

TRAINING IN CHILDREN'S ACCELERATED TRAUMA TREATMENT (CATT)



Garden International School
Kuala Lumpur



CATT Course Levels

Level 1 (One day course)

Cost: RM350.00

Date: Tuesday, 26 May 2015

Level 2 (3 day training course)

Cost: RM1,150.00

Date: Wed, 27 May - Friday, 29 May

Registration

Please register your participation using this link <http://goo.gl/Mq6DRE>.

Workshops will be filled on a first come first served basis. Full payment is required before commencement of the workshop. (Details on Page 2)

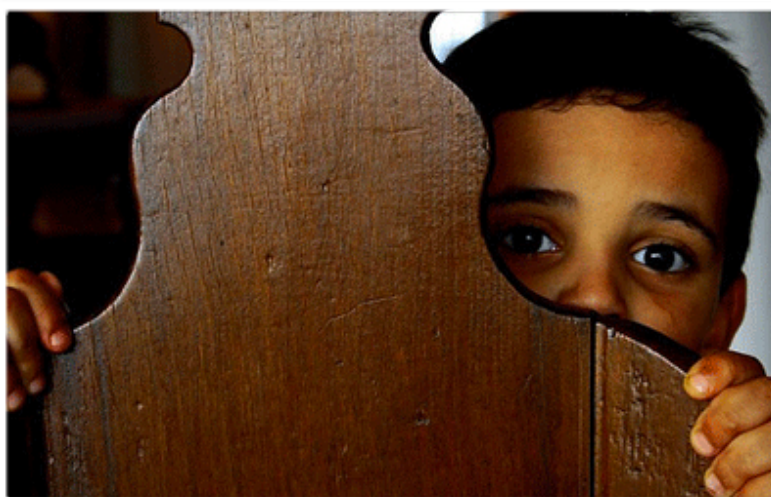
Closing date for application:

31st MARCH 2015

Workshop fees include: Unlimited use of stationery, refreshments, lunch/s, including a CATT work manual

Hotel Accommodation

Recommended Hotel for event is the Boulevard Hotel. The rate per night is RM328.81 nett for a Superior Room with breakfast and internet. Please book directly resvnbvl@stgiles-hotels.com (mention that this is for a GIS event to get our corporate rate)



Overview

Are you caring for children who have been impacted by their past experiences of conflict, abuse (sexual/ physical/ emotional), kidnap, abandonment or any other traumatic experiences? They may be suffering from nightmares, anxiety, or poor concentration. Sometimes children who have survived experiences such as these begin to cause problems in school, or have difficulty in making relationships with others. If this sounds like some of the children you work with, you or your colleagues will benefit from attending this new course we are offering at Garden International School, which is the first location of CATT training in South East Asia.

CATT is a child centred treatment for the symptoms of post traumatic stress which utilises play/ art therapy techniques with evidence based trauma theory and children's rights principles to suit children and young people of all ages and to assist them in the recovery of PTSD symptoms, flashbacks, nightmares and anxiety.

Both level 1 and level 2 CATT courses are being delivered by Luna Children's Charity (<http://www.lunachildren.org.uk>) and will be led by Carly Raby, with the support of Shellee Burroughs and Sam Raby. Carly is both the founder of Luna and developed the technique, which has been piloted with great success internationally. If you would like to read more about the technique, please visit the links at the bottom of this flyer.

The course is not only open to the staff of Garden International School, but to anyone working in a school or voluntary agency where they feel they may be supporting children who have been affected by traumatic experiences. If you attend the course you will be better able to relieve their distress, meet their needs and manage their problems.

Two levels of CATT training are available:

Level 1 (a one day basic course) and level 2 (a 3 day primary training course).

What will I gain from attending the Level 1 course?

Level 1 is a 1-day course for those who need a better understanding of the impact of trauma on children, but who will not be treating children on a one-to-one basis. Among the learning benefits are:

- Gain an understanding of trauma the brain, and why PTSD symptoms occur in children and young people
- A clear understanding of PTSD signs and symptoms in children and young people.
- An understanding of current best practice in the treatment of PTSD in children and young people

Cost: RM350.00

Date: Tuesday, 26th May 2015

What will I gain from attending the Level 2 course?

