



# **Psychological Trauma: For the mental health generalist in office practice**

How to understand, manage and treat trauma spectrum disorders  
(from PTSD to chronic complex trauma)

*May 24, 25 & July 12, 13, 2013  
Mount Sinai Hospital, Department of Psychiatry*

Faculty: Clare Pain, MD, Lisa Andermann, MD, Polly Florius, RN, Jon Hunter, MD,  
& Alex Tarnopolsky, MD

Guest Faculty: Teresa Dremetsikas, Camilla Gibb, PhD, Marina Nemat & Debra Stein, MD

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Many people suffer traumatic experiences, whether they are physical, sexual or emotional. Every day, we hear about assaults, wars, shootings and natural disasters on the news. It is safe to say all therapists will eventually find that they are working with a patient who has unresolved issues related to past fearful experiences. Trauma is endemic and trauma-related disorders are under-recognized. This leads to treatment failures, which can cause both early career therapists and those with years of experience to feel undertrained and inadequate.

This interactive workshop brings together a team of experienced clinicians, as well as two internationally acclaimed authors. The exciting addition of two authors will enable us to explore trauma and resilience through a non medical lens. Key aspects of assessment, trauma theory, clinical technique and skills will be addressed to enable psychotherapists of all disciplines to work effectively with patients whose suffering is rooted in traumatic experience.

Attachment, mentalizing, dissociation, addictions and refugee trauma will be addressed specifically. In addition to didactic learning, experiential learning provides live demonstration interviews with simulated patients by faculty and participants, bringing the clinical material to life and illustrating the applied principles in practice.

At the end of this workshop, participants will:

- Be able to apply effective approaches to trauma patients with affect dysregulation, dissociation and addictions
- Be able to assist the patient in integrating the meaning of their trauma, and enhance resilience in patients with unresolved trauma.
- Be able to adapt techniques for new Canadians and refugees.
- More confidently manage the challenges of establishing, maintaining and navigating the therapeutic alliance when working with trauma survivors



**Mount Sinai Psychotherapy Institute**

# Psychological Trauma

## FACULTY

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Award-winning author of *Sweetness in the Belly*  
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Award-winning author of *Prisoner of Tehran* & *After Tehran: A Life Reclaimed*  
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