

Please place in an envelope and return to the
following address
by Friday 2 August 2013

“Janina Fisher Two Day Workshop”
Toowoomba Hospital Foundation
PO Box 7646
TOOWOOMBA SOUTH QLD 4350

The Toowoomba branches of the Australian Psychological Society and the Australian College of Mental Health Nurses and the Toowoomba and Darling Downs Local Medical Association, in conjunction with the Toowoomba Hospital Foundation, are pleased to present a two day workshop with internationally acclaimed speaker, Dr Janina Fisher, Ph.D.

Participation in this workshop may attract CPD points.



Janina Fisher Two Day Workshop



**Traumatic Attachment and
Affect Dysregulation:
Treating Addictive and
Self-Destructive Behaviour**

12 - 13 August 2013

Highfields Cultural Centre
O'Brien Road
Highfields QLD 4350

DAY 1

Monday 12 August 2013

8.00 a.m. - 9.00 a.m. registration, tea and coffee

9.00 a.m. - start

4.30 p.m. - close

DAY 2

Tuesday 13 August 2013

8.00 a.m. - tea and coffee on arrival

9.00 a.m. - start

4.30 p.m. - close

Morning and afternoon tea, lunch, workshop materials and parking are all included.

Learning Objectives:

- Participants will be able to describe the effects of trauma-related attachment on affect regulation
- Participants will be able to identify the neurobiological relationship between dysregulation and addictive/self-destructive disorders
- Participants will be able to describe the theory and practice of Sensorimotor Psychotherapy
- Participants will be able to utilize somatic interventions to address trauma-related symptoms in psychotherapy
- Participants will be able to utilize somatic interventions to address addictive and self-destructive behaviour in psychotherapy
- Participants will be able to employ interactive neurobiological regulation to address affect dysregulation

Participants will address the impact of traumatic and sub-optimal attachment experiences on affect regulation, exploring how to understand the effects of traumatic attachment from a psychobiological perspective and how to work with both the legacy of failed attachments in the form of addictions and unsafe behaviour.

Using interventions drawn from the neuroscience and attachment research and from Sensorimotor Psychotherapy, a body-centered talking therapy tailored to the treatment of trauma and affect dysregulation, this workshop will utilise a combination of lecture, video, and experiential exercises to explore a neurobiologically-informed understanding of the impact of trauma on attachment, somatic interventions for addressing unsafe and addictive behaviour, and how to use ourselves as "neurobiological regulators" of the client's dysregulated emotional and autonomic states.

About the speaker

Janina Fisher, Ph.D. is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a clinician and consultant, she is past president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

Registration Form

Janina Fisher Two Day Workshop 12 - 13 August

Name: _____

Organisation: _____

Mailing Address: _____

Profession: _____

Telephone: _____

Email: _____

\$250* _____

\$300 _____ (please tick one)

* THF, Qld Health, APS, TDDLMA,
ACMHN (Please circle)

Membership no. _____

Credit card number:

Name on card: _____

Expiry: ____/____

CVN: _____ (3 digit code)

Total amount: _____

Signature: _____

Please return registration form and payment details to:
Toowoomba Hospital Foundation
PO Box 7646
TOOWOOMBA SOUTH QLD 4350
or fax to (07) 46166177
or email
TBH-Foundation@health.qld.gov.au