



# Professional Development Training

2017  
Feb-Jun





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**B**lue Knot Foundation (formerly Adults Surviving Child Abuse) is a policy and practice leader in the fields of complex trauma and trauma-informed practice.

Led by prominent advocate Dr Cathy Kezelman AM (right), Blue Knot Foundation delivers its renowned education and training programs across Australia. The organisation also provides professional telephone counselling, information, resources, supervision and consultancy to improve the lives of adults traumatised and abused as children.

All of Blue Knot Foundation's training is based on research from its nationally and internationally acclaimed [\*Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery\*](#).

This booklet presents the January to June 2017 schedule for Blue Knot Foundation's four core trainings from among its extensive suite of packages. Blue Knot Foundation can also come to you to deliver a range of standard or tailored programs.

For more information on scheduled or in-house training, please visit [blueknot.org.au/training](http://blueknot.org.au/training)



Dr Cathy Kezelman AM,  
President of Blue Knot Foundation

*"The workshop was outstanding - could be used for all practitioners no matter what their discipline."*

- Anne, QLD

*"Fantastic workshop! Has made me even more aware of how to approach and interact with the people I see at work."*

- Robyn, Wagga Wagga



## Let us come to you

Want the convenience of having training come to you?

Blue Knot Foundation offers an extensive suite of training packages that can be tailored to suit the particular strengths, challenges and needs of your organisation and its staff.

All training sessions are interactive, based on adult learning principles and facilitated by skilled and experienced trainers in complex trauma and trauma-informed practice.

Staff working in diverse roles, levels and sectors, across varying organisations can benefit from Blue Knot Foundation's evidence-based clinical and trauma-informed training.



*"We were very satisfied with the service provided by the team at Blue Knot Foundation. From initial contact through to workshop delivery, the staff were accommodating and eager to provide training that suited our requirements. Feedback regarding all aspects of the workshop was extremely positive."*

- Anonymous, Young NSW

Educational workshops for survivors and/or family, friends, partners and loved ones can also be delivered in-house.

Whether you are based in a major city or a small outback town, we have professional trainers across Australia who can come to you.

For more information on our in-house training, please visit [blueknot.org.au/training](https://blueknot.org.au/training)



## What you need to know

### FOOD

A full lunch, morning tea and afternoon tea are provided on each day of training. Any special dietary requirements can be made at the time of registration (only guaranteed if provided more than 7 days ahead of training date).

### CONTINUING PROFESSIONAL DEVELOPMENT

Professionals may claim CPD hours/credits/points for their participation in Blue Knot Foundation training, either as a pre-approved or self-directed learning activity. For more information, please refer to your professional association or the [AHPRA website](#).

### CANCELLATION POLICY

A refund can be provided if a cancellation is made more than 7 working days prior to the event. An administration fee of \$25 will be incurred for all cancellations and will be deducted from the refund. All cancellations must be made in writing via email. No refunds will be issued if cancelled within 7 working days of the event.

### CERTIFICATES

At the completion of each workshop, participants will receive Certificates of Attendance to assist with CPD requirements.

### FEEDBACK

Blue Knot Foundation is committed to an ongoing quality assurance process. At the conclusion of each workshop, participants are invited to provide feedback about the training. All feedback received is reviewed and considered to improve our services.

### PROFESSIONAL MEMBERSHIP

Blue Knot Foundation professional members enjoy a 10% discount on any of the scheduled workshops, receive our monthly *Breaking Free* newsletter and have voting rights at the Blue Knot Foundation Annual General Meeting – for an annual fee of \$60.

[Click here to sign up to receive benefits.](#)



## Our trainers

**B**lue Knot Foundation’s education and training sessions are supported by our team of nation-wide trainers, all of whom are skilled, experienced and suitably qualified to inspire adult learners. Whether it is to enhance safety and understanding for survivors and family/friends of survivors, or to build knowledge and skills for professional personnel, the diversity

of skills and experience in the team expertly meets the needs of each group.

The team is underpinned by its collective expertise in complex trauma, trauma-informed practice and vicarious trauma.

Please see left for the locations of our trainers around Australia. To read their individual profiles, please visit:

[blueknot.org.au/trainers](http://blueknot.org.au/trainers)



**Workshop Prices:**

- 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

[Click here to register](#)



## 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 interactive training builds awareness to the possibility that clients, staff members and/or practitioners may have experiences of trauma, from childhood or more recently. It highlights how the trauma may be affecting their health, wellbeing, daily interactions and functioning.

The training 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.

