

AACBT Vic Pub discussion

Treating childhood trauma in adults: sorting the fact from fiction



This presentation will critically review the evidence-base for current treatments for childhood trauma in adults. Importantly, a range of myths will be highlighted in relation to trauma-focused work, the use of exposure, and the neurobiological basis of trauma.

GUEST SPEAKER PROFESSOR KIM FELMINGHAM

The empirical evidence for varying treatment approaches will be examined, including CBT approaches such as prolonged exposure, phase-based approaches, EMDR, schema work and imaginal rescripting and cognitive processing therapy; and more recent third-wave approaches such as mindfulness, ACT and trauma-focused yoga.

A clinical emphasis in the talk will be on the importance of an evolving and individualized case formulation, staging and timing of treatment, and managing risk, therapy interference, the therapeutic relationship and the unpredictable.

A pub discussion is a relaxed opportunity to observe a presentation on an interesting topic regarding cognitive behavioural therapy. There are opportunities for the willing to engage in a discussion relating to the topic towards the end of the presentation.

Professor Kim Felmingham is a clinical psychologist and neuroscientist who is the Chair of Clinical Psychology in the School of Psychological Sciences, University of Melbourne.

She has many years of working with clients with childhood trauma histories and complex comorbid presentations.

Professor Kim

Felmingham has over 15 years of experience working as a clinician with traumatized clients, and in researching the underlying neurobiological, cognitive and emotional mechanisms involved in Posttraumatic Stress Disorder.

Kim has published 100 papers in this field and is regularly invited to give talks on her research, and on clinical interventions for trauma.

- **When** Wednesday 25 July 2018 @ 6:30-7:30pm
- **Where** Upstairs @ Robert Burns Hotel, 376 Smith St, Collingwood
- **Tickets** AACBT Members **Free** / Non-Members \$10

Book now at <https://www.aacbt.org.au/events/>



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