

AACBT NSW: Sydney Pub Discussion

Adapting PTSD treatment for populations exposed to frequent work-related trauma



Do you work with clients who are frequently exposed to trauma in their workplace? Come and hear about some of the specific issues facing them.

GUEST SPEAKER DR LUCY KENNY

In fields such as the emergency services, military and journalism some people are frequently exposed to disaster, serious injury, death and violence as a regular part of their duties. These populations have a heightened susceptibility to PTSD but are often not help-seeking and when they do they can be difficult to keep engaged in treatment. Whilst traditional trauma-focussed CBT strategies including cognitive therapy, in vivo and imaginal exposure are still effective in treating these populations some adjustments to treatment may boost treatment outcomes.

This presentation will examine some of the specific issues facing individuals who are frequently exposed to trauma in the workplace, such as managing organisational stressors, dealing with the shame associated with treatment seeking and working with multiple comorbidities. Modifications to typical trauma-focussed CBT to enhance treatment engagement will also be discussed, with a particular focus on working with imaginal exposure in the context of exposure to multiple traumas.

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.

- **When** Monday 27 Aug 2018 @ 7pm-8pm
 - (registration from 6:30pm)
- **Where** Bat and Ball, 495 Cleveland Street, Redfern
- **Tickets** AACBT Members **Free** / Non-Members \$10

Dr Lucy Kenny is a clinical psychologist who worked for more than a decade at the Traumatic Stress Clinic (TSC).

During her time at the TSC she was involved in developing treatment programs specifically for police and other emergency services workers with PTSD and for journalists experiencing trauma-related distress.

Lucy now works in private practice and in this context continues to work with clients affected by trauma associated with their work.

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