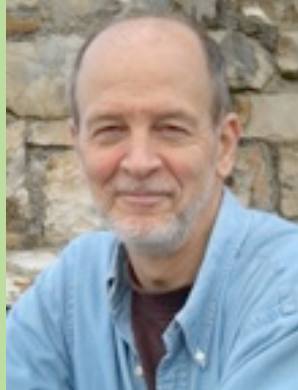




Australian Association for Cognitive and Behaviour Therapy (Western Australian Branch) proudly presents

Imagery Rescripting & Reprocessing Therapy (IRRT): Imagery-Focused CBT For Trauma & PTSD A 2-Day Workshop by Associate Professor Mervin Smucker



Dr. Smucker is an Associate Clinical Professor in the Department of Psychiatry at the Medical College of Wisconsin where he is involved in ongoing trauma treatment outcome research, training, and clinical practice. Previously, Dr. Smucker worked and trained with Prof. Aaron Beck for 6 years at the University of Pennsylvania Medical School Center for Cognitive Therapy, and has also collaborated with Prof. Edna Foa on trauma research. Dr. Smucker is an experienced trainer, clinician, and researcher who integrates theory and research with clinical practice and has trained thousands of clinicians in workshops and seminars on trauma and PTSD at many international conferences, universities, and psychiatric institutions throughout the world. He is author of many articles on trauma and has published several books (in English and German) on his imagery-based treatment for trauma victims, including *Cognitive Behavioral Treatment for Adult Survivors of Childhood Trauma: Imagery Rescripting and Reprocessing* (1999), and a step-by-step, clinician-oriented treatment manual entitled: *Imagery Rescripting and Reprocessing Therapy (IRRT): A Treatment Manual for Adult Survivors of Childhood Sexual Abuse Experiencing PTSD* (2005).

Workshop Summary

Since Dr. Smucker first developed Imagery Rescripting as a CBT intervention in the early 1990s, the use of *imagery* as a primary therapeutic agent in fostering cognitive and emotional processing of traumatic material has been being employed by a growing number of CBT clinicians. Because much of the cognitive-affective disturbance associated with intrusive memories is embedded in the traumatic images themselves, directly challenging and modifying the traumatic imagery becomes a powerful, if not preferred, means of processing trauma-related material.

In this workshop, Dr. Smucker will demonstrate how trauma victims suffering from PTSD can be effectively treated with *Imagery Rescripting and Reprocessing Therapy (IRRT)* – an imagery-based, trauma-processing CBT treatment (with stabilization components) that blends visual and verbal interventions to access, modify, and process traumatic memories. Specifically, each IRRT session comprises three phases that involve:

- (1) visually activating and reliving the traumatic imagery,
- (2) transforming the trauma-related imagery into mastery/coping imagery, and
- (3) facilitating emotional self-regulation through self-calming, self-soothing, and self-nurturing imagery.

IRRT applications are brought to life via instructional videos, experiential exercises, and case examples.

Participants will experience first-hand

how this combination of intense trauma-processing followed by a stabilization-focused 3rd phase, can lead to dramatic *cognitive shifts* (sometimes within a single session) that:

- reduce or eliminate PTSD symptoms
- modify maladaptive trauma-related beliefs relating to guilt, shame, anger, and fear
- enhance one's capacity to self-nurture and self-calm, and
- promote the development of adaptive schemas.

IRRT is a manualised CBT treatment for PTSD with solid empirical support.

Books available at the workshop:

Smucker, M. R., & Dancu, C.V. (1999/2005). *Cognitive Behavioral Treatment for Adult Survivors of Childhood Trauma: Imagery Rescripting and Reprocessing*. Oxford: Rowan & Littlefield Publishers.

Smucker, M.R. (2005). *Imagery Rescripting and Reprocessing Therapy (IRRT): A Treatment Manual for Adult Survivors of Childhood Sexual Abuse Experiencing PTSD*. Milwaukee, Wisconsin: International Trauma Institute.

Workshop Details

Date/Time: Tuesday 13 and Wednesday 14 April 2010; Registration at 8.30am, Workshop from 9am to 5pm

Venue: The Niche, Sir Charles Gairdner Hospital, 11 Aberdare Road, NEDLANDS

Cost: Member - \$360, Associate member of AACBT - \$260, Non member of AACBT - \$440

(Not a member? Join online at www.aacbt.org)

Fees include morning tea, lunch, afternoon tea and handouts

APS PD Points Application Pending

Registration Details

Registration and payment via credit card may be made online for this event by following the link to Register Now from www.aacbt.org/workshops An automated tax receipt will be emailed to you. Please note that Register Now will appear on your credit card statement. Should you be unable to access the internet or wish to pay via cheque please contact the Workshop Coordinator (see details below) and a registration form and mailing address will be forwarded to you. Please note that invoices will not be provided to workplaces for this workshop.

Registrations will close **Wednesday 7 April 2009**. Confirmation of attendance, a map and parking information will be sent via email on Thursday 8 April 2009.

No GST has been charged for this workshop. AACBT (WA) ABN: 70 296 133 580

For further information please contact Grant Baynam (Workshop Coordinator) on 0416 25 77 26 or gbynam@inet.net.au

Cancellation Policy. A full refund will be issued if received in writing 7 days prior to the workshop minus a \$20 processing fee. Cancellations within 7 days of workshop date will attract a processing fee of \$50. Notice of cancellations must be given to AACBT WA via email to gbynam@inet.net.au and will be confirmed via reply email. AACBT WA will not accept responsibility for correspondence that is delayed or for failure of delivery. No refunds will be given for cancellations received on or after the day of workshop, however you may nominate an alternative attendee.