



The Stress Management Institute in association with the Centre for Professional Therapy

Present

THE NEUROPHYSIOLOGY OF STRESS AND TRAUMA

This workshop will be an introduction to the relationships between stress, strain and distress. Participants will investigate the underlying internal processes experienced as anxiety, depression and related states. The connection between stress, trauma, post traumatic stress and PTSD will be examined. The workshop will be experiential in nature. Facilitators will highlight the latest scientific findings on associations between physiological states, psychological distress and the therapeutic relationship.

The Facilitators

Ray McKiernan is a lecturer, skills trainer and occupational stress management training consultant.

Ann Cox is a lecturer, skills trainer, psychotherapist and trauma specialist.

Full biographies on following page

Who Should Attend

Practicing psychotherapists, counselors, psychiatrists, psychologists, social workers and those who deal with people who have experienced the effects of chronic stress or trauma in their daily lives.

Course Date

10.00am -1.00pm on Saturday, 9th May.

Venue

The Stress Management Institute of Ireland, 16 Harcourt St, Dublin 2

Course Cost: €80.00

-----Cut here for Booking Form -----

REGISTRATION: As places are limited for the Neurophysiology of Stress & Trauma it is advisable to book early. To register fill in the form below and send it with €80.00 to the Stress Management Institute, 16 Harcourt St. Dublin 2. Tel. 01 4789 469.

Web links: www.stressmanagement.ie www.professionalthrapy.ie

NAME: _____ Email: _____

ADDRESS: _____

PHONE NO(s): _____

OCCUPATION: _____ ORGANISATION (where relevant) _____

Training Facilitators

Ray McKiernan

Ray McKiernan is lead trainer, researcher and director of the Stress Management Institute of Ireland. He is a certified Stress & Wellness consultant with the internationally renowned Hans Selye Foundation in Canada and has completed his clinical training in Mind-Body Medicine in the Harvard Medical School in Boston. Ray provides Stress Management training to the health care, pharmaceutical, financial, engineering and software industries and has worked with many of the largest organisations in the state. As lead trainer to the Defence Forces, he delivered specialist instructor training programmes to their Personnel Support Services. Ray provides training to the Law Society of Ireland, the Migraine Society and is a specialist skills trainer to counselling and psychotherapy students in DBS School of Arts. He speaks at many conferences and recently was an invited speaker on 'Stress and the Medical Model' at the European Health Conference hosted by the Actuarial Profession in Dublin in May 2008. Ray specialises in presenting complex scientific material in a clear, understandable and effective manner using a training style that is encouraging and supportive.

Ann Cox

Ann is a director of the Stress Management Institute of Ireland, and is a senior trainer on their professional training programmes. She qualified as a social worker and subsequently completed a Masters in Psychotherapy with St. Vincent's University Hospital and UCD. While working as a psychotherapist, Ann did further training in Stress Management and Trauma Therapy.

Ann is a lecturer, skills trainer and professional suitability evaluator on the BA in Counselling and Psychotherapy in DBS School of Arts. As a member of the Departmental team, she has overall responsibility for the development of the Stress Management programmes. Ann has a wide experience of training groups in the education, healthcare and corporate sectors. In addition to her private psychotherapeutic practice, she provides one-to-one Stress Management and EAP consultations.