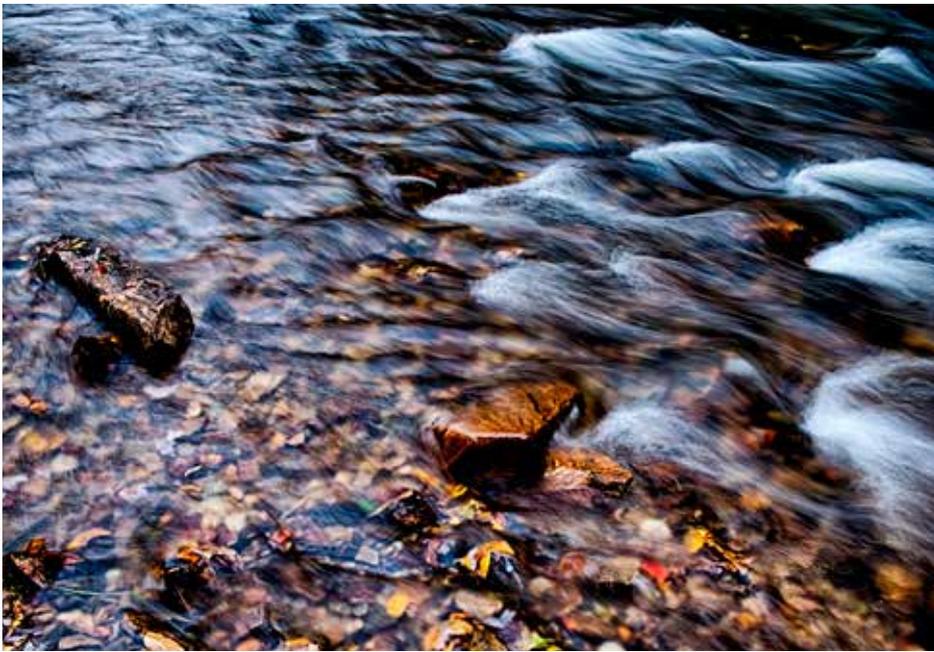
By participating in this professional development training, attendees will:

- 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.



Workshop Prices:  
**Early Bird Regular - \$264**  
Regular - \$310  
**Early Bird Group (3+) - \$251**  
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**Early Bird Professional - \$237**  
Professional Member - \$279  
**Early Bird Student - \$211**  
Student - \$248

\*early bird pricing ends 8 weeks from date of training

[Click here to register](#)

## Trauma-Informed Care and Practice in Domestic and Family Violence Services

By participating in this professional development training, attendees will:

- Utilise knowledge of the prevalence and impacts of the complex trauma of domestic and family violence (DFV) to articulate the benefits of trauma-informed DFV services
- Analyse the stress response and survivor coping strategies to better understand the challenges of clients affected by DFV in regulating their emotions and arousal
- Apply the principles of trauma-informed practice to develop strategies which enhance safety, minimise re-traumatisation and support recovery for families who have experienced family violence
- Perform an individual/organisational practice audit
- Acquire trauma-informed strategies to help support optimal arousal, emotional regulation and safety

### **Who should attend?**

All staff and practitioners working with victims of DFV in any capacity, either in specialist DFV services or within generalist services to which people with experiences of interpersonal violence present for support.

***Do you work with clients who have experienced domestic and family violence?***

***Would you like to acquire skills to better support them?***

***Do you want to apply practical trauma-informed strategies to minimise the risk of re-traumatisation?***

This one-day interactive professional development training provides the trauma-informed information and skills needed by personnel working with people and families with experiences of domestic and family violence (DFV), past and current.

As victims of substantial trauma, they often live in fear of, and/or experience ongoing threats or acts of violence, which severely compromise their physical and emotional safety. The trauma/s can profoundly affect their thoughts, beliefs and behaviours. It is important for all people working with victims of DFV to use a trauma-informed lens which asks: "What happened to you?" and to ground their individual and service practice in an understanding of the dynamics of traumatic stress and 'adaptive' coping strategies.

This training will workshop the principles of trauma-informed practice using DFV case scenarios and highlight the importance of 'working with' rather than 'doing to', of collaborative relationships, choice, client and staff safety and a strengths-based approach. It provides participants with insights and tools to take back to the workplace which will enhance the safety and wellbeing of the people and families they support, foster recovery and minimise the risks of re-traumatisation.

**Workshop Prices:**

**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

[Click here to register](#)



## Safeguarding Yourself – Recognising and Responding to Vicarious Trauma

***Do you work with people who have experienced trauma?***

***Do you worry about burn out, compassion fatigue and vicarious trauma?***

***Would you like practical strategies on ways to promote vicarious resilience?***

This one-day interactive professional development training explores the nature of vicarious trauma (VT), contrasts it with burnout and compassion fatigue, and supports you to stay healthy and safe in your work with people impacted by diverse traumas.

It provides information about trauma, traumatic stress and 'adaptive' coping strategies people adopt to introduce the concept of VT. Just as post-traumatic stress disorder can be perceived as a 'normal' reaction to an abnormal traumatic event/s, so vicarious trauma (VT) is seen as a normal reaction to repeated exposure to traumatic stories and material. In fact, VT is an 'occupational hazard' for people working in the health and human service sectors where the prevalence of unresolved trauma/s is high.

By attending this training you'll be equipped with the knowledge, skills, tools and insights to better recognise the early signs of vicarious trauma and understand its dimensions, dynamics and risks. You will also explore the range of organisational, interpersonal and personal protective factors you can employ to minimise the risks of VT and embrace possibilities for post-traumatic growth and vicarious resilience.

