



# Critical Incident Stress Management Foundation Australia

## Recognising and Managing High Arousal after Traumatic Experiences: The theory and technique of Psychological First Aid - Sydney 2010

<b>Date:</b>	Wednesday April 21, 2010		
<b>Venue:</b>	The Sydney Mercure, 818-820 George St, Sydney		
<b>Time:</b>	9 am to 5 pm		
<b>Cost:</b> (please tick)	<input type="checkbox"/> 1 course (21 April)	<input type="checkbox"/> \$270 members	<input type="checkbox"/> \$300 non members
	<input type="checkbox"/> 2 courses (20 & 21 April)	<input type="checkbox"/> \$495 members	<input type="checkbox"/> \$540 non members
<i>April 20: The Social Dimension of Trauma &amp; Disaster</i>			

**COURSE OVERVIEW:** Traumatic experiences are caused by high levels of threat which in turn place the person into heightened arousal in response. This state is central to the post-traumatic condition and research has shown that continuing high arousal is associated with increased risk of later mental health difficulties. It is therefore important to reduce the arousal and initiate recovery as early as possible. This workshop will draw on extensive observations of people at all states of response to traumatic events to show how their state of arousal can be recognised and will describe simple techniques of psychological first aid which can be provided as soon as possible. Materials will be used to show how different states of arousal can be identified and reduced.

**TRAINER:** Dr Rob Gordon, PhD is a clinical psychologist with a private psychotherapy practice in Box Hill in Victoria, where he treats children and adults suffering from trauma. For twenty years he has been a consultant to the Victorian State Emergency Recovery Plan and has been involved in over 25 disasters and double that number of smaller incidents. He has been extensively involved in the recovery from the Black Saturday Bushfires of February 7th, 2009. He provides regular training in trauma and disaster psychology and consults to Australian Red Cross and a variety of other government and non government agencies. He is vice president of the Critical Incident Stress Management Foundation of Australia and president of the Australian Association of Group Psychotherapists.

**COURSE INCLUDES:** Lunch, morning/afternoon tea, teaching material and certificate of attendance.

### Registration Form Tax Invoice

Please print clearly – Complete a separate form for each person **ABN 49 086 584 833**

<b>Title</b>	<b>First Name</b>	<b>Last Name</b>
<b>Postal Address</b>		
	<b>State</b>	<b>Postcode</b>
<b>Occupation</b>	<b>Organisation</b>	
<b>Work phone</b>	<b>Mobile</b>	<b>Email</b>

### Payment Details

Please register me for (please tick)

1 course (21 April)       \$270 members       \$300 non members  
 2 courses (20 & 21 April)       \$495 members       \$540 non members

CARD NUMBER \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_      EXPIRY \_\_\_\_\_

CARD HOLDER NAME \_\_\_\_\_ CARD HOLDER SIGNATURE \_\_\_\_\_

**PLEASE RETURN THIS FORM & PAYMENT TO: CISMFA P.O. Box 554, Carlton South, Victoria, 3053 or fax (03) 9663 5422**  
**THIS WILL BECOME A TAX INVOICE WHEN PAYMENT IS MADE**

**Refund Policy:** Course fees will be refunded (less 15% administration fee) up to 21 days prior to the course. Please note that no refunds are possible 21 days prior to the course date. However, registrations are transferable to another person on notification to CISMFA. CISMFA reserves the right to cancel or change workshops where necessary. For further enquiries contact (03) 9663 7999 or E-mail: [cismfa@bigpond.com](mailto:cismfa@bigpond.com)