



**Karl Jacks** BSc, Grad Dip, Dip HE



Vista Advanced Psychological Therapy specialises in the provision of evidence based, effective psychological therapy to overcome the lasting effects of adversity, abuse, trauma and neglect that occurred in childhood or adulthood.

Karl has extensive experience working with people that have been directly or indirectly exposed to significant adversity and trauma, from natural disasters to childhood abuse, sexual violence/assault, domestic violence, assaults, neglect, psychological abuse, accidents, near misses, cult involvement, vicarious trauma (such as first responders) and military personnel.

Having undertaken extensive study and training in a significant range of therapies, including the worlds most researched trauma therapy, EMDR (including advanced EMDR techniques), we utilise the latest evidence-based research to support effective, efficient outcomes.

Exposure to traumatic events can leave a lasting impact upon a person's life, influencing their decision making, relationships, ability to feel safe with intimacy and trust, emotional regulation, sleep, physical and mental health and so much more.

Research clearly indicates that not all therapies are effective in overcoming trauma, in fact, some therapies can increase a person's distress and symptoms. Many of the people we see have previously engaged in therapy, and found the results to be disappointing, ineffective, and feel reluctant (and often sceptical) to engage in therapy again.

Karl has a proven track record of providing effective, sensitive, individualised trauma focused therapy to achieve, (and commonly exceed) the persons therapeutic goals.

Vista Advanced Psychological Therapy also provides specialist workshops, from 2-day masterclasses for clinical staff such as psychiatrists, therapists and counsellors, to 4.5-hour workshops for people considering engaging in therapy. The 4.5-hour workshop provides all the key information required to develop insight and promote efficacy of therapy. Attending this workshop can save the individual hours of therapy time and hundreds of dollars in appointment costs, as they will not need to learn this information in their individual therapy appointments.

Karl has delivered training to hundreds of professionals including psychologists, psychiatrists, mental health nurses, mental health social workers, occupational therapists, speech and language therapists, support workers, behaviour support specialists, family members and people that experience trauma and are seeking answers.

Karl has over a quarter of a century experience in the field and is an award winning credentialed mental health nurse (ACMHN), AHPRA registered and a full member of EMDR Association of Australia (EMDRAA). He is trained in EMDR (advanced), CBT, Trauma Focused CBT (TF-CBT), ACT, ABA, Solution Focused Brief Therapy, Motivational Interviewing & many other modalities, and uses an integrated approach to individualise treatment, whilst optimising the persons experience of therapy & their outcomes.

Karl's extensive experience and training enables him to work with people across the lifespan, with adults and children aged 8 and older.

Karl also continues to work as a Clinical Nurse Consultant (Trauma Therapist) at Queensland Health, delivering specialist online & in person trauma therapy to people in rural and remote locations.

Visit [www.vistatherapy.com.au](http://www.vistatherapy.com.au) for more information

## Advanced Trauma Workshops

Topics	Audience	2-Day Masterclass	1-Day Enhanced Awareness	Preparing for trauma therapy	Vicarious Trauma
		14hrs CPD	7hrs CPD	4.5hr workshop	3hrs CPD
		Clinicians, therapists, educators, medical / nursing / allied health students, counsellors	Support staff/allies, family members, people wanting to enhance insight	People considering engaging in therapy	Organisations exposed to, or support people with trauma
Neurobiology of trauma		✓	✓	✓	
Childhood attachment, adversity & adult behaviour		✓	✓	✓	
Adversity: education, employment, substances, relationships, physical & mental health, & more		✓	✓	✓	
Trauma & gut health		✓	✓	✓	
PTSD & cPTSD beyond diagnostic criteria		✓	✓	✓	
Assessment tools for specific populations		✓	✓	✓	
Brain-body connection		✓	✓	✓	
Autism & trauma		✓			
Intellectual disability & trauma		✓			
LGBTQIA+ & trauma		✓			
Sleep & related disorders		✓	✓	✓	
Intergenerational trauma		✓	✓		
Therapist insight & self-awareness		✓	✓		
Affect recognition & regulation –challenges impacting treatment progress		✓	✓		
Overcoming 'blocks' in treatment		✓	✓		
Strategies for dissociation		✓	✓	✓	
Trauma & avoidance		✓	✓	✓	
Clinician self-care and vicarious trauma		✓	✓		
Evidence based therapies and treatment		✓	✓	✓	
Psychological birth trauma		✓			
Adjunct activities to promote healing		✓	✓	✓	
Vicarious trauma		✓			✓
Vicarious trauma - Higher risk occupations		✓			✓
Vicarious trauma- Predisposing risk factors		✓			✓
Vicarious trauma, Secondary traumatic stress, compassion fatigue & burnout		✓			✓
Vicarious trauma - Signs, symptoms & indicators		✓			✓
Progressive development of vicarious trauma		✓			✓
Vicarious trauma - Organisational proactive & reactive strategies		✓			✓
Vicarious trauma - Personal proactive & reactive strategies		✓			✓
Vicarious trauma - Impact on organisations, teams & staff retention		✓			✓
Vicarious trauma -Impact on professional & personal relationships		✓			✓
Anonymous 'live' screening for immediate feedback on attendee's level of vicarious trauma (averaged across whole group)		✓			✓
Full colour, illustrated workshop booklet		✓	✓		
Digital, illustrated psychoeducation workbook		✓		✓	

**For more information and to book your tickets, visit [www.vistatherapy.com.au](http://www.vistatherapy.com.au)**

Discounts available for early bookings, not for profit organisations and group purchases of 4 or more tickets.