A growing number of CBT clinicians are using imagery as a therapeutic agent to foster cognitive and emotional processing of traumatic material. Directly challenging and modifying the traumatic imagery itself can be a powerful and effective means of processing intrusive memories (e.g., flashbacks, nightmares), since much of the cognitive-affective disturbance is embedded in the traumatic imagery and cannot be accessed by words alone.

This workshop offers an introduction to Imagery Rescripting and Reprocessing Therapy (IRRT), a manualized CBT treatment for PTSD with solid empirical support. Dr. Smucker will demonstrate how trauma victims suffering from PTSD can be effectively treated with this 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

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 (sometime within a single session) that:

(a) eliminate PTSD symptoms,
(b) modify maladaptive trauma-related beliefs,
(c) enhance one's capacity to self-nurture and self-calm, and
(d) promote the development of adaptive schemas.

Instructional videos, case examples, and experiential exercise will vividly demonstrate the application of IRRT interventions. Workshop participants will also have the opportunity to observe and practice IRRT techniques through role-play.

Dr. Smucker’s comprehensive training manual:
*Imagery Rescripting and Reprocessing Therapy (IRRT) A Treatment Manual For Adult Survivors of Childhood Sexual Abuse Experiencing PTSD*, a value of $45US, will be included in the registration package.
Mervin R. Smucker, Ph.D., is Associate Clinical Professor in the Dept. of Psychiatry at the Medical College of Wisconsin, where he is involved in trauma treatment outcome research, teaching, and supervision. Dr. Smucker trained and worked with Prof. Aaron T. Beck for 6 years at the University of Pennsylvania where he served as Director of Education and Clinical Training, and more recently has done collaborative work with Dr. Edna Foa.

Dr. Smucker is a skilled trainer, clinician, and researcher, who meaningfully integrates theory and research with clinical practice and presents his work in a refreshingly clear, lively and engaging manner. Recognized for his creative and innovative applications of imagery in CBT, Dr. Smucker has conducted hundreds of workshops and training seminars, and has trained thousands of clinicians nationally and internationally on trauma and PTSD. In addition to being a frequent presenter at World Congresses, he is an on-site clinical consultant/supervisor at a trauma centre in Dresden, Germany and a clinical consultant at a large psychiatric hospital in Norway. Author of many scholarly articles on the topic of imagery and trauma, Dr. Smucker has published several books (in English and German) on the imagery-based treatment he developed for trauma victims, including: Cognitive Behavioural Treatment for Adult Survivors of Childhood Trauma: Imagery Rescripting and Reprocessing (1999) and a treatment manual Imagery Rescripting and Reprocessing Therapy (IRRT): A Treatment Manual for Adult Survivors of Childhood Sexual Abuse Experiencing PTSD (2005).

REGISTRATION

REGISTER BY MAIL, PHONE, FAX E-MAIL OR ON-LINE
Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1
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One form per person. Please print clearly.

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September 27 and 28, 2010
Early registration before August 27, 2009 $325
Regular registration $350
Workshop location:
Hincks-Dellcrest Centre – Gail Appel Institute
114 Maitland Street, Toronto, ON M4Y 1E1
Time: 9:00 am - 4:00 pm

Dr. Smucker’s comprehensive training manual: Imagery Rescripting and Reprocessing Therapy (IRRT)
A Treatment Manual For Adult Survivors of Childhood Sexual Abuse Experiencing PTSD will be included in your registration package.

Method of Payment
Payment must be made by cheque or credit card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.
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GROUP AND STUDENT RATES:
Registration of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

The Institute reserves the right to cancel a workshop due to under-enrollment, work stoppages, instructor illness or inclement weather. If a workshop is cancelled, the Institute is responsible for refunding only the tuition payment.

CANCELLATION POLICY:
An administration fee of $40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing 14 days prior to the workshop date. After that time, you may elect to receive a full credit which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. Or, a colleague may be substituted for attendance. We regret that a refund cannot be offered after the cancellation deadline.

CONTINUING EDUCATION CREDITS:
Each participant will receive a Certificate of Participation. This may be used to qualify for eligibility for Continuing Education Credits when submitted to your own licensing board and/or professional college/association. OPA has approved 5.5 CEU credits for each day of training.