

# REGISTRATION FORM

John Briere Seminars

TAX INVOICE  
GST # 51-024-850

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Position \_\_\_\_\_

Current Clinical Practice \_\_\_\_\_

Workplace \_\_\_\_\_

Postal Address \_\_\_\_\_

City \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Facsimile \_\_\_\_\_

Email \_\_\_\_\_

Any special dietary requirements or allergies?

## REGISTRATION FEES

*Fees include morning tea, lunch, afternoon tea, and GST*

Applications close on **24th August 2009**. Cancellations received up to 10 working days prior to seminar will receive an 80% refund.

After that time, **no refund** will be given.

*Please tick option required*

	Before** 10 July	After 10 July
<input type="checkbox"/> <b>Wellington</b> 31 August	\$280	\$300
<input type="checkbox"/> Full time students/beneficiaries (with ID*)	\$170	\$190
<input type="checkbox"/> <b>Christchurch</b> 2 September	\$280	\$300
<input type="checkbox"/> Full time students/beneficiaries (with ID*)	\$170	\$190
<input type="checkbox"/> <b>Auckland</b> 4 September	\$280	\$300
<input type="checkbox"/> Full time students/beneficiaries (with ID*)	\$170	\$190

Group discount available for 10 or more people - contact the DSAC office for further details.

\* To qualify for the discount, students/beneficiaries must include a photocopy of ID with registration.

\*\*To qualify for the early bird discount, fees must be received prior to 10 July 2009.

## PAYMENT

Total Paid \$ \_\_\_\_\_

- Cheque (please make cheques payable to DSAC)  
 Credit Cards (please fill in ALL details below)

Card Type:  Visa  Mastercard

Expiry Date:

Card No:

.....  
Cardholder's Name

.....  
Cardholder's Signature

\*\*\*\*\*

Please return this form to:  
**Doctors for Sexual Abuse Care Inc.**  
 PO Box 90723, Victoria Street West, Auckland 1142  
 Phone: 09 376 1422 Fax: 09 376 0790  
 Email: dsac@ihug.co.nz



## DOCTORS FOR SEXUAL ABUSE CARE INC

- Presents -

**John Briere Ph.D.**

*Three 1-day Seminars*

**WORKING WITH COMPLEX CHILDHOOD MALTREATMENT EFFECTS IN ADULTS: Treatment Advances, New Techniques, and Mindfulness Issues in Integrated Trauma Therapy**

❖  
**WELLINGTON**  
 Monday 31st August 2009  
 InterContinental Hotel  
 Cnr Grey & Featherstone Sts, Wellington

❖  
**CHRISTCHURCH**  
 Wednesday 2nd September 2009  
 Holiday Inn City Centre  
 Cnr Cashel & High Streets, Christchurch  
*(Public car park opposite hotel entrance)*

❖  
**AUCKLAND**  
 Friday 4th September 2009  
 West Lounge, Eden Park  
 Gate 1, follow the signs down the stairs to the West Lounge Conference Room  
 Car Park Entrance A, ASB Stand, Walters Road, Mt Eden (free car parking)

❖  
**John Briere, Ph.D.**  
*Associate Professor of Psychiatry and Psychology, Keck School of Medicine, University of Southern California; Director, Psychological Trauma Program, LAC-USC Medical Center; Co-Director, MCAVIC-USC Child and Adolescent Trauma Program, National Child Traumatic Stress Network.*

## WORKING WITH COMPLEX CHILDHOOD MALTREATMENT EFFECTS IN ADULTS: Treatment Advances, New Techniques, and Mindfulness Issues in Integrated Trauma Therapy

Wellington: Monday 31 August 2009

Christchurch: Wednesday 2nd September 2009

Auckland: Friday 4th September 2009

This workshop provides new information on the expansion and revisions of John Briere's Self-Trauma Model that have occurred over the last several years. It focuses on four powerful aspects of effective trauma therapy for those who experienced abuse and/or neglect in childhood: (1) enhancing and working with the therapeutic relationship, (2) development of therapist positive regard and nonjudgmental acceptance, (3) implementation of new cognitive, exposure-based, and affect regulation-focused technical interventions, and, throughout, (4) increased attention to the empirically-verified role of mindfulness and the treatment implications of Buddhist philosophy. It will integrate information from Briere and Scott's (2006) *Principles of Trauma Therapy*, as well as Briere and Lanktree's new (2008) federally-funded "Integrated Treatment of Complex Trauma—Adolescents (ITCT-A)" treatment guide, and an in-progress book on mindfulness philosophy and practice in trauma treatment. A short video will be played, demonstrating mindfulness interventions for abuse-related self-esteem issues.

