



Post-Traumatic Stress Disorder (PTSD) Among Older Adults: An Introduction to Psychosocial Interventions

AN ONLINE WORKSHOP FOR HEALTHCARE & OTHER PROFESSIONALS

When: Mon February 6th to Sun March 5th, 2017 (4 weeks)

ONLINE weekly at your discretion

Cost: \$240 (Students \$120) Registration Deadline: January 30th, 2017

This workshop will be offered only if there is sufficient enrolment. Register online at www.aging.utoronto.ca

Participants will take away from this introductory workshop a knowledge base and toolkit for working with PTSD in Older Adults. Case studies, videos and relevant literature will be interwoven into this workshop to enhance knowledge translation and interactive discussions will be posted throughout this course to create a stimulating learning opportunity.

Outline

Week 1

- What is PTSD and who are some of the older adults with whom we work who have been impacted?
- Creating meaning in the stories of older persons who are Holocaust survivors, victims of abuse, accidents, or have experienced illness in themselves or a family member, and veterans of war to name a few
- Why is understanding PTSD and the experience of trauma important? The effects and health consequences of PTSD. Developing a rationale for intervention

Week 2

- The Neuroscience of PTSD and trauma: Neuroplasticity, fear based experiences that linger and triggers as we age
- How changing our minds can transform the physiology of both our brains and our bodies. Developing brain based practices and body based practices to reduce the impact of trauma
- Body based and thought based Interventions: An exploration of the evidence and integrating best practices
- Medications and innovative approaches: Memory blunting drugs, EMDR, problem solving therapy (PST), narrative and arts based approaches as effective treatments for PTSD in older adults

Week 3

- Prevention across the lifespan, lifestyle considerations including managing stress effectively, healthy eating, exercise and being socially and cognitively engaged and building adaptive coping strategies
- Navigating the system: knowing what's out there and an exploration of programs and services available to older persons influenced by PTSD and their families

Week 4

- Compassion Fatigue for health care professionals and caregivers working with older persons with PTSD Why Self Care Matters
- Compassion, empathy and safety towards ourselves and those we care for: developing secure attachments and mutually trusting sustainable relationships
- Reducing shame, blame and the potential to label
- Engaging in self-reflection and critical thinking in our professional practice
- Collaboration: The impact we can have on our well-being and the well-being of others



UNIVERSITY OF TORONTO
FACTOR-INWENTASH FACULTY OF SOCIAL WORK
Institute for Life Course & Aging

Instructor: Renee Climans, MSW, RSW

Renee Climans is a Master of Social Work and registered social worker with over 30 years' experience. Her private therapy practice specializes in the areas of individual, couple, and family counselling and she consults to a variety of health care clinics in the Toronto area. She has also provided and designed wellness training workshops for corporate clients. On topics related to gerontology and health care she has conducted numerous media interviews, lectures, and published in peer-reviewed journals. Her areas of expertise include trauma, grief, loss and bereavement, depression, anxiety, stress, relationships, illness and life transitions. She has also worked at Baycrest since 1990 where she has been involved in care, research, and education. She has been actively involved in facilitating supportive counselling groups, both in person and on-line, for family members of persons with dementia, mild cognitive impairment as well as other issues of loss and health related changes. Her approach is wellness oriented and collaborative and combines narrative, solution focused, cognitive behavioural and mindfulness therapeutic methods. She is currently a member of the Ontario Association of Social Workers and registered with the Ontario College of Social Workers and Social Service Workers.