Level 2 is a 3-day primary training course for those who will be treating children on a one-to-one basis; providing them with the skills required to treat children directly using CATT. This course is designed specifically for qualified and experienced mental health professionals and front-line staff who are currently offering support to children and young people with mental health difficulties. Among the learning benefits are:

- The ability to de-traumatize children and young people quickly, and in a way that feels comfortable and even fun for them
- An opportunity to practice in a safe and supported environment
- Confidence, upon leaving, to treat CYP using the CATT technique
- Creative ways of engaging with children and young people who have experienced trauma

Cost: RM1,150.00

Date: Wednesday, 27th May – Friday, 29th May

Who else should attend the Level 2 course?

This course will also appeal to arts therapists, and people with specialist roles working with children and young people with mental health difficulties / or in situations where they are in close contact with children and young people who may have been traumatized (Social Services, voluntary agencies, refugees, referral units, domestic violence projects etc.).

Do I need to attend both courses?

You do not need to have first completed Level 1 to apply for Level 2 if you are already a fully qualified and experienced mental health professional.

If you are not a mental health professional you will need level 1 to progress to level 2.

For further information about the course, please contact: Shellee Burroughs, GIS School Counsellor
burroughs.s@gardenschool.edu.my

Modes of Payment

1. Cheques/Banker's Draft in Ringgit Malaysia:

Pay to Garden International School Sdn Bhd

2. Fund Transfer

Account Name: Garden International School Sdn Bhd

Account Number : 187-100136-3

Bank Name : OCBC Al-Amin Bank Berhad

Bank Address: 19 Jalan Setiapuspa, Bukit Damansara, 50490, Kuala Lumpur, Malaysia

Swift Code : OCBCMYKLXXX (applicable to overseas transfer)



Carlotta (Carly) Raby

PG Dip. Psychology, HG Dip Psychotherapy, MA, MEd, MHGI, MBPsS

Carlotta Raby is a psychotherapist (with a specialism in PTSD) and children's rights advisor. Following several national children's rights roles for YoungMinds, the Mental Health Foundation and the Evidence Based Practice Unit, she created the CATT protocol (combining children's rights with a cognitive arts based post-traumatic stress treatment).

Carlotta subsequently founded Luna Children's Charity in order to offer mental health support and training to international organisations working with children and young people affected by war, conflict or natural disaster. She was clinical and research director for Luna for seven years and amongst other activities she supervised operations in Rwanda, Uganda, South Africa, Tanzania, Pakistan and Turkey.

Carlotta is currently completing a Clinical Psychology Doctorate and her research is on serious group violence; supported by the Integrated Gangs Unit. Carlotta is also Director of the Certificate in CBT for Children and Young People at the Institute of Child Mental Health, and is visiting lecturer at several academic institutions; teaching in 'Treating Post Traumatic Stress', 'Children's Rights', 'Children's Rights Law and Mental Health', and 'CATT'. She is a member of the International Society of Traumatic Stress Studies, the European Society of Traumatic Stress Studies (where she is on the Children's Trauma Task Force) and the UK Psychological Trauma Society. She is an Honorary Research Associate with Rhodes University. Research, publication and policy advising roles have all related to PTSD treatment in children and young people, and children's voices with in mental health services.



More information about CATT:

Raby, C and Edwards, D. (2011)

Unrecognized hospital trauma as a source of complex psychiatric symptoms: A systematic case study with Implications for Children's Rights and Evidence-Based Practice, Psychotherapy Research.

Link to the full case study will be added shortly. Contact [Carly Raby](#) for more details

Isaura Zelaya Favila (2009), Lewin Fellow, Dartmouth College

Treatment of Post Traumatic Stress Disorder in post-Genocide Rwanda [Full article \(17 pages\)](#)

Blotevogel, M. L., Klasen, F. & Raby, C.

CATT (Children's Accelerated Trauma Treatment) with Refugee Children, European Journal of Psychotraumatology; Abstracts from 12th European Conference on Traumatic Stress, CoAction

Mpofu, E. (ed) University of Sydney (2011)

Counseling People of African Ancestry

CATT is addressed in the chapter by David Edwards: *Treating Trauma in an African Context*