

Understanding the Link Between Childhood Trauma & Mental Illness: Alternative Approaches to Clinical Practice

Earn 14 CPD Points
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THEMES EXPLORED

- **Understanding Complex Trauma**
- **Identifying various interventions and treatment options**
- **Understanding the links to Mental Illness**
- **Exploring transferences - how can they be useful**
- **What are PTSD & Dissociation**
- **Understanding Self Harm behaviour**
- **Discuss a 'dis' orders**
- **Exploring ways to stay safe with clients**

OBJECTIVES

- ✓ This workshop will help clinicians to better understand the causes behind the difficulties many of their clients face. Participants will explore the role of trauma of their clients histories, and will learn strategies to better manage the care and treatment of those clients.
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- ✓ We will discuss the effects of Complex Trauma on individuals, including the biological effects experienced by many, the reasons that clients self harm and strategies to help them, and why dissociation may be so prevalent. A number of interventions and treatment options will be discussed, in addition to some of the possible pitfalls to remain aware of, such as transference & counter transference. We will also explore the positive sides of transference in the client/clinician roles.
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- ✓ Who should attend: Clinicians working in Mental Health, Nurses, Psychologists, Social Workers, OTs & Medical staff.

Facilitator: **Dr Wendy H McIntosh PhD** (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Dr McIntosh has delivered workshops on boundaries at state, national and international conferences and has two papers published on the theme. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is past President of the Australian, Aotearoa New Zealand Psychodrama Association, Qld Region.



Davaar Consultancy Training and Development Pty. Ltd

Professional Boundaries: Your Safety, Our Business

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About this workshop

The workshop invites participants to explore and engage with contemporary theory and research on complex trauma. Psychodrama is utilised both days to assist integrate the learning achieved during the workshop.

The significance of attachment theory and doubling / mirroring (from psychodrama) in relation to complex trauma will be demonstrated through the use of sculpturing and role reversal.

As participants bring forward their questions, their experiences and their awareness they will be given opportunities to develop and implement interventions that they can use with individuals with whom they work.

Who should attend: Clinicians working in Mental Health, Nurses, Psychologists, Social Workers, OTs & Medical staff.

Objectives

- ✓ Discuss the link between childhood trauma & mental illness
- ✓ Discuss the relationship between mental illness & childhood trauma
- ✓ Describe the importance of the “stress system” in terms of psychological trauma & mental illness
- ✓ Discuss strategies (individual & group) to use when working with individuals who have a background of trauma
- ✓ Explore transference issues which may arise when working with individuals who have a history of childhood trauma
- ✓ Identify coping strategies when working with individuals who have a history of trauma & mental illness

Facilitator: Dr Wendy H McIntosh PhD (RGN, Grad. Dip. MH., MN, Group Leadership Cert, Cert IV Workplace Assessment & Training). Wendy conducts training on a number of themes including boundaries, mental illness in the workplace and working with clients who have experienced childhood trauma. Wendy has presented workshops on a number of themes at state, local and international conferences. She has a number of publications and writes a regular blog. With an extensive history of working in mental health (clinical, research & education), Wendy conducts regular individual and group supervision and is past President of the Australian, Aotearoa New Zealand Psychodrama Association, Qld Region.

Some thoughts that participants of our two day workshops have shared with us:

- ✓ “I wasn’t sure what to expect but it turned out to be the best two days of training...”
- ✓ “Very insightful, recommend for any training purpose in regards to professionalism. Information extremely useful for anyone, not limited to the health profession”
- ✓ “I found it engaging, the atmosphere comfortable and safe and the input and knowledge imparted very valuable”
- ✓ “A wonderful learning experience. Insightful, informative and thought provoking. Thank you Wendy for your imparting of your knowledge and wisdom. Your workshops are valuable and every nurse should attend”
- ✓ “Most enjoyable, very informative and contextual, taken out of paradigms expertly (role play)”