



## *Nurturing change:*

*Moving children and adults through adversity  
Te whakapakari tāngata kia puta ki te wheiao, ki te ao mārama*

**NZCCP 29th National Conference**  
**Saturday 17 – Sunday 18 March 2018**

 **Rutherford Hotel, Nelson**

Thursday 15 March, 9am-5pm

Working with dysfunctional avoidance and self-endangering behaviors in adolescents

Friday 16 March, 9am-5pm

Working with dysfunctional avoidance and self-endangering behaviors in adults

When trauma involves child maltreatment and disrupted attachment, the result may include not only posttraumatic stress, but also dysfunctional relational schema, emotional dysregulation, and overdeveloped avoidance responses. Based on John Briere's upcoming book *Trauma, Attachment, and Risky Behavior*, this workshop examines the posttraumatic and attachment-related antecedents to substance abuse, dissociation, self-injurious behavior, impulsive suicide attempts, and risky sexual behavior.

Although these behaviors are often framed in terms of borderline pathology, impulse dyscontrol, or addictions, Dr. Briere introduces the Dysfunctional Coping Model (DCM) and nonpathologizing interventions such as trigger management, urge surfing, tension-reduction delay, titrated processing, mindfulness, and RAINing. The first day of this workshop applies more to adolescents, and the second more to adults, but both days will be broadly relevant to the treatment of "acting out" and avoidant trauma survivors.

### Learning objectives

Attendees will be able to:

1. Describe the lasting effects of trauma and attachment dysregulation
2. List at least three dysfunctional coping behaviors
3. Explain why emotional regulation training is often helpful for "acting out" survivors
4. Discuss the potential helpfulness of mindfulness interventions for dysfunctional avoidance responses
5. Define metacognitive awareness



*John Briere, Ph.D., is an Associate Professor of Psychiatry and Psychology, and Director of the Psychological Trauma Program at the Keck School of Medicine, University of Southern California. He is also Center Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. He is author or co-author of over 100 articles and chapters, 10 books, and eight trauma-related psychological tests. He teaches on trauma, therapy, and mindfulness practices internationally.*

*For more information visit his website at [www.johnbriere.com](http://www.johnbriere.com).*

John Briere

## New Developments in the Treatment of Complex Trauma

Complex trauma refers to the effects of multiple traumas, often starting in childhood, over the lifespan. These often include disturbed relational schema, posttraumatic stress, and affect dysregulation. This keynote will describe three developments in the field that are especially helpful in treating complex trauma effects: titrated exposure, affect regulation training, and mindfulness skills development. It will also discuss the specific and essential role of the therapeutic relationship in working with early relational traumas.

### Upon completion of this session, attendees will be able to:

1. Define complex, as opposed to “simple” trauma
2. Describe the process of titrated exposure to trauma memories
3. List two techniques that can be used to increase affect regulation and tolerance

Sophie Havighurst

## Tuning in to Kids®: An emotion coaching parenting program

**Tuning in to Kids® (TIK)** is an Australian evidence-based parenting program that focuses on emotions and is designed to assist parents to establish better relationships with their children. TIK teaches parents how to be responsive when their children are experiencing emotions and use these opportunities to teach emotional awareness, understanding and regulation. The program also helps parents empathise with their children and regulate their own emotions when parenting whilst becoming aware of their automatic reactions to their children’s emotions and the influence of their own family of origin experiences on them as parents. The program was designed and evaluated as a 6-session group program for use with community samples and has been adapted and evaluated as an 8 and 10-session version for clinical/high need participants. The program has extensive evidence to support its efficacy and effectiveness in multiple randomised controlled trials. Variants of the program have also been developed for and evaluated with parents of adolescents (Tuning in to Teens), fathers (Dads TIK) parents of young children (Tuning in to Toddlers) and parents of children who have experienced difficulties such as complex trauma, chronic illness, and anxiety.

