

# Where and When

## Perth

The Niche, 11 Aberdare Rd, Nedlands  
Friday, 18th June, 2010

## Melbourne

Co.As.It, Farraday St, Carlton  
Friday, 23rd July 2010

## Sydney

Mosman RSL Club,  
719 Military Rd, Mosman  
Friday, 30th July, 2010

## Tax Invoice/Registration Form:

### Trauma and Pain Management Services Pty Ltd

ABN 18 065 894 626

Wyong Medical Centre, Margaret St.,  
Wyong NSW 2259.  
Fax: 02 9960 5591.

### Please register me for this training as follows:

- Perth 18/6/10
- Melbourne 23/7/10
- Sydney 30/7/10
- Early bird (before Fri 7th May) (\$250)
- Regular (after Fri 7th May) (\$275)

Surname: \_\_\_\_\_

Given name: \_\_\_\_\_ Title: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

## About the presenters:

**Mark Grant (MA)** is a psychologist with over 15 years experience in the treatment of stress, trauma, and pain. In addition to his clinical work, Mark has developed and researched the use of EMDR in the treatment of chronic pain and his work has been published in the Journal of Clinical and Consulting Psychology. Mark is the author of 'Change Your Brain, Change Your Pain', several self-help CD's and a clinician treatment manual. He has been active for many years in professional development including numerous presentations regarding stress and pain at workshops and conferences in Australia and internationally. He was the chairman of the EMDR Association of Australia from 2000 - 2008.

**Ana Grant (MClin Psych)** is a Clinical Psychologist with a Masters Qualification and over 20 years of clinical experience. In addition to her clinical experience, Ana has worked in a variety of Government settings in Melbourne, including head of the Inner West Mental Health Services at the Royal Children's Hospital. Here she was involved in the development of guidelines for the assessment and treatment of children with anxiety disorders. She has also worked with children and adolescents with trauma and attachment problems. Ana has been extensively involved in the supervision and training of mental health professionals of all disciplines. She has also presented locally and internationally regarding stress, trauma and pain.

### Professional recognition:



### APS Endorsed Activity

Understanding and Treating Stress, Trauma and Pain

**Points:** 7 (CCLIN CCOM CHP CCOUN)

**Code:** 09-461

**Valid To:** 24 September 2010

## Understanding and treating

# STRESS TRAUMA & PAIN

*A sensory-emotional approach.*



Mark Grant, MA.  
with Ana Grant MClin Psych.

Stress, trauma and pain are three of the most common problems encountered in clinical work. They are also highly related, incorporating overlapping physical, mental and emotional processes. Recent discoveries in neuroscience have both clarified our understanding and opened up new ways of treating these problems. Approaches such as Mindfulness-based Cognitive Therapy, EMDR and Emotionally Focused Therapy reflect a growing interest in methods which work with the nervous system in terms of how it processes information. Various authorities have suggested that these methods may offer a more effective approach to transforming problems such as stress, trauma and pain.

In this training, participants will learn about the latest research regarding the overlap between stress, trauma and pain, including attachment problems. The effects of severe stress on human physiology and psychology will be summarized, including injury and chronic pain. A model of chronic pain as both an effect and a type of stress will be presented. Following this, a six-step sensory-emotional approach to treating the pain-maintaining physical and mental effects of stress will be described and demonstrated.

#### Educational Objectives:

Learn about attachment, trauma and pain from a developmental perspective, including neurophysiological aspects.

Learn about the emotional effects of injury, pain and disability and how they can maintain pain and stress.

Learn how to assess clients who present with physical problems which are maintained or exacerbated by stress.

Learn about methods and strategies such as EMDR and Emotionally Focused Therapy and why they are necessary for the treatment of stress, trauma and pain.

#### Participants will:

Increase their understanding of the physical and emotional effects of stress and trauma, including attachment problems, and how they cause, maintain and exacerbate physical pain.

- Learn how to recognise and address the contribution of attachment problems to pain.
- Learn a variety of 'top-down' and 'bottom up' strategies for changing the negative sensory-emotional reactions associated with stress, trauma and pain.

# Program

## Session One: Understanding Stress, Trauma & Pain

Attachment and Developmental Predisposition to Stress and Pain

How the effects of stress, including PTSD and attachment problems, lead to pain

Review of overlap and interaction between stress, trauma & pain

Five main types and effects of stress most commonly associated with pain

## Session Two: A sensory-emotional approach to the treatment of Stress, Trauma & Pain

New theories of stress and pain

Practical implications of recent discoveries in neuroscience

Elements of a Sensory-Emotional Approach

A Six-step, phase-oriented Sensory-Emotional Approach

Demonstration

## Session Three: Treatment

Planning and preparation

Psychoeducation

Change skills;

Mindfulness meditation and relaxation

Emotional Skills Training

Dual Attention Stimulus/Bilateral Stimulation

(rx element of EMDR)

Somatic Resourcing

Integration of sensations, feelings and cognitions

Practicum

## Session Four: Treatment (cont'd)

Adjunctive strategies and interventions

Sleep management

Exercise

Goal-setting

Tips for working with non-psychologically-minded people

The material and methods in this workshop will be demonstrated through a combination of didactic methods, case

<sup>1</sup> Ray, Albert R., & Zbik, Albert (2002). Cognitive Behavioural Therapies and Beyond. In; Tollison, C. David Satherwaite, John R., & Tollison, Joseph W., (Eds). *Practical Pain Management*. P 189-207. Philadelphia, Lippincott Williams & Wilkins  
van der Kolk, B., Burbridge, J. and Suzuki, J. (1997). The psychobiology of traumatic memory: Clinical implications of neuroimaging studies. *Annals of the New York Academy of Sciences*, 821, 99-113.

## PAYMENT FORM

Please complete this form and mail to:  
**'Trauma and Pain Management Services'**  
Wyong Medical Centre, Margaret St,  
Wyong, NSW 2259 or fax to 02 9960 5591.

You can also register on-line at:  
**www.overcomingpain.com**

### Payment options:

#### Cheque or money order option:

Please enclose a cheque / money order with registration, payable to:  
**'Trauma and Pain Management Services Pty Ltd'**

#### Credit card authority:

Please charge \$..... to the following card:

MasterCard  Visa

Card Number:

\_\_\_\_\_

Valid to: \_\_\_ / \_\_\_

Name on the card:

.....

Signature:

.....

### Further inquiries contact:

Mark or Ana Grant.  
**E-mail:** markgra@ozemail.com.au  
or  
**Mobile:** 0402 122 173

### Cancellation policy:

Cancellations accepted up to 1 week prior to each workshop, less \$50.00 admin fee.