

Trauma Conference 2014

14 - 16 August 2014

Understanding Human Resilience

Changi General Hospital, Trauma Recovery and Corporate Solutions (TRaCS)

What is human resilience? How do we develop this?

Resilience is the capacity to withstand stress and catastrophe. Psychologists have long recognized the capabilities of humans to adapt and overcome risk and adversity. Individuals and communities are able to rebuild their lives even after devastating tragedies. Being resilient doesn't mean going through life without experiencing stress and pain. People feel grief, sadness, and a range of other emotions after adversity and loss. The road to resilience lies in working through the emotions and effects of stress and painful events. Resilience is most commonly understood as a process, and not a trait of an individual.

Our Conference aims to explore the area of human resilience and the means to acquire posttraumatic growth and recovery.

Pre-Conference Workshop 1

Transforming Burnout and Compassion Fatigue: From Exhaustion to Empowerment

1.5 Day workshop: 14 Aug (9-5pm) & 15 Aug (9-12noon)

Venue: CGH, Innovation Centre - Create and Spark Rooms

Course Fee: \$350 per pax, fee includes GST & Saturday Conference

** group registration discount of 6pax for the cost of 5pax

Compassion fatigue has been described as: “tired from caring, even tired of caring”. It is one of the most prevalent yet unidentified causes of physical and emotional exhaustion which can lead to burnout among professional, volunteer and family care givers. Compassion fatigue is the result of vicarious trauma that can develop from having a helping relationship with someone who is suffering from acute or chronic physical, mental or emotional trauma or disease. This course is a highly experiential workshop that leads participants in a process of self-exploration to help them discover and develop inner resources they never knew they had to help them recapture their passion and purpose for care giving.

After attending this workshop participants will be able to:

- ✓ Understand compassion fatigue as a type of secondary traumatic stress that results from empathic exposure to the suffering of people you are caring for that can lead to burnout
- ✓ Recognize the situations, relationships and conditions that makes you most susceptible to developing compassion fatigue and feeling burned out and leaves you feeling “no matter what I do it is never (good) enough”
- ✓ Utilize the science of Positive Psychology to discover and maximize your character strengths and positive emotions that will help you transform negative thoughts and feelings into empowerment and resilience
- ✓ Learn specific methods such as somatic awareness, the felt-sense, energy discharging and re-charging, focusing, positive visualization and others which you can utilize on a daily basis to keep your positive energy flowing

Workshop Facilitator

Mr. Karl D. LaRowe earned his Master Degree from the School of Social Service Administration, University of Chicago, is licensed as a clinical social worker and is certified as a mental health examiner. He has extensive experience in mental health as a crisis intervention specialist and therapist, program manager, clinical director and expert witness in court commitment hearings. For the past 15 years he has given over 700 workshops to more than 35,000 professionals on three continents on how to transform the stress and exhaustion of compassion fatigue into energy and empowerment.

Pre-Conference Workshop 2

Brief Eclectic Psychotherapy for PTSD: An Introduction

0.5Day workshop: 15 Aug 2014 Friday (1-5pm)

Venue: CGH, Innovation Centre - Create and Spark Rooms

Course Fee: \$450 per pax, fee includes GST & Saturday Conference

Trauma-focused CBT is currently accepted as the first-line treatment for PTSD. However dropout rates from studies of TF-CBT (including EMDR) usually are around 20%. Up to 58% of patients who completed CBT are still diagnosed with PTSD at posttreatment assessment. Furthermore, only 32-66% of patients included achieved good end-state functioning. There is a need for treatment protocols based on CBT which better meet the expectations of traumatized patients. The 16-session, fully manualized, Brief Eclectic Psychotherapy (BEPP) protocol, originally developed by Berthold Gersons, Amsterdam, for police officers suffering from PTSD, proved to be effective in a number of randomized controlled trials. It is listed in the NICE guidelines as an evidence-based treatment for PTSD. BEPP includes psychoeducation (with the partner present), a form of exposure slightly different from Foa's prolonged exposure, the use of letter writing to express angry feelings, the use of memorabilia and a number of sessions for the domain of meaning, exploring how the traumatic experience changed the patients' view of the world and of themselves. BEPP is ended with a farewell ritual. In this workshop the BEPP protocol will be presented and discussed. Core elements will be trained in small group work.

