

Tuesday 20th November 2018 Adelaide

Workshop: Treating Chronically Traumatized Children.

The Sleeping Dogs method



The treatment of severely traumatized children and adolescents usually focuses on helping the child and the family to process their traumatic experiences. But in some cases the usual treatment doesn't apply. These children may for example refuse to talk about the trauma, they may dissociate, or may say they have forgotten about it. There are times when we don't dare talk about the trauma with the child because we are afraid of re-traumatizing the child. Or a child becomes very aggressive or dissociates when the trauma is mentioned. And some children are very young and can't speak about what happened or we don't know exactly what happened. Cases such as these get stuck and often the trauma doesn't get processed. We let 'sleeping dogs lie', with devastating consequences for future development. But how to help these children?

This one-day workshop will focus on how to get these 'stuck cases' going. It will outline the Sleeping Dogs method, based on the Three Test by Joany Spiering, for analyzing the barriers for these children to discuss their memories and to plan interventions to overcome these barriers. The goal of this treatment method is to get severely traumatized children and adolescents stabilized as quickly as possible so they can start processing traumatic memories. This is a practical workshop in which Arianne will ground the method in case examples. Participants will need to practice the use of this method with their own cases. By the end of the workshop, participants will be able to plan and execute the stabilization phase for these children in order to prepare them for trauma processing. The theory will be explained in straightforward language; the same language that participants can use with their clients

Practical issues

Date: Tuesday 20th November 2018 9.00-4.00 pm

Location: to be determined in Adelaide

Costs: This training includes the book *Treating Chronically Traumatized Children* (Struik, 2014) and morning tea, lunch and afternoon tea.

\$275 ex GST early bird rate until 15 September 2018

\$300 ex GST

\$25 discount for APS EMDR IG or EMDRAA members

Registration: <http://www.ariannestruik.com>

Information/ inquiries please email Arianne Struik on ariannestruik@hotmail.com

Arianne Struik is a clinical psychologist, family therapist and EMDR practitioner and consultant, originally from the Netherlands. She worked in Child and Adolescent Mental Health for twenty-two years as a clinical psychologist and program director. She moved to Australia and became director of The Institute for Chronically Traumatized Children (ICTC) from which she provides specialized trauma treatment in remote areas, as well as workshops, training, supervision and research from the Institute for Chronically Traumatized Children. She developed the award-winning Sleeping Dogs method, described in the book *Treating Chronically Traumatized Children* (Struik, 2014) and teaches internationally on the treatment of trauma and dissociation in children. She is member of the European ISSTD Child and Adolescent Committee and Convener of the Australian Psychological Society EMDR Interest Group.

