

## Be Trauma-Informed: Masterclass Series



CONTINUING PROFESSIONAL DEVELOPMENT

Masterclass Series:

### Understanding Trauma in Therapy

*with Dr. Alla Demutka*

### Understanding Trauma in Therapy

People who go through a traumatic experience go through a lot of mental and physical distress. Without professional help, these experiences may impact their life to a great extent and stay with them for a long time.

This highly curated 4-part Masterclass Series takes mental health practitioners from understanding what is trauma in contemporary discourse and how this knowledge is relevant in your therapeutic practice, to understanding the mechanisms and symptoms of trauma. The series will also explore attachment styles and emotional dysregulation in the context of trauma including how to assess and approach clients with attachment difficulties. The series concludes by equipping practitioners with best practices in trauma-informed care to enhance client outcomes.

Whether you are experienced psychotherapists, counsellors, or practitioners-in-training, this Masterclass Series will incorporate practical strategies and real-case scenarios, role plays, discussion around treatment plans and reflective practice. The Masterclass Series aims to enhance your professional development and allow you to support your clients more effectively in dealing with trauma.

Read more about each Masterclass below.

- **Masterclass #1**  
**Why Trauma Matters: Exploring Its Relevance in Your Therapeutic Practice**  
**Fri, 17 Nov 2023, 9.30am - 5.30pm**
- **Masterclass #2**  
**Understanding and Dealing with Trauma Coping Responses and Triggers**  
**Fri, 24 Nov 2023, 9.30am - 5.30pm**
- **Masterclass #3**  
**Trauma, Attachment and Emotional Regulation**  
**Fri, 1 Dec 2023, 9.30am - 5.30pm**
- **Masterclass #4**  
**Trauma-Informed Care Practices**  
**Fri, 8 Dec 2023, 9.30am - 5.30pm**

**Cost:**

\$734.40 w/GST per masterclass

**Discount\*:**

- 15% group discount (of 3 pax and above)
- 20% for a package of all 4 masterclasses

*\*Only one type of discount shall apply*

Lunch and tea breaks are included.

**Venue:**

The School of Positive Psychology @ 61 Stamford Road,  
Stamford Court, #01-09. Singapore 178892

## ***About the Trainer***



**Dr Alla Demutska**  
**Clinical Director, Counselling and Psychotherapy**  
**The School of Positive Psychology**

Dr. Alla Demutska has been working with a wide range of psychological problems in both private and public settings in Australia and Singapore since 2008. She has experience working with various evidence-based interventions, including Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), Schema Therapy, Eye Movement Desensitization and Reprocessing (EMDR), trauma-focused, and mindfulness-based therapies.

Dr. Demutska has a strong interest in both attachment-related and single-event trauma. She facilitated multiple inpatient and outpatient groups. She developed and was the lead facilitator of a 10-week Schema Therapy Program as well as facilitated Trauma program at the Melbourne Clinic, Australia. She co-facilitated inpatient (The Victoria Clinic, Melbourne) and outpatient (Schema Therapy Institute, Melbourne) schema therapy groups for complex trauma. She has experience teaching and supervising students in Singapore and Australia at Master's and Doctoral level in Clinical Psychology programmes.

Her passion in connecting people to themselves, their values and their communities is reflected in her practice as a clinical psychologist as well as retreats she masterfully designs and facilitates in places like Thailand and Bali, bringing principles of mindfulness, compassion, and knowledge of trauma modalities together.

Dr. Demutska is a member of the Australian Psychological Society (APS) and the Singapore Psychological Society (SPS) and is endorsed for the practice of clinical psychology by the Psychology Board of Australia. She is also a Board Approved (Australia) Clinical Supervisor.

## **FAQs**

### **Who are these workshops suitable for?**

Practising psychotherapists and counsellors or practitioners-in-training.

### **I am not a practitioner or practitioner-in-training but am interested in the topics, can I still sign up?**

Yes, the knowledge gained is still useful to support your everyday wellbeing, though you may not be able to use the skills learned to support others as a professional.

### **Do I have to sign up for all four sessions?**

No, it is not necessary to sign up for all four sessions though it is highly recommended to enhance your learning, especially if you are a practitioner.

To find out more about the Masterclass, please email us at [hello@positivepsych.edu.sg](mailto:hello@positivepsych.edu.sg).