your confidence in using reliving and treating PTSD
- increase your knowledge of PTSD and co-morbidity so you know when and how to use reliving safely

- develop your skills in cognitive restructuring within reliving using verbal and imagery techniques
- learn how to overcome common difficulties such as dissociation, using grounding techniques
- watch experienced clinicians demonstrate these skills and try them out for yourself

Speakers include

- Dr Pippa Stallworthy, Consultant Clinical Psychologist
 - Dr Sharif El-Leithy and Dr Hannah Murray, Clinical Psychologist
- South West London & St George's
Mental Health NHS Trust

Who should attend?

Clinicians with some understanding of trauma-focused cognitive therapy and experience of treating PTSD, wanting to develop their skills, and confidence

Masterclass: Starts at 09.30 with registration and ends and 16.30		CPD accredited	
10.00	Welcome, setting goals for the day	13.00	Lunch
10.10	What does the theory tell us? A quick reminder	14.00	Exercise 1: A chance to practice “reliving” for yourselves.....
	Safety checklist — PTSD, co-morbidity, and risk		Reviewing the process: How to know whether it was maximally effective.
11.00	Coffee	15.00	Tea
11.30	Preparing the ground	15.30	Troubleshooting — dealing with dissociation, and using grounding
12.00	“Reliving” — A chance to watch experienced clinicians	15.55	Exercise 2: Practicing using grounding techniques

Specialist Services — provide a range of local, regional and national mental health services for children and adults: deaf; eating disorders; forensic; inpatient CAMHS sexual behaviour; neuropsychiatry; obsessive-compulsive disorder; body dysmorphic disorder; perinatal; traumatic stress; and prison mental health services.

More on the PTSD service email Pippa.Stallworthy@swlstg-tr.nhs.uk

One in a series of specialist services masterclasses
www.swlstg-tr.nhs.uk

Supported by



Masterclass registration form

Safe and effective reliving

12 June 2012

Your details Please complete a new form for each delegate. Photocopies are acceptable

Title	Dr	Mr	Mrs	Ms	Miss	Other
First name						
Surname						
Job title						
Department						
Organisation						
Address						
Postcode						
Phone						
Email						

By cheque

I enclose a cheque, made payable to: South West London and St. Georges Mental Health NHS Trust for **£150.00**

By BACS

Account: 12285169 Sort Code: 08-33-00
Quoting reference: Masterclass

By invoice, quoting purchase order

Please send an invoice for £ to

Name
Jobtitle
Organisation
Address
Postcode

Please specify any special requirements

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Before we can accept the booking, please can you or authorised person sign this form to accept the terms and conditions opposite.

Name	
Signature	
Date	

How to book

Send your completed registration form to:

Fax: 020 3513 6305

Post: Specialist Services, South West London and St George's Mental Health NHS Trust, Springfield University Hospital. 61 Glenburnie Road, London SW17 7DJ

More information call 020 3513 6305 or email masterclass@swlstg-tr.nhs.uk

Masterclass fee **£150 plus VAT**

The fee includes light lunch, refreshments and handouts.

Payment Must be received before the event. The delegate will be asked for payment on the day if payment is not received.

Venue

Conference Suite, Building 14, South West London and St George's Mental Health NHS Trust, Springfield University Hospital, 61 Glenburnie Road London SW17 7DJ.

A map will be sent with confirmation of your booking. We recommend that you use public transport, as onsite parking is limited.

Confirmation of booking:

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

Terms and conditions: A refund, less a 20 per cent administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the Masterclass. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome.

We reserve the right to make changes to speakers and programmes without prior notice.

The information provided will be held on the South West London and St George's Mental Health NHS Trust's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box []

www.swlstg-tr.nhs.uk/news-and-media/events/ or call 020 3513 6305