

Conference Brochure



Cardiff

10th & 11th December 2009

Cardiff Council in association with the Cardiff and Vale NHS Trust Traumatic Stress Service and Cardiff University are proud to host a regional European Society for Traumatic Stress Studies conference which aims to combine an opportunity to improve knowledge in various aspects of traumatic stress and to provide a forum to discuss issues with others interested in this field.

Who Should Attend?

The conference is designed to attract individuals from varying backgrounds including mental health professionals, counsellors, members of social services, voluntary services, emergency planners, occupational health specialists, members of the legal profession and other individuals with an interest in traumatic stress. We believe the programme covers aspects pertinent to individuals from different backgrounds and with varying levels of knowledge and expertise.



Workshops

This year the conference workshops will all qualify for the ESTSS General Certificate in Psychotraumatology. Full details of the certificate and how to register for it are available on the ESTSS website (www.estss.org).

10 December

Workshop 1

9.30-12.30

Marylene Cloitre

Treatment of Complex PTSD

This workshop will cover the common presentations of complex PTSD sufferers, discuss the theoretical basis as to why alternative management approaches may be beneficial for complex PTSD compared to simple PTSD and describe the current evidence base for the effectiveness of treatments for complex PTSD.

Workshop 2

9.30-12.30

Neil Kitchiner & Claire Fyvie

Treatment of Specific Population (Veterans)

This workshop will cover the common presentations of veterans and the differences between them and the general population. Specific approaches to the management of traumatic stress in veterans including two different models that are currently being employed in the UK will be described. The current evidence base for the effectiveness of psychosocial approaches with this population will be considered.

Workshop 3

1.30-4.30

Deborah Lee

Compassion - Focused Cognitive Therapy for Shame - Based Trauma Memories in PTSD

Shame-based trauma memories are highly distressing and disturbing for most people. This workshop will introduce the use of a compassion focused approach as a way to work with the affect of shame especially in the context of shame based flashbacks in PTSD. In particular it will explore the importance of teaching techniques such as using compassionate imagery within reliving, and development of the capacity to self soothe to those who feel deeply shamed about who they are and what they have been through.

Workshop 4

1.30-4.30

Gavin Macho & Neil Roberts

Disaster Management

This workshop will cover the principles of developing a multi-agency psychosocial care plan, the roles of multiple agencies and the current evidence base for the effectiveness of approaches to disaster management.

11 December

Workshop 5

9.30-12.30

Neil Kitchiner and David Wilcox

Psychological Treatment of PTSD

This workshop will cover the theoretical basis underlying the commonly used trauma focused psychological treatments including exposure therapy, cognitive therapy, cognitive behavioural therapy, eye movement desensitisation and reprocessing (EMDR) and brief eclectic psychotherapy. It will also briefly describe non trauma focused approaches including stress inoculation training, anxiety management, psychodynamic therapy and hypnotherapy. The current evidence base for the effectiveness of psychological treatment approaches for PTSD will be considered.

Workshop 6

1.30-4.30

Neil Roberts

Evidence-based non trauma focused interventions for PTSD

For clinical and practical reasons it is not always possible to deliver evidence based trauma-focused interventions to people presenting with PTSD. Drawing on evidence available from research, this workshop will explore a range of alternative interventions which we might consider in such circumstances.

Workshop 7

9.30-4.30

Jonathan Bisson

Introduction to Traumatic Stress Studies

This workshop will cover the range of normal reactions following traumatic events, problematic reactions including PTSD, the principles of the theoretical basis of PTSD, the basic epidemiology of traumatic stress disorders and an evidence based approach to the prevention and treatment of post traumatic disorders.

Application Form

Personal Details

(A separate form is required for each delegate)

Please use **BLOCK CAPITALS** throughout the application:-

Title:	<input type="text"/>	Forename:	<input type="text"/>
UKPTS Member No:	<input type="text"/>	(If Applicable)	
ESTSS Member No:	<input type="text"/>	(If Applicable)	
Surname:	<input type="text"/>		
Designation:	<input type="text"/>		
Organisation:	<input type="text"/>		
Address:	<input type="text"/>		
	<input type="text"/>		
City:	<input type="text"/>	Country:	<input type="text"/>
Postcode:	<input type="text"/>		
Phone:	<input type="text"/>		
Email:	<input type="text"/>		
Please note any special dietary requirements:	<input type="text"/>		

Workshop Details

Please **TICK** the appropriate box for the workshops you wish to attend:-

10th December

Workshop 1 Workshop 2 Workshop 3 Workshop 4

11th December

Workshop 5 Workshop 6 Workshop 7

NB: Please note that workshop availability will be on a 'first booked' basis.



Regional Conference

City Hall, Cardiff



Payment Details

Please **TICK** the appropriate box in the following section:-

I am a student attending the conference for one day:	£50	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
I am a student attending the conference for both days:	£90	<input type="checkbox"/>	
I am an UKPTS/ESTSS Member attending the conference for one day:	£90	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
I am an UKPTS/ESTSS Member attending the conference for both days:	£160	<input type="checkbox"/>	
I am a delegate attending the conference for one day:	£100	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
I am a delegate attending the conference for both days:	£180	<input type="checkbox"/>	
I am Cardiff & Vale NHS Staff attending the conference for one day:	£50	Thursday <input type="checkbox"/>	Friday <input type="checkbox"/>
I am Cardiff & Vale NHS Staff attending the conference for both days:	£90	<input type="checkbox"/>	

Conditions (Important - Please Read!)

- FEES are PAYABLE in ADVANCE of the conference by CHEQUE or INTERNATIONAL MONEY ORDER to CARDIFF & VALE NHS TRUST.
- WE CANNOT process credit/debit cards or invoice you for the fee.
- WE WILL NOT accept any bookings received after Friday 27th November 2009.
- Confirmation of booking will be sent within 7 days of receipt of a completed application form and the correct booking fee.
- Any cancellation will be subject to a 10% administration charge. No refund will be given after Friday 27th November 2009, but substitute delegates will be allowed.
- Failure to comply with any of the conditions above will result in your place at the conference being cancelled.

Return Details

Please send the return this application form with the corresponding fee to :-

Dr Jonathan I Bisson, Dept. of Psychological Medicine, Monmouth House, UHW, Heath Park, Cardiff, CF14 4XW.

Further Details

Contact: ☎ 029 20 744534 📠 029 20 743143 📧 davieshj@cardiff.ac.uk

Accommodation: www.southernwales.com

