

2-Day LIVE Virtual Event | 7-8 June 2022

# Post-Traumatic Growth Summit

Helping our clients to 'bounce forward' from traumatic experiences

> REGISTER NOW

Join leading trauma experts **Janina Fisher, Pam Stavropoulos, Manuela Mischke-Reeds, Dr Nitin Shukla**, and more to discover how **you can promote post-traumatic growth in your clients**.

**Growth is not a given outcome of trauma**; it emerges from the struggles of suffering, disorientation, questioning, meaning making, and a desire for a better future.

For many, this life-changing journey through recovery and into growth requires professional support with the care and skill of a well-trained therapist like you.

**It's a big responsibility that can feel overwhelmingly heavy and extraordinarily delicate all at once.**

That's why we're offering this exciting and COMPLETELY FREE online summit where you can explore perspectives and interventions to help your clients:

- Consistently move through trauma to growth and avoid getting stuck
- Appreciate the strengths they found during traumatic moments
- Understand their journey of self-discovery and resilience
- Recognise the special strengths they now have as a trauma survivor
- Create a more resilient and meaningful future
- And much more!

This entire 2-day live CPD event is completely free... **but it's only available for a limited time.**

## Register for **FREE** Today!

Can't attend live? Register anyway for 14-day free access to the training!

\*Upgrade today and get unlimited access for just \$49.95 (GST Inclusive).

Register for more information.

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## **Summit Schedule**

### **Day 1 | 7 June**

#### **8:45 - 9:00 am | Introduction**

*with Carmen Nicotra, M. Applied Psych (Neuroscience), Managing Director The Professional Development People & PESI AU*

#### **9:00 - 10:00 am | Tigers Running Wild: Recovering from a Time of Threat**

*with Janina Fisher, PhD*

As the pandemic nears its end, we must learn how to once again live in a world without threat.

In this session, you'll explore how to 'turn off' the survival responses that have become increasingly automatic and how to recover from the ordeal with which we have been living.

#### **10:15 - 11:15 am | On the Emotional Frontline: Becoming adaptive and somatically grounded with constant change**

*with Manuela Mischke-Reeds*

As a mental health professional, you are being stretched to become innovative, resilient and efficient in your approach to trauma treatment.

Get insight into how you can embrace the integration of somatic techniques, embodied mindfulness practices, and inclusive, co-regulating, restorative psychotherapy — so you can meet the multi-dimensional demands of trauma healing.

#### **11:30 am - 12:30 pm | Tuning in and Zoning Out: Engaging dissociation**

*with Pam Stavropoulos, PhD*

Dissociation symptoms can range from mild and benign to entrenched and severe, yet one thing remains constant: many clinicians do now know what dissociation looks like or how to assess for it.

This workshop will discuss the importance of clinical attunement to dissociation, its core features, how symptoms manifest, and how attentiveness to dissociation can assist clients with varying symptoms.

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## **Day 2 | 8 June**

### **8:45 - 9:00 am | Introduction**

*Carmen Nicotra, M. Applied Psych (Neuroscience), Managing Director The Professional Development People & PESI AU*

### **9:00 - 10:00 am | Understanding the Potential for Post-Traumatic Growth (PTG)**

*with Fiona Pienaar, PhD*

To know where we are heading, we must first understand where we are coming from. In this session, we'll explore the theory, history, domains, and range of research of post-traumatic growth.

We'll end by looking at the potential for post-traumatic growth.

### **10:15 - 11:15 am | Post-Traumatic Growth: Bouncing forward after adversity**

*with Renata Porzig-Drummond, PhD*

Understanding the difference between resilience and post-traumatic growth is crucial to facilitate the strength-based post-traumatic growth process without minimising the damage that trauma can cause.

In this 1-hour session, we will identify key components of post-traumatic growth, discuss strategies that help facilitate post-traumatic growth, and explore factors that help determine whether a client is open to a discussion about aspects of post-traumatic growth.

### **11:30 am - 12:30 pm | Five Areas Where Post-Traumatic Growth Manifests**

*with Dr. Nitin Shukla*

Discover how to use a nuanced approach to promote respect for the difficulty of trauma recovery while allowing for the exploration of possibilities for various kinds of growth — even in those who have suffered greatly.

## **Your Summit Trainers**



**Janina Fisher, PhD**, is the assistant educational director of the Sensorimotor Psychotherapy Institute and a former instructor at Harvard Medical School. An international expert on the treatment of trauma, she is the author of *Healing the Fragmented Selves of Trauma Survivors: Overcoming Self-Alienation* and is co-author with Pat Ogden of *Sensorimotor Psychotherapy: Interventions for Attachment and Trauma*. She is known for her work on integrating neuroscience research and newer body-centered interventions into traditional psychotherapy approaches. More information can be found on her website: [www.janinafisher.com](http://www.janinafisher.com).



