



Two-Day Workshop - MELBOURNE

Trauma, Loss, and Traumatic Growth: Impact and Intervention with Major Stress and Trauma

Presented by Professor Stevan Hobfoll

Wednesday 7 & Thursday 8 March 2007
The Novotel, 270 Collins Street, Melbourne

Stevan Hobfoll is currently Distinguished Professor of Psychology at Kent State University and Director of their Applied Psychology Center and the Summa-KSU Center for the Treatment and Study of Traumatic Stress. He is also a Fellow of the Center for National Security Studies at the University of Haifa, Israel. Formerly at Tel Aviv and Ben Gurion Universities, and an officer in the Israeli Defense Forces, he remains involved with the problem of stress in Israel. Prof Hobfoll was cited by the *Encyclopædia Britannica* for his contribution to knowledge and understanding for his *Ecology of Stress* volume. He was co-chair of the American Psychological Association Commission on Stress and War during Operation Desert Storm, helping plan for the prevention of prolonged distress among military personnel and their families, member of the task force on bioterrorism, and a member of APA's Task Force on Resilience in Response to Terrorism. Prof Stevan Hobfoll has authored and edited 12 books, including *Traumatic Stress*, *The Ecology of Stress*, and *Stress Culture and Community*. In addition, he has authored over 180 journal articles, book chapters, and technical reports, and has been a frequent workshop leader on stress, war, and terrorism. He has received over \$12 million in research grants on stress.

Conservation of Resources (COR) theory has become one of the two leading stress theories. Studies have repeatedly found it to have the strongest predictive value across stress levels. Unlike appraisal based theories, COR theory emphasises the real world interplay of personal, social, condition, and energy resources AND their appraised component. Day 1 will outline the principles of COR theory, methods of assessing resource loss in research and clinical settings, and present research outlining the role of resource loss and gain in settings as diverse as work, schools, disaster, terrorism, and health. The use of cognitive-behavioural techniques to intervene to halt or slow resource loss cycles and enhance resource gain cycles will be detailed. Day 2 will examine the impact and intervention following disaster and terrorism, will look at mass trauma, and will focus on posttraumatic growth.

Learning Outcomes:

1. Understand the principles of Conservation of Resources Theory
2. Understand the central role of resource loss in the stress process
3. Be able to identify key resources and their objective and subjective components
4. Be able to identify and intervene to halt or slow loss cycles following trauma
5. Be able to identify and intervene to enhance resource gain cycles and promote traumatic growth

PD Points: 14 CCLIN / CCOUN /CHP/ COP points are pending (subject to approval). Other APS/College members may claim 14 Generalist points.

REGISTRATION FORM: Trauma, Loss & Traumatic Growth Workshop – Melbourne

Presenter: Prof Stevan Hobfoll

Dates: Wednesday 7 & Thursday 8 March 2007

Time: 9am-5pm (registration at 8:30am day one)

Venue: The Novotel, 270 Collins St, Melbourne

(Morning tea, lunch and afternoon tea will be provided. Please contact us if you have special dietary needs)

Please complete the following using CAPITAL letters. It is important that you complete ALL of these fields.

APS Member No: _____ Title: Professor / Dr / Mr / Mrs / Ms / Miss

First Name: _____ Surname: _____

Organisation/Company: _____

Postal Address: _____

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Payment details. Please note that you will not be registered until we have receipt of payment.

APS Members - \$475 Non APS Members - \$600 (All prices include GST)

APS Student Members - \$300 Non Member Students - \$350 (evidence of full-time study required)

I enclose a cheque for AUD\$ _____ payable to the Australian Psychological Society Ltd, **or**

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Please return the completed form to:

Post: The Australian Psychological Society, PO Box 38, Flinders Lane PO, Melbourne VIC 8009

Fax: (03) 9663 6177 **Email:** events@psychology.org.au

Workshop enquiries: contact the Administrator events@psychology.org.au or Ph (03) 8662 3300

Upon payment this form becomes a **Tax Invoice** (ABN 23 000 543 788). **Please retain a copy.**

Please note: Cancellations up to 28 days prior to the workshop you are registered for will receive a full refund. Cancellations 28-14 days prior will receive a 50% refund. Cancellations within 14 days of a workshop will not be refunded other than for 'exceptional, unforeseeable circumstances', however, you may nominate an alternative attendee. All cancellations must be given in writing.

NB: Workshop numbers are limited and they will fill up fast. However, if there are insufficient numbers in any of the workshop locations listed above, the APS reserves the right to cancel the activity and all monies will be refunded.

14 Specialist PD points are pending (subject to approval) from the APS Colleges of Clinical, Counselling, Health, and Organisational Psychologists. Other APS/College members may claim the equivalent Generalist points.