



ONE  
DAY

# Foundation for Trauma-Informed Care and Practice (Level 1)

Professional Development Training: 6.5 CPD Hours

DATE: Monday 10 February, 2020      TIME: 9am - 5pm

LOCATION: Hotel Richmond, 128 Rundle Mall, Adelaide SA 5000

**BOOK ONLINE:** <https://blueknot.memnet.com.au/MemberSelfService/EventBooking.aspx?selectedEventId=1044>

This one-day interactive and practical professional development training alerts learners to the possibility that their clients and co-workers may have experiences of childhood and/or other past or current trauma(s), which could be affecting their health, wellbeing, daily interactions and functioning.

This training forms part of a 2 session training series. TICP Level 2 is another one-day package which builds on what is learned in TICP Level 1. Blue Knot Foundation recommends that learners consider attending Level 1 and then Level 2.

This Level 1 training is introductory and appropriate to a wide range of work roles. It is not clinically/treatment-focussed but rather puts trauma in a social context and provides learners with a trauma-informed lens to better understand challenging emotions and human behaviour in the workplace and, in service delivery.

This training uses current research to provide a basic understanding of trauma, trauma dynamics and the core principles of trauma-informed practice - a strengths-based approach vital for every person working in health, human, education, disability and legal services, whether you work in government, non-government, public or private sectors.

This training enables learners to reformulate their daily work practice to deliver contemporary trauma-informed approaches; and fosters client and staff safety and collaborative practice.

## LEARNING OUTCOMES

By participating in this professional development training, learners will:

1. Develop understanding of the types, prevalence, neurobiology and impacts of trauma
2. Use a trauma-informed lens to reframe challenging emotions and behaviours as adaptive responses to trauma
3. Using case scenarios, apply the principles of trauma-informed practice in your role to develop strategies which enhance safety, minimise re-traumatisation and support recovery of people with diverse traumas

## WHO SHOULD ATTEND?

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