**Manuela Mischke-Reeds, MA, LMFT**, is a licensed somatic psychotherapist, international teacher and speaker, author and meditation teacher. She co-directs and teaches at the Hakomi Institute of California and is the developer of “From Trauma to Dharma”, a somatic trauma training for professionals. Manuela is the author of *Somatic Psychotherapy Toolbox* (PESI, 2018), *8 Keys to Practicing Mindfulness* (W.W. Norton, 2015) and was a contributor to *Hakomi Mindfulness-Centered Somatic Psychotherapy*.

Manuela brings together 25 years of in-depth clinical practice and teaching in somatic trauma therapies, Hakomi psychotherapy, attachment and infant mental health work, Buddhist meditation practices and movement therapies. Her approach to working with trauma is an inside out approach that utilizes the depth of the body’s knowledge. Her unique teaching gift is inspiring how we live our lives from the reverence and awareness of interconnection.



**Pam Stavropoulos, PhD**, is a Sydney based educator, consultant and psychotherapist. A former Fulbright Scholar and twice winner of the Pierre Janet Writing Award for the best clinical, theoretical or research paper in the field of dissociation and/or trauma, she is a member of the International Society for the Study of Trauma and Dissociation (ISSTD) and co-authored the nationally and internationally endorsed *Practice Guidelines for Clinical Treatment of Complex Trauma* (2019, 2012). Formerly Head of Research with the Blue Knot Foundation, Pam has held lectureships at the University of New England and Macquarie University, from which she left her tenured position to study and practise psychotherapy, and is a former Program Director of the Jansen Newman Institute, Sydney. The author of *Living under Liberalism: The Politics of Depression in Western Democracies* (2008) she has written research reports in the community health sector and is a clinical supervisor who specialises in complex trauma-related issues.

**Dr Fiona Pienaar** is a Clinical Advisor for Whakarongorau Aotearoa (NZ); and Senior Clinical Advisor for Mental Health Innovations (MHI), a UK-based charity using data to develop innovative digital mental health products. MHI runs Shout, a digital text platform, on which thousands of trained volunteers, supervised by clinicians, support the UK population when they are struggling with their mental health. Fiona is an accomplished public (and digital) speaker and interacts confidently with the media.

Fiona has a PhD in Behavioural Science from the Faculty of Medical and Health Sciences at the University of Auckland, New Zealand, a MEd in Counselling, a Professional Certificate in Coaching (Henley Business School, England) and various other counselling, teaching and special needs qualifications.

Fiona has a background of over 30 years of teaching and counselling in schools, counsellor/psychotherapist education in higher education institutes, educational and mental health resource development, academic and clinical supervision, private practice and mental health consultation, coaching, research, media interaction and writing.

Fiona has taught on the post graduate Counselling and Psychotherapy programmes at the University of Auckland, New Zealand, and the University of Cambridge, England. Her career has developed across South Africa, the United Kingdom, and New Zealand.



**Renata Porzig-Drummond, PhD**, teaches at the University of Adelaide. She uses an interactive presenting style that is engaging and emphasises practical application in a clinical context. Renata holds a PhD in Clinical Psychology and a BSc Psychology (Hon) from Macquarie University; a GradDip in Psychology and a BA from the University of Sydney; and a Certificate of Holistic Counselling from Nature Care College. Renata's research has focused on behaviour change, particularly on the use of emotion-focused and cognitive-behavioural strategies in effecting behaviour change.

Her research has been published in leading academic journals, including *Behaviour Research and Therapy*, *Australian Social Work*, and *Social Science & Medicine*. Renata's clinical experience includes crisis counselling, psychological assessment, and working with clients with a variety of mental health issues. Renata is a member of the Australian Psychological Society and the International Coaching Federation.



**Dr Nitin Shukla** is amongst very few Psychiatrists, to be a practitioner, trainer and RANZCP accredited faculty and supervisor of psychotherapy. Dr Shukla works with a stable foundation in psychotherapy, from formal training and extensive practice of psychotherapy and teaching of 15 years.

Winner of 'Best Psychotherapy of the Year' award in 2002, by the Indian Psychiatric Society and RANZCP accredited Faculty and Supervisor of Psychotherapy and Addiction Psychiatry, accredited Faculty Adult and C-L Psychiatry, he has extensive clinical experience: Lead Consultant in Psychiatry for specialist Addiction Psychiatry service (SUMITT), Crisis and Acute Treatment Team (CATT) and GP-Shared Care. Consultant in Acute Psychiatry

Inpatient Unit, Community Mental Health, Adult Prevention and Recovery Centre (PARC).  
Currently working in private practice and a public Dual diagnosis rehabilitation centre.