



JACKIE BURKE
psychology & consulting

TRAINING PROGRAM

Complex Trauma

Overview

Traumatic experiences that are repeated or prolonged, occur during childhood and/or are perpetrated by a trusted other give rise to a much more complicated sequelae of symptoms. Working therapeutically with people who have complex experiences of trauma can be challenging and difficult.

What This Program Will Teach You

This course explores the issues associated with complex experiences of traumatisation. Participants will gain an understanding of the differences between complex and non-complex trauma, become familiar with the symptoms associated with complex experiences of trauma and be able to apply important principles for working with or supporting people with complex experiences of trauma.

Who Should Attend

Anyone who works with or supports people who have experienced repeated or prolonged trauma, trauma during childhood or trauma perpetrated by a trusted person.

Duration

Full Day

Max Participants

25

Learning Outcomes

- Differentiate trauma and PTSD from complex trauma and more complex diagnoses.
- Understand and critique the diagnostic categories associated with complex experiences of trauma.
- Comprehend the impacts of complex experiences of trauma.
- Provide more effective support to people with a complex experience of trauma.

