



Trauma treatment along the lifeline:

A 2-day Training on Narrative Exposure Therapy for Trauma-related Disorders

Dr. Ruud Jongedijk, MD

Clinical Director of Foundation Centrum '45, the Netherlands.

Date: 11-12 October 2017 (Wed & Thurs)

Time: 9:00 am to 5:30 p.m.

Venue: Rm 103, Hong Kong Red Cross Headquarters, 19 Hoi Ting Road, West Kowloon, Hong Kong



Dr. Ruud Jongedijk is a psychiatrist and psychotherapist. He is also the clinical director of Foundation Centrum '45 in the Netherlands, a national specialised centre for diagnostics and treatment of patients with complex trauma complaints. Since 2007, he developed and implemented NET in the Netherlands, in collaboration with Vivo International (Germany).

Narrative Exposure Therapy (NET) is an evidence-based approach for the treatment of trauma-related mental disorders, especially PTSD. Given its focus on the autobiographical elaboration of traumatic experiences, NET is particularly suitable for populations affected by multiple traumatic experiences like sexual, familial or organized violence. NET is a time limited therapy, varying from 4 to 12 sessions. The most essential elements of NET are the creation of the lifeline of the patient and then working through this lifeline by doing exposure therapy in a chronologic order. The therapeutic process takes into consideration the context of a traumatic event and the life history of the person as a whole. Usually, a rope (lifeline) with flowers (happy events), stones (traumatic events), sometimes candles (grief) and sticks (aggressive acts) are used to assist the narrative process. To date, there is good evidence that NET is an effective treatment approach with support from 20 RCT's (N=1048) with proven efficacy both in resource poor contexts and in Western clinical settings.

Programme Details:

<u>Day 1 - Lecture</u>	<u>Day 2 - Workshop</u>
<p>Introduction of Narrative Exposure Therapy</p> <ul style="list-style-type: none">■ Theoretical background of NET■ Principles & evidence of NET■ Exercises on basic elements of NET <p><i>(Pre-requisite for Day 2 workshop)</i></p>	<p>In-depth training on Narrative Exposure Therapy</p> <ul style="list-style-type: none">■ Practical application of NET for different clientele■ Difficulties in practicing NET■ Interactive exercises on different parts of NET <p><i>(Small group training for practicing mental health professionals who have attended Day 1 Lecture; for 20 participants only)</i></p>

Pending CE points from various professional bodies

For enquiry, please send your email to info@asianstss.org & visit our website at www.asianstss.org



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Enrolment Form

Title: _____ Name (with surname in block letters) : _____

Correspondence Address: _____

Phone: () _____ Fax: () _____ Email: _____

Profession: _____ Current Post: _____ Organization: _____

Enrolment details (please tick as appropriate):

	Registration on or before 31 st July 2017		Registration after 31 st July 2017	
	1st day only	Both days *	1st day only	Both days *
AsianSTSS Member	<input type="checkbox"/> HK\$800	<input type="checkbox"/> HK\$2,600	<input type="checkbox"/> HK\$900	<input type="checkbox"/> HK\$2,900
AsianSTSS Student member	<input type="checkbox"/> HK\$500	-	<input type="checkbox"/> HK\$600	-
Non-member	<input type="checkbox"/> HK\$1,100	<input type="checkbox"/> HK\$3,000	<input type="checkbox"/> HK\$1,200	<input type="checkbox"/> HK\$3,300

* Participants for the workshop on the second day must fulfill the following criteria and fill in the form on the next page:

- i) Have prior experience in treatment of trauma-related mental disorders;
- ii) Hold qualification(s) in mental health profession(s), e.g., social workers, psychologists, medical practitioners.

Please complete and return the enrolment form with a cross cheque payable to

Asian Society for Traumatic Stress Studies by mail to:

Unit 915, China Merchants Tower, Shun Tak Centre, 168-200 Connaught Road Central, HK

Deadline of enrolment: 1st Oct, 2017

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Remarks:

1. Seats are served on a first-come-first-serve basis. Priority is given to members/staff of organizing bodies.
2. AsianSTSS reserves the right to modify the programme and reject an enrolment at any point in time.
3. Enrolment will be confirmed ONLY when full payment has been received by the AsianSTSS. Confirmation will be sent by email or fax one week prior to the workshop.
4. Official receipt will be issued at the registration counter. All fees are non-refundable.
5. If the Typhoon Signal No. 8 or above, or the Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement will be announced later.
6. For enquiry, please send your email to info@asianstss.org or visit our website at www.asianstss.org.