Internationally Renowned Speaker and Trainer

Prof Ulrich Schnyder, M.D., psychiatrist and licensed psychotherapist. Professor of psychiatry and psychotherapy. Head, Department of Psychiatry and Psychotherapy, University Hospital Zurich, Switzerland. Research activities are currently focused on various aspects of traumatic stress research, including epidemiology, neurobiology, psychotherapy and pharmacotherapy for PTSD, and resilience to stress. Past President, European Society for Traumatic Stress Studies (ESTSS). Past President, International Federation for Psychotherapy (IFP). Past President, International Society for Traumatic Stress Studies (ISTSS). Recipient of the Wolter de Loos Award for Distinguished Contribution to Psychotraumatology in Europe (ESTSS)

Trauma Conference 2014 Schedule

14 Aug (Thurs)	Workshop 1	Transforming Burnout and Compassion Fatigue: From Exhaustion to Empowerment (9-5pm) CGH Innovation Centre – Create/Spark Room	
15 Aug (Fri)	Workshop 1	Continuation from day1, Transforming Burnout and Compassion Fatigue: From Exhaustion to Empowerment (9-12noon) CGH Innovation Centre – Create/Spark Room	
	Workshop 2	Brief Eclectic Psychotherapy for PTSD: An Introduction (1-5pm) CGH Innovation Centre – Create/Spark Room	
16 Aug (Sat)	Conference	CGH Training Centre, Auditorium	
		8.30am	Registration
		9.05am	Welcome Address
		9.05-10.15am	Plenary: Treating Intrusions, Enhancing Resilience: An Overview of Therapies for Trauma-related Disorders by Prof Ulrich Schynder
		10.15-10.45am	Tea Break
		10.45-11.15am	Positive Psychology and Building Resilience by Mr Karl Larowe
		11.15-11.45am	Compassion Fatigue vs Satisfaction by Dr Angelina Chan
		11.45-12.15pm	Update on the Psychological Management & Services of Trauma-Related Disorders in Children & Adolescents in Singapore by Dr Jasmine Pang
		12.15-12.30pm	Q&A

Registration Form & Payment Details (**Closing Date: 6 August 2014**)

* All prices stated below are inclusive of GST.

I wish to attend (Please ✓)

- 1 Day Registration: _____\$100 Conference only
- 1.5 Days Registration: _____\$350 Workshop 1: Transforming Burnout and Compassion Fatigue: From Exhaustion to Empowerment + Conference
- 0.5 Day Registration: _____\$450 Workshop 2: Brief Eclectic Psychotherapy for PTSD: An Introduction + Conference
- 3 Days Registration: _____\$800 Workshop 1 & 2: Transforming Burnout and Compassion Fatigue: From Exhaustion to Empowerment, Brief Eclectic Psychotherapy for PTSD + Conference

For interested parties, please register your details with **Ms Pauline Soon**. (Email: Pauline_Soon@cgh.com.sg, DID: 6850 4481) and post us your cheque made payable to **"CHANGI GENERAL HOSPITAL"**

Title: _____ Name: _____ MCR No: _____

Postal Address: _____

Occupation: _____ Office Tel: _____

Organisation: _____

Email: _____ Mobile: _____

Cheque# : _____

Payment Details: Please send your payment by post (via cheque):

- 1) Do ensure your cheque is crossed and made payable to "CHANGI GENERAL HOSPITAL PTE LTD"
- 2) Write your name and contact number on the reverse of your cheque and **enclose the registration form**.
- 3) If your payment is for more than one participant, do clearly state the name(s) of the participant(s).
- 4) Please do not send any postdated cheque.

All cheques should be mailed to: **Attention: Ms Pauline Soon, TRaCS
CHANGI GENERAL HOSPITAL PTE LTD, 2 SIMEI STREET 3, SINGAPORE 529889**