8.00 am Registration

8.45 am Welcome and Introduction

9.00 am to 10.30 am

### Complex Post-traumatic Outcomes

- Chronic post-traumatic stress
- Impaired or underdeveloped self-capacities
- Avoidance and chronicity
  - The avoidance triad: Dissociation, substance abuse, and tension reduction behaviours

### Empirical Treatments for Trauma: Three Pathways

- Reduce painful emotional associations to memory (therapeutic exposure)
- Increase capacity to tolerate painful associations to memory (affect regulation training)
- Change one's relationship to experience of the memory and its cognitive-emotional associates (mindfulness)

10.30 am Morning Tea

11.00 am to 12.30 pm

### Mindfulness

- Characteristics of mindfulness
- Mindfulness in the therapist
- Mindfulness in the client
- Existential reconsideration

### Distress Reduction and Effect Regulation Training: Skill Development

- Grounding, relaxation, breath training
- Labeling and discrimination of emotional states
- Trigger identification and intervention
  - The trigger grid

12.30 pm Lunch

1.30 pm to 3.00 pm

### Mindfulness as Affect Regulation Training

- Altered relationship to triggering phenomena and emotional states
- Breaking down memory-thought/feeling-behaviour
  - Remediating source attribution errors
  - Discriminating "there and then" from "here and now"
- Teaching mindfulness as a response: "Message in a bottle"

### Emotional Processing

- Steps of processing and the therapeutic window
- Mindfulness as therapeutic exposure
- Exposure to chaos and reminders of impermanence

### Cognitive Processing

- On hearing yourself think
- Cognitive Reconsideration: Internal re-evaluation versus therapist declarations
- Mindfulness as cognitive therapy: "Just thoughts, not facts"
- Video

3.00 pm Afternoon Tea

3.30 pm to 5.00 pm

### Relational Aspects

- Therapeutic relationship as activator and context
- Processing implicit relational schema and emotions in the therapeutic relationship
- Relational counterconditioning in the context of activated attachment affects
- The Self-Trauma view of transference and countertransference

### Addressing identity issues

- Eastern versus Western models of self
- Redirecting external directedness
  - The role of therapeutic interpretations
  - The downside of setting people straight
  - The efficiency of empowerment and nonauthoritarianism

5.00 pm Close

*Doctors for Sexual Abuse Care Inc. is a national, professional organisation of doctors and nurses, formed in 1988 to advance knowledge and improve standards of medical care for those affected by sexual assault/abuse. DSAC is a not-for-profit, voluntary organisation with charitable status and no permanent funding. We are reliant on donations, membership fees and self-funding projects to sustain our activities.*

## WHO SHOULD ATTEND

These seminars are for all clinicians who provide treatment/therapy for adults and adolescents who have experienced abuse/sexual abuse trauma.

## John Briere Ph.D.

John Briere, Ph.D. is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, Director of the Psychological Trauma Program at LAC-USC Medical Center, and Co-Director of the MCAVIC-USC Child and Adolescent Trauma Program, National Child Traumatic Stress Network. He is a past president of the International Society for Traumatic Stress Studies (ISTSS), and recipient of the Robert S. Laufer Memorial Award for Scientific Achievement from ISTSS and the Outstanding Professional Award from the American Professional Society on the Abuse of Children (APSAC). Designated as "Highly Cited Researcher" by the Institute for Scientific Information, he is author or co-author of over 70 articles, 20 chapters and encyclopedia entries, 10 books (first and second editions), and 8 psychological tests in the areas of trauma, child abuse, and interpersonal violence. His book (co-authored with Catherine Scott, MD) *Principles of Trauma Therapy*, is published by Sage Publications (2006).

His website is [www.JohnBriere.com](http://www.JohnBriere.com)

*"As a therapist working with survivors of sexual assault/abuse I believe that the most important trainings in my career have come from the workshops given by Dr Briere. What I have admired most about his teachings is his honouring of the client as the expert of the trauma they experienced, the ways they coped and are likely to heal. Working with survivors of sexual assault/abuse and trauma in general is highly complex work. I have appreciated Dr Briere teaching us about the care required to ensure that we only work within the 'therapeutic window' to avoid overwhelming the client with too much traumatic material. Dr Briere is a raconteur – we laugh while we learn. Every time I hear him speak I learn something new. A John Briere workshop is not to be missed!"*

### Dr Kim McGregor

Director

Rape Prevention Education