



Trauma Education

presented by Dr Leah Giarratano

Leah is a doctoral-level clinical psychologist and author with vast clinical and teaching expertise in CBT and traumatology since 1995

A highly regarded trauma focused program for all mental health professionals. Offered in Australia and New Zealand and internationally as a self-paced online program or via 4-day livestream

Trauma Education: Day 1 – 4 overview

There is an emerging debate about the best-practice treatment for PTSD versus Complex PTSD. This program synthesises practical approaches from several modalities that are publishing positive outcomes for these clients, and presents them using actual cases that will underpin your clinical practice in traumatology. The content is applicable to both adult and adolescent populations. The techniques will be directly useful for your clinical practice. The program will explain when exposure-based interventions are indicated and appropriate, and when other therapeutic needs can be addressed first

Day 1-2 is dedicated to treating PTSD clients utilising a cognitive behavioural approach. Day 3-4 is dedicated to the treatment of Complex PTSD (survivors of prolonged interpersonal trauma such as child abuse and neglect/ developmental trauma) incorporating a multimodal approach using current experiential techniques showing promising results with this population; drawn from Emotion Focused Therapy for trauma, Metacognitive Therapy, Schema Therapy, Attachment pathology treatment, Acceptance and Commitment Therapy, Cognitive Behaviour Therapy, and Dialectical Behaviour Therapy

Upcoming online offerings

Self-paced online commencing 1 Feb, 1 Apr, 1 Jul, 1 Oct and 1 Nov annually

1-2 + 8-9 September 2022 Livestream 9am-5pm AEST (which is 7am-3pm SGT)

18-19 + 25-26 November 2022 Livestream 9am-5pm AEDT (which is 6am-2pm SGT)

23-24 + 30-31 March 2023 Livestream 9am-5pm AEDT (which is 6am-2pm SGT)

8-9 + 15-16 June 2023 Livestream 9am-5pm WAST/SGT (offered annually)

22-23 + 29-30 June 2023 Livestream 9am-5pm NZST (which is 5am-1pm SGT)

7-8 + 14-15 September 2023 Livestream 9am-5pm AEST (which is 7am-3pm SGT)

16-17 + 23-24 November 2023 Livestream 9am-5pm AEDT (which is 6am-2pm SGT)

Program Fee \$1,390 Australian Dollars (AUD). Fee and payment is in AUD

Livestream: The four days are split into two days one week apart. They are highly interactive with breakout groups and include three-month complimentary access to self-paced online to consolidate learning after the livestream

Self-paced online Engaging three-month program with access to a scheduled livestream.

Optional access to trauma case studies after completing the online program to apply the Day 1-4 skills to 4 real cases and improve your trauma case formulations.

Day 1-4 is 30 CPD hours (or 39 CPD hours if you return 4 completed case formulations)

Please visit www.talominbooks.com for further details about Leah's books and this Day 1-4 trauma education. [Watch Leah present an overview of Day 1-4](#)

