



DELEGATE INFORMATION FOR ORGANISATIONS

Christina Buxton

Understanding and Working with PTSD and Complex Trauma

Friday 21st June 2019

10:00am to 4:00pm

**Venue: University Centre Shrewsbury (UCS)
Frankwell Quay
Shrewsbury SY3 8HQ**

Christina Buxton: Christina has worked in the field of psychological trauma for over 20 years and is currently the chair of the British Psychological Society Crisis Disaster and Trauma Section, and Programme Leader for the MSc in Psychological Trauma at the University of Chester. In 2018 Christina was a keynote speaker at the International Trauma Summit in Belfast, where she presented on the subject of Complex PTSD with Dr Judith Herman. Christina's most recent clinical work is with young people and adolescents suffering from Complex PTSD.

Aims of the day;

- To understand the context of psychological trauma
- To be aware of the physical responses to psychological trauma
- To explore the common effects of exposure to psychological trauma
- To examine the main frameworks governing diagnosis and treatment of PTSD and Complex PTSD (which became a diagnostic entity in its own right for the first time in the ICD -11, published in June 2018)
- To examine useful approaches to the assessment of psychological trauma
- To understand how to treat specific aspects of difficulties arising from exposure to psychological trauma.

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- Refreshments and a finger buffet lunch included (dietary requirements – please email to: forum4counsellorsmembership@gmail.com)

ADDRESS and DIRECTIONS for workshop

The workshop will be held in **Lecture Room 026** at the University Centre Shrewsbury (UCS), Frankwell Quay, Shrewsbury, **SY3 8HQ**

The University Centre Shrewsbury is located in the Guildhall, which is next to the Theatre Severn and Frankwell Car Park in Shrewsbury. This large car park (also SY3 8HQ) costs 70p per hour, with a maximum daily charge of £5.60.

