

DR. STEVEN N. GOLD



**Dr. Steven N. Gold**, Psychologist, is a Professor of Psychology at the Center for Psychological Studies and Founder and Director of the Trauma Resolution Integration Program (TRIP) at Nova Southeastern University in Fort Lauderdale, Florida. He has published many articles on abuse, trauma, dissociation, and sexual compulsivity and has made numerous presentations on these topics at national and international professional conferences.

Dr. Gold is the author of *Not Trauma Alone: Therapy for Child Abuse Survivors in Family and Social Context*. He is co-editor with Jon Elhai, Ph.D. of the *Journal of Trauma Practice* and guest editor of a special issue on the treatment of trauma-related disorders in the *Journal of Psychotherapy*. He also co-edited *Trauma Practice in the Wake of September 11, 2001* with Jan Faust, Ph.D. Dr. Gold has served as President of the International Society for the Study of Dissociation, American Psychological Association (APA) Division of Hypnosis Liaison to APA's Trauma Interest Group and advisory board member to the Leadership Council on Child Abuse and Interpersonal Violence.

He is Program Chair for the newly formed APA Division of Trauma Psychology for the 2006 and 2007 APA Annual Conventions, a Certified Traumatologist with the Traumatology Institute, and certified in clinical hypnosis by the American Society of Clinical Hypnosis. He is also a member of the International Society for Traumatic Stress Studies and the Society for the Advancement of Sexual Health and a fellow of APA's Division of Psychotherapy.

## OVERVIEW OF CONFERENCE

Adult survivors of extensive childhood abuse are frequently an unusually challenging population to treat effectively. They often present with a wide range of severe problems that greatly restrict their quality of life. The major conceptual framework for understanding the difficulties of these clients is the trauma model, which proposes that survivors' problems are directly attributable to the disruptive impact of abuse, and that the primary strategy for resolving their difficulties is to help them confront their abuse experiences. However, based on decades of clinical experience and observations, more experts in this area have become convinced that trauma-focused intervention is not a productive primary strategy for treating this clientele.

This conference will provide an overview of an alternative conceptual model as well as a set of intervention strategies for treating abuse survivors: Contextual Therapy. This model proposes that many survivors of prolonged child abuse grow up in circumstances that fail to provide them with the basic capacities needed for effective daily living. Since they often lack sufficient resources to adequately cope with daily stressors, therapeutic interventions that require survivors to confront the extraordinary stress of trauma are likely to be overwhelming, resulting in heightened levels of distress and deterioration in functioning rather than improvement. Contextual Therapy places primary emphasis on helping abuse survivors develop the resources needed for adaptive daily living that were not adequately transmitted to them in their childhood. Trauma-focused treatment strategies are retained and integrated into this framework, but do not constitute the main focus of treatment.

## Centre for Treatment of Sexual Abuse & Childhood Trauma



*Presents*

## Contextual Therapy for Survivors of Prolonged Child Abuse

*With*

**Dr. Steven Gold**

Friday & Saturday  
Oct 13 & 14, 2006  
8:30 a.m. - 5:00 p.m.

*At the*

**Travelodge Hotel  
1376 Carling Ave.  
Ottawa, ON  
(613) 722-7601**

## Day One

### Introduction to the Contextual Therapy Model and intervention strategies for abuse survivors.

\*Continental Breakfast will be served\*

#### 8:30 a.m. Registration

9:00 a.m. *Contextual Therapy Model: Abuse in family, social and cultural context*

#### 10:30 a.m. Break

10:45 a.m. *Collaborative Relating: Developing and maintaining a productive therapeutic alliance with survivors of prolonged child abuse*

#### 12:00 p.m. Lunch

1:00 p.m. *Collaborative Conceptualization: Making sense of a chaotic history. Videotaped case illustration, Discussion*

#### 2:30 p.m. Break

2:45 p.m. *Attaining Proficiency in Daily Living. Prioritizing treatment goals.*

3:30 p.m. *Distress Reduction: Practice, accountability and discipline*

#### 5:00 p.m. End of Day One

#### Intended Audience:

The workshop is intended for psychologists, psychological associates, psychiatrists, social workers, youth workers, counselors and other mental health professionals.

## Day Two

### Focus on dissociation, addictive cycles and adaptive capacities of trauma survivors.

#### 8:30 a.m. Registration

9:00 a.m. *Modulating Dissociation: Living in the here and now*

#### 10:30 a.m. Break

10:45 a.m. *Developing Constructive Coping Strategy: Overcoming compulsive and addictive cycles*

#### 12:00 p.m. Lunch

1:00 p.m. *Addressing Trauma Productively: When, Why and How*

#### 2:30 p.m. Break

2:45 p.m. *Living Well: Exploring the implications of adaptive capacities and trauma resolution. Termination: Separation and individuation*

4:00 p.m. Discussion and Case Consultation

#### 5:00 p.m. End of Conference

#### Education Credits

This program has been approved by the Ontario Psychological Association for 6 hours per day of continuing education credits for Psychologists and Psychological Associates. All participants will receive a certificate of attendance.

## REGISTRATION FORM - (Please print)

\_\_\_\_\_  
Last Name, First Name

\_\_\_\_\_  
Profession

\_\_\_\_\_  
Affiliation

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
Province

\_\_\_\_\_  
Postal Code

\_\_\_\_\_  
Tel. (bus.)

\_\_\_\_\_  
Tel. (home)

\_\_\_\_\_  
E-Mail Address

### FULL CONFERENCE

\$350 before Oct 1, 2006

\$375 after Oct 1, 2006

\$250 Full-time student rate

### ONE DAY ONLY

\$195 before Oct 1, 2006

\$210 after Oct 1, 2006

\$125 full-time student rate

\*Special discounted room rate available at Travelodge!\*

Call 613-233-4929 for details!

\*\*Groups of five or more will pay \$325 per person

\*\*Cancellations prior to October 1, 2006 will be subject to a \$25.00 administrative fee

\*\*No refunds will be made after October 1, 2006

\*\*Make cheques payable to: Centre for Treatment SACT

#### PLEASE DETACH AND MAIL TO:

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