





AT THE FRONTIER OF EFFECTIVE TRAUMA & PTSD TREATMENT


Innovations, Interventions & Case Studies

An exciting one-day conference giving you unrivalled access to senior clinicians and innovators for a unique perspective on advances in trauma & PTSD treatment.

The speakers and panellists will share their extensive knowledge and experience, with a focus on actionable strategies that bring together different modalities.

 Friday 3rd November 2023

 8.20 AM - 3.30 PM
Registration from 8:00 AM

 Mercure Kooindah Waters, Wyong

 Free parking

 Morning tea & lunch included

ATTEND IN-PERSON, OR ONLINE

Early Bird: \$190 + GST (until 31 Aug)

Standard Price: \$230 + GST

Virtual Attendees: \$190 + GST

Register now at :

[www.theREADclinic.com/
trauma-conference](http://www.theREADclinic.com/trauma-conference)

THE SPEAKER LINEUP



KEYNOTE SPEAKER

Suzy Matthijssen

Clinical Psychologist

**FAST AND EFFECTIVE: CHALLENGING
OLD ASSUMPTIONS IN TREATING
PTSD/CPTSD**



Heather Irvine-Rundle

*Clinical Psychologist
READ Clinic Director*

**"IT WASN'T THAT BAD": UNDERSTANDING
EARLY ATTACHMENT TRAUMA AND
PAVING A PATH FOR THERAPEUTIC
INTERVENTION FOR ADULTS**



Dr Anthony Mason

Consultant Psychiatrist

**THE ROLE OF TMS AND PSYCHEDELICS/
CANNABIS IN THE TREATMENT OF
COMPLEX TRAUMA AND PTSD**



Dr Ashley Craig

*Clinical Psychologist
Professor of Rehabilitation Studies, Faculty
of Medicine & Health, University of Sydney*

**MANAGEMENT OF TRAUMA-RELATED
DISTRESS BY IMPROVING SELF-
REGULATION OF THE AUTONOMIC
NERVOUS SYSTEM**

ADDITIONAL PANEL PARTICIPANTS



Nathan Beehag

*Clinical Psychologist
READ Clinic Director*



Andrew Sozomenou

*Senior Psychologist
READ Clinic Director*



Nicole Sturla

Senior Psychologist



Kerri Fort

Senior Psychologist

BONUS VIDEO MASTERCLASS



Dr Rebecca Guest

Clinical Psychologist

**ONBOARDING & OVERCOMING BARRIERS:
STRATEGIES TO PREVENT EARLY DROPOUT
OR TREATMENT RESISTANCE IN CBT-TF-PE
TREATMENT PROGRAMS**

*Attendees will have access to this 50-minute
recorded video masterclass for 30 days after
the event date*

FAST AND EFFECTIVE: CHALLENGING OLD ASSUMPTIONS IN TREATING PTSD/CPTSD

Treatments for PTSD/CPTSD according to the NICE guidance (NG116) are trauma-focused therapies such as trauma-focused cognitive behavioural therapy (tfCBT), prolonged exposure (PE) or eye movement desensitisation and reprocessing (EMDR). However identifying the intervention most likely to yield optimum results in the shortest time period is the goal for all therapists. Fortunately for those of us delivering these treatments on a clinical level, researchers such as Dr Suzy Matthijssen have spent more than a decade developing models to deliver optimal outcomes.

At the Altrecht Academic Anxiety Centre's intensive CPTSD service lead by Dr Suzy Matthijssen, her intensive programs have led to 87% reductions in CPTS diagnoses (even for those with severe presentations, suicidal ideation and significant comorbidities) with low attrition rates (3%). Unlike other programs, these program skip the stabilisation stages of therapy and intense processing is commenced early in the treatment process with no adverse effects reported.

In this presentation, Dr Matthijssen will discuss the programs being delivered, provide an understanding of the mechanisms by which EMDR, PE and tfCBT assist in delivering the outcomes detailed above and provide practical tools and techniques that can be adapted to working with clients in multiple treatment settings.

** presentation content subject to change by presenter*



Suzy Matthijssen

Clinical Psychologist

"IT WASN'T THAT BAD": UNDERSTANDING EARLY ATTACHMENT TRAUMA AND PAVING A PATH FOR THERAPEUTIC INTERVENTION FOR ADULTS

While much of the funding and attention for treating trauma relate to the type of events outlined in the DSM-5 – "Exposure to actual or threatened death, serious injury, or sexual violence" - clinicians understand that many wounds that are far harder to treat occur within early relationships. Often it's a case of not what happened, but what didn't happen that goes on to have a devastating impact on our clients' lives. Children who experience neglect or invalidation of self, often then go on to feel guilty about their depression, anxiety or other psychological symptoms, fearing they have not "gone through anything bad enough" to warrant their reactions. However, as clinicians know, these early events impact friendships, family life, work behaviours, self-regulation and even the therapeutic relationship.

In this presentation, the impact of early attachment trauma on brain development will be discussed, along with an exploration of a model for both understanding attachment trauma and identifying areas for therapeutic intervention.



Heather Irvine-Rundle

*Clinical Psychologist
Adjunct Professor of
Practice, University of
Newcastle*

THE ROLE OF TMS AND PSYCHEDELICS / CANNABIS IN THE TREATMENT OF COMPLEX TRAUMA AND PTSD

TMS as a treatment option for depression that does not respond to therapy and antidepressant medication.

- How TMS works
- Excitatory vs inhibitory pulses
- Frontal lobe vs limbic system
- How effective is it and do the effects last
- Case studies of responses in PTSD, Bipolar 2, Borderline PD, ASD
- Experience with esketamine and PTSD
- Utility of macro and microdosing psilocybin
- Cluster overlay between Bipolar/BPD/ADHD and ASD/ADHD/OCD/sensory



Dr Anthony Mason

Consultant Psychiatrist

MANAGEMENT OF TRAUMA-RELATED DISTRESS BY IMPROVING SELF-REGULATION OF THE AUTONOMIC NERVOUS SYSTEM

Exposure to a traumatic event can result in significant distress with common responses including upsetting thoughts and images, avoidance of reminders of the trauma, and feelings of numbness, shame and anger. Therapies such as Prolonged Exposure and EMDR are designed to address the emotional, cognitive and behavioural impacts associated with exposure to a traumatic event(s). To improve treatment outcomes, it is essential that trauma related therapies include self-management strategies that the client can use to regulate their distress associated with the trauma.

After participating in this session, you will have developed: (i) An understanding of the role of the autonomic nervous system (ANS) and the neuropsychophysiology involved in trauma related distress. (ii) A comprehension of prominent relevant theories such as the Polyvagal and Neurovisceral theories. (iii) An appreciation of the role of self-efficacy when managing distress levels in challenging circumstances. (iv) A working knowledge of strategies such as resonant breathing and monitoring of breath rate that clients can use in any context to regulate their ANS and thus self-manage distress.



Professor Ashley Craig

*Clinical Psychologist
Research Fellow University
of Sydney*