

# Queensland Eating Disorder Service (QuEDS)

presents:

## Working with Complex Trauma:

### The Snow White Model

Naomi Halpern



Tuesday 4<sup>th</sup> December 2018

8:30am – 4:00pm

Venue: RBWH Education Centre

Once-upon-a-time, if Snow White presented to a psychiatrist with her tale of attempted murder, talking animals, whispering trees and seven dwarves, she would likely receive a diagnosis of hysteria, psychosis, schizophrenia or conversion disorder. Today, through a trauma-informed lens grounded in neuroscience, we would ask not, “What is wrong with Snow White?” Rather, we would wonder, “What happened to Snow White?” In asking carefully, sensitively and respectfully, we would learn of her history of complex and developmental trauma; the loss of her mother at birth, attachment disruption, neglect, betrayal and family violence.

The Snow White model is relevant to any client presenting with a history of complex and/or developmental trauma irrespective of diagnosis. Using video, case examples and exercises, Naomi will illustrate complex presentations in an engaging and easy to understand approach.

Harnessing the fairy-tale of Snow White as a metaphor, Naomi provides practical strategies for the treatment of complex trauma. The characters in the story represent archetypes and provide a conceptual framework applicable to core trauma symptoms, behaviours and diagnosis. Particular focus will be on the eating disorder context but the workshop is suitable for clinicians working in all areas dealing with clients with complex trauma.

**Learning Objectives - Participants will be able to:** Identify four core trauma dynamics activated in and outside therapy; Work with the trigger loop to develop safety and stabilization; Utilise attachment and re-enactment dynamics to assist in processing memories and express emotions; Adapt various strategies to add to the therapists “toolbox”; Assess what will work for whom, and when.

*Naomi Halpern is an internationally recognised speaker and trainer with over 30 years experience in complex trauma, vicarious trauma, resilience building and work-place wellbeing. Naomi provides clinical consultation for post traumatic stress disorder, dissociative disorders and related comorbidity, for mental health professionals working with survivors of sexual abuse, rape, gender based violence, torture and other trauma. Naomi provides consultation and training organisations such as the United Nations and Attorney General’s Solicitor’s Department.*

QuEDS are very excited to present this workshop at a reduced registration fee (usually \$360).

**Early bird registration \$121 before September 30<sup>th</sup>, 2018. General \$165**

**Video conference available: \$55. Morning tea provided. Self-catered lunch**

**Places are strictly limited; please book early**

**To register please complete details below and return to QuEDS**

# Invitation

Metro North Hospital and Health Service *Putting people first*



ABN. 18496277942

This registration form becomes a tax invoice once payment is received

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Topic: [Working with complex trauma: The Snow White Model](#)  
Presented by: QuEDS, Queensland Eating Disorder Service and Naomi Halpern  
Date: 4<sup>th</sup> December 2018  
Location: RBWH Education Centre  
Applications Close: **Early Bird – 30<sup>th</sup> September**  
General - 2<sup>nd</sup> November

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**Please complete your details and fax, email or post to:**

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