

# 4 March 2020 Workshop: Treating Chronically Traumatized Children.

## The Sleeping Dogs method

By Arianne Struik



The treatment of severely traumatized children and adolescents usually focuses on helping the child and the family to process their traumatic experiences. But in some cases the usual treatment doesn't apply. These children may for example refuse to talk about the trauma. They may dissociate, or may say they have forgotten about it. There are times when we don't dare to talk about the trauma with the child because we are afraid of re-traumatizing the child. Or a child becomes very aggressive or dissociates when the trauma is mentioned. And some children are very young and can't speak about what happened or we don't know exactly what happened. Cases such as these get stuck and often the trauma doesn't get processed. We let 'sleeping dogs lie', with devastating consequences for future development. But how to help these children?

This one-day workshop focuses on how to get these 'stuck' cases going. It will outline the Sleeping Dogs method for stabilizing these children and planning resolutions and interventions for severely traumatized children, adolescents and their families, so they can start processing traumatic memories. This is a practical workshop in which Arianne will ground the method in case examples. Participants will need to practise the use of this method with their own cases. By the end of the workshop, participants will be able to plan and execute the stabilization phase for these children in order to prepare them for trauma processing. The theory will be explained in straightforward language; the same language that participants can use with their clients

## Practical issues

**Date:** Wednesday the 4<sup>th</sup> of March 2020 9.00-4.00 pm

**Location:** to be determined in Christchurch

**Costs:** 275 NZD no GST including the book *Treating Chronically Traumatized Children* (Struik, 2019) and morning tea, lunch and afternoon tea).

**Registration:** [www.ariannestruik.com](http://www.ariannestruik.com)

**Information/ inquiries** please email Arianne Struik on [ariannestruik@hotmail.com](mailto:ariannestruik@hotmail.com)

**Arianne Struik** is a clinical psychologist, family therapist and EMDR practitioner and consultant, originally from the Netherlands. She worked in Child and Adolescent Mental Health for twenty-two years as a clinical psychologist and program director. She moved to Australia and became director of The Institute for Chronically Traumatized Children (ICTC) from which she provides specialized trauma treatment in remote areas, as well as workshops, training, supervision and research from the Institute for Chronically Traumatized Children. She developed the award-winning Sleeping Dogs method, described in the second edition of the book *Treating Chronically Traumatized Children* (Struik, 2019) and teaches internationally on the treatment of trauma and dissociation in children. She is member of the European ISSTD Child and Adolescent Committee and convener of the Australian Psychological Society EMDR Interest Group.