A number of studies of the program are underway in the USA, England, Norway, Germany, New Zealand and Iran. The program has been widely disseminated in Australia and increasingly training is being offered overseas. **For more information see [www.tuningintokids.org.au](http://www.tuningintokids.org.au).** This presentation will include an overview of the program, the research and the steps that have been taken to disseminate the



*Associate Professor Sophie Havighurst is a child clinical psychologist at Mindful, Department of Psychiatry, University of Melbourne. She is currently the principal investigator on the Tuning in to Kids® research program and a program author. She also teaches child and adolescent mental health practitioners and works as a clinical psychologist in private practice.*

## Russ Harris

### Happiness Myths - and How to Thrive In Spite of Them

Just suppose for a moment that almost everything you believed about finding happiness turned out to be inaccurate, misleading or false. And suppose that those very beliefs were making you miserable. What if your very efforts to find happiness were actually preventing you from achieving it? This state of affairs is what Russ Harris calls “The Happiness Trap”, in his best-selling book of the same title. Most if not all of our clients get stuck in this trap, at times. As do most therapists! So in this talk, Russ will highlight the most unhelpful “happiness myths” prevalent in our culture, and explore how we can help our clients to hold these ideas lightly.



*Russ Harris, author of the international best-selling self-help book 'The Happiness Trap', is a world-renowned trainer of Acceptance & Commitment Therapy (ACT). Russ is also the co-director of PsyFlex: workplace health and wellbeing specialists. PsyFlex brings an ACT-based approach to the workplace, to build thriving organisations, resilient employees and supportive work environments. For more information please visit [www.PsyFlex.com.au](http://www.PsyFlex.com.au)*

## Evangeline Daniela

### Pacific Indigenous perspectives and working with trauma

**Mana Moana** is a contemporary indigenous Pacific theory of well-being, drawing on Pacific epistemologies, sourced from "Oceania library" and woven together to create a coherent theory and therapeutic approach for "urbanesian". This presentation will outline Mana Moana, its development and how it is applied therapeutically in clinical contexts. Specifically, it will look at the use of this theory in relation to trauma - conceptualization and treatment.

*Evangeline Daniela is a Clinical Psychologist of Cook Island Maori descent. Evangeline has worked with CCDHB – at Youth Forensic Mental Health since 2008, and prior to that worked at CAMHS, HBDHB, and Addictions Service (HBDHB). She also has a private practice, which specializes in integrating cultural and clinical practice, and providing cultural supervision. Evangeline also sits on the Executive Team for Pasifikology, Hawkes Bay Pacific Health Leadership Group (PHLG), and various Pacific reference groups including for the Health Promotion Agency and Cook Islands Health Network.*

#### CONFERENCE WORKSHOPS

Russ Harris: Getting Unstuck In ACT

Sophie Havinghurst: The Tuning in to Kids® Parenting Program: Workshop

Kevin Ronan: Family-centred, Feedback-informed Therapy for Complex Problems

Wendy Kelly: Understanding Children in Foster Care: The Relational Learning Framework

#### OTHER PRESENTATIONS

Transgender

ACC

Private Practice

→ [CLICK HERE TO REGISTER ONLINE](#)



# Registration

Please send registration no later than 10 March, 2018

This PDF can be filled in electronically and emailed to office@nzccp.co.nz

Enquiries to Caroline at office@nzccp.co.nz

|                                                | Early Bird<br>(up to 5 Feb, 2018) | Standard Rate                  |
|------------------------------------------------|-----------------------------------|--------------------------------|
| <b>Pre-conference workshop (Thursday only)</b> |                                   |                                |
| NZCCP member                                   | <input type="checkbox"/> \$300    | <input type="checkbox"/> \$350 |
| Non-member                                     | <input type="checkbox"/> \$365    | <input type="checkbox"/> \$415 |
| NZCCP student member                           | <input type="checkbox"/> \$150    | <input type="checkbox"/> \$175 |
| Non-member Student                             | <input type="checkbox"/> \$185    | <input type="checkbox"/> \$205 |

|                                              |                                |                                |
|----------------------------------------------|--------------------------------|--------------------------------|
| <b>Pre-conference workshop (Friday only)</b> |                                |                                |
| NZCCP member                                 | <input type="checkbox"/> \$300 | <input type="checkbox"/> \$350 |
| Non-member                                   | <input type="checkbox"/> \$365 | <input type="checkbox"/> \$415 |
| NZCCP student member                         | <input type="checkbox"/> \$150 | <input type="checkbox"/> \$175 |
| Non-member Student                           | <input type="checkbox"/> \$185 | <input type="checkbox"/> \$205 |

