

Wednesday March 13th – Full day master class

**ADVANCES IN THE INTEGRATED TREATMENT OF COMPLEX
TRAUMA - *JOHN BRIERE PhD.***

Developed especially for clinicians who have previous experience in treating trauma, this workshop presents a nonpathologising, developmentally-informed approach to the treatment of complex posttraumatic presentations. This model incorporates cognitive-behavioural, relational, and mindfulness principles to support (a) the processing of implicit and explicit traumatic memories through titrated exposure, (b) the development of increased self-capacities (especially identity and affect regulation), and (c) the reworking of activated relational schema and other implicit memories within the therapeutic relationship. A central premise of this perspective is that dissociation, substance abuse, self-mutilation, and many other "dysfunctional" behaviours are adaptive strategies that cannot be cured as much as rendered unnecessary by effective treatment. Special topics will include the etiology and dimensionality of dissociative response, specific interventions in disturbed attachment schemas, "hot spot" processing, interventions for increasing affect regulation and identity capacities, and the role of mindfulness and meditation in trauma treatment. Attendees are invited to submit written questions on especially difficult cases, which will be discussed in the last portion of the workshop.

Educational objectives:

At the end of this workshop, participants will be able to:

- (1) Describe common etiologies of dissociation, relational activation, and self-injurious behaviour
- (2) Describe the five components involved in processing traumatic memories
- (3) Outline a general approach to “borderline” behaviours
- (4) List three approaches to the development of affect regulation capacities
- (5) Outline a mindfulness approach to psychological trauma

Biography

John Briere, PhD is Associate Professor of Psychiatry and Psychology in the Keck School of Medicine at the University of Southern California and Director of the Psychological Trauma Program at Los Angeles County and USC Medical Center. He is past president of the International Society for Traumatic Stress Studies and the author of a number of books, articles and psychological measures in the area of child abuse, psychological trauma and interpersonal violence. For more information please go to -

www.johnbriere.com