



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 2023

23-24 + 30-31 March 2023 **Livestream** 9am-5pm AEDT (11am-7pm in NZ)

22-23 + 29-30 June 2023 Livestream 9am-5pm NZST (offered annually for NZ)

7-8 + 14-15 September 2023 **Livestream** 9am-5pm AEST (11am-7pm in NZ)

16-17 + 23-24 November 2023 **Livestream** 9am-5pm AEDT (11am-7pm in NZ)

Or join us in person in Auckland on 8-11 August or Sydney on 24-27 October 2023

Our Auckland + Sydney fee is \$1,590 AUD for NZ residents and our fee is adjusted after you register.

Program fee for Day 1-4 online mode is \$1,290 Australian Dollars for NZ residents

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

Self-paced online Engaging three months access. Not a recording of a past live event and includes access to our scheduled livestream to complete or consolidate your learning

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.

Time commitment is: 30 hours (or 39 hours if you return our 4 case formulations)

Please visit <https://talinbooks.com> for further details about Leah's books and this Day 1-4 trauma education. Watch Leah present an [overview of Day 1-4](#)

