

Adelaide

Friday 20 October 2017

St Mark's College

Early Bird Regular - \$264

Regular - \$310

Early Bird Group (3+) - \$251

Group (3+) - \$295

Early Bird Professional - \$237

Professional Member - \$279

Early Bird Student - \$211

Student - \$248

*early bird pricing ends 8 weeks from date of training

**Register online at blueknot.org.au
or call 02 8920 3611 for information**



Foundation for Trauma-Informed Care and Practice

Do you work with clients who are likely to have experienced trauma or abuse in their childhoods?

Would you like to respond better to their everyday difficulties?

Do you want to apply practical trauma-informed strategies which enhance outcomes and minimise the risk of re-traumatisation?

This one-day foundational interactive professional development training alerts attendees to the possibility that clients, staff members and/or practitioners may have experiences of trauma/s, from childhood, or more recently, which are affecting their health, wellbeing, and daily interactions and functioning.

It provides the knowledge and skills needed to better support their sensitivities and vulnerabilities, minimise re-traumatisation and enhance possibilities for recovery. As a significant percentage of Australians with trauma histories engages with diverse services, a basic understanding of trauma, trauma dynamics and the core principles of trauma-informed practice is vital for every person working in health and human services.

This training encourages attendees to reformulate their daily work practice and to ask: "What happened to you?" and 'work with' rather than 'do to' clients. It fosters collaborative practice, client and staff safety, a strengths-based approach and a trauma-informed lens which views 'symptoms' as adaptive coping strategies. Participants will return to their workplace with insights and tools which foster hope, recovery, enhance client and staff wellbeing and minimise the risks of re-traumatisation.

By participating in this professional development training, attendees will:

- Utilise knowledge of the types, prevalence and impacts of trauma to articulate the benefits of trauma-informed services
- Analyse the stress response to better understand your clients' challenges in regulating their emotions and arousal
- Use a trauma-informed lens to reframe challenging emotions and behaviours as 'adaptive' responses to trauma
- Apply the principles of trauma-informed practice to develop strategies which enhance safety, minimise re-traumatisation and support recovery
- Perform an individual/organisational practice audit

Who should attend?

Anyone in the workplace from diverse services and sectors including but not limited to health, community, legal, justice, mental health, AOD, domestic and family violence, child protection, emergency, disability, housing, settlement, and/or employment services.

Role examples: community workers, peer support workers, mental health workers, supported accommodation workers.