|                                            |                                |                                |
|--------------------------------------------|--------------------------------|--------------------------------|
| <b>Pre-conference workshop (both days)</b> |                                |                                |
| NZCCP member                               | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 |
| Non-member                                 | <input type="checkbox"/> \$550 | <input type="checkbox"/> \$600 |
| NZCCP student member                       | <input type="checkbox"/> \$225 | <input type="checkbox"/> \$250 |
| Non-member Student                         | <input type="checkbox"/> \$275 | <input type="checkbox"/> \$300 |

|                      |                                |                                |
|----------------------|--------------------------------|--------------------------------|
| <b>Conference</b>    |                                |                                |
| NZCCP member         | <input type="checkbox"/> \$450 | <input type="checkbox"/> \$500 |
| Non-member           | <input type="checkbox"/> \$550 | <input type="checkbox"/> \$600 |
| NZCCP student member | <input type="checkbox"/> \$225 | <input type="checkbox"/> \$250 |
| Non-member Student   | <input type="checkbox"/> \$275 | <input type="checkbox"/> \$300 |

|                                                      |                                |                                |
|------------------------------------------------------|--------------------------------|--------------------------------|
| <b>Conference<br/>+ Thursday only workshop combo</b> |                                |                                |
| NZCCP member                                         | <input type="checkbox"/> \$705 | <input type="checkbox"/> \$765 |
| Non-member                                           | <input type="checkbox"/> \$825 | <input type="checkbox"/> \$915 |
| NZCCP student member                                 | <input type="checkbox"/> \$335 | <input type="checkbox"/> \$380 |
| Non-member Student                                   | <input type="checkbox"/> \$415 | <input type="checkbox"/> \$455 |

|                                                    |                                |                                |
|----------------------------------------------------|--------------------------------|--------------------------------|
| <b>Conference<br/>+ Friday only workshop combo</b> |                                |                                |
| NZCCP member                                       | <input type="checkbox"/> \$705 | <input type="checkbox"/> \$765 |
| Non-member                                         | <input type="checkbox"/> \$825 | <input type="checkbox"/> \$915 |
| NZCCP student member                               | <input type="checkbox"/> \$335 | <input type="checkbox"/> \$380 |
| Non-member Student                                 | <input type="checkbox"/> \$415 | <input type="checkbox"/> \$455 |

|                                                |                                |                                 |
|------------------------------------------------|--------------------------------|---------------------------------|
| <b>Conference<br/>+ Two day workshop combo</b> |                                |                                 |
| NZCCP member                                   | <input type="checkbox"/> \$810 | <input type="checkbox"/> \$900  |
| Non-member                                     | <input type="checkbox"/> \$990 | <input type="checkbox"/> \$1080 |
| NZCCP student member                           | <input type="checkbox"/> \$405 | <input type="checkbox"/> \$450  |
| Non-member Student                             | <input type="checkbox"/> \$495 | <input type="checkbox"/> \$540  |

|                                 |                               |
|---------------------------------|-------------------------------|
| <b>Dinner on Saturday night</b> |                               |
| Conference attendee             | <input type="checkbox"/> \$40 |
| Partner/guest                   | <input type="checkbox"/> \$40 |

Total to pay \$ \_\_\_\_\_

## Fees

- Fees include morning and afternoon teas, and lunches
- Cancellations received before Monday 26 February will receive 80% refund. No refunds will be given after 8 March.
- In the unlikely event of conference cancellation, we will refund fees in full, less a \$60 administration cost.
- We will not accept liability for travel or accommodation expenses or any other costs incurred by registrants.
- To qualify as a student delegate, you must be enrolled in a clinical psychology training programme.

## Registration

- All registrations will be acknowledged by email.
- Registrations must be accompanied by payment

You can also register [online here](#) or by mailing this form to:

Caroline Greig  
NZCCP  
P.O Box 24 088  
Wellington

## Conference Function: Drinks and Canapes plus cash bar

- 7pm Saturday 17 March
  - The Conference function will be held at the River Kitchen, 81 Trafalgar Street, Nelson
- The cost of the function is \$40 per person (partners and guests are welcome).

## Payment

Payment can be made:

- Online using a credit card
  - by direct debit to account:  
BNZ 02 0865 0271109 05 (Enter reference details as "Conference Fees" and please identify your payment clearly)
  - by cheque payable to NZCCP
- All fees include G.S.T.

### YOUR DETAILS:

Name \_\_\_\_\_

Special dietary and/or mobility needs:

Phone \_\_\_\_\_

Email \_\_\_\_\_