By participating in this professional development training, attendees will:

- Demonstrate knowledge of trauma, its impacts, stress response, survivor coping strategies and possibilities for recovery
- Define and delineate Vicarious Trauma (VT), its development, risk and protective factors, barriers to identifying it and distinguish VT from Burnout and Compassion Fatigue
- Evaluate the concepts of post traumatic growth and vicarious resilience
- Analyse the role of organisations, quality supervision and self-care in VT risk and protection
- Conduct a wellness assessment and take home tools to create a personal wellness plan

### 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.



Workshop Prices:

- 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

[Click here to register](#)

## Supporting Practice with Complex Trauma Clients

By participating in this professional development training, attendees will:

- Utilise knowledge of the types, prevalence, dynamics and impacts of individual, complex and collective trauma to articulate the benefits of trauma-informed practice
- Apply an understanding of the stress response, attachment and child development to strategies for supporting the capacity to regulate emotions and arousal
- Articulate the core principles of complex trauma therapy, including a phased strengths-based approach and the importance of relationship in recovery
- Create basic resources for supporting challenging emotions and behaviours, including dissociation

### **Who should attend?**

Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists, and all allied health professionals working directly with adult survivors of complex trauma.

***Do you want to better understand the relationship between complex trauma research and practice?***

***Do you want to improve your skills in supporting clients through the three phases of treatment?***

***Would you like practical strategies to help manage dissociation and arousal?***

This one-day interactive professional development training provides practitioners with the foundational knowledge and skills for working clinically with adult survivors of complex trauma.

This training initially introduces the universal trauma-informed framework which underpins all practice. It then focuses on the core and common features of clinical best practice for working with complex trauma clients by drawing on current research in trauma theory and therapy, affective neuroscience, 'interpersonal neurobiology' and the neurobiology of attachment. It differentiates complex trauma from single incident trauma (PTSD) in severity, complexity of impacts and clinical approaches. The training also explores the importance of a phased approach for complex trauma clients, including safety as the first and fundamental phase.

Participants will acquire the foundational knowledge, insights and tools to support their practice with clients who present with challenges related to 'adaptive' coping strategies, arousal, emotional regulation, attachment and safety. The training promotes a strengths-based approach which minimises re-traumatisation, and fosters a therapeutic relationship which enhances possibilities for recovery.

**Workshop Prices:**

**Early Bird Regular - \$523**

Regular - \$615

**Early Bird Group (3+) - \$497**

Group (3+) - \$584

**Early Bird Professional - \$470**

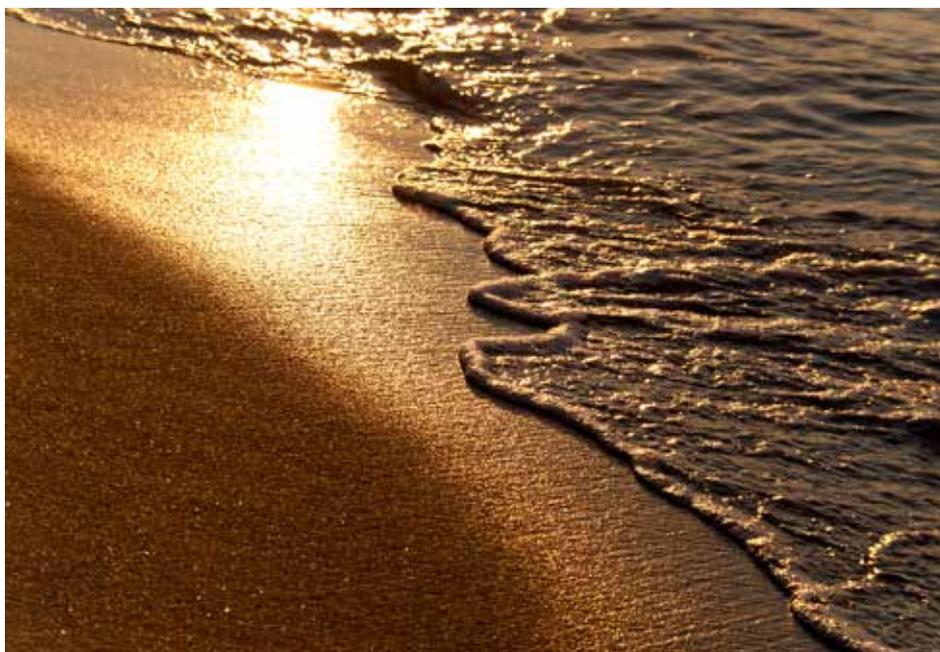
Professional Member - \$554

**Early Bird Student - \$418**

Student - \$492

\*early bird pricing ends 8 weeks from date of training

[Click here to register](#)



## A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients

***Do you want to expand your understanding, knowledge and skills in working therapeutically with clients who have complex trauma histories?***

***Would an evidence-based phased framework for working with people towards recovery enhance your practice?***

***Would you benefit from learning about effective approaches and trialling them with peers in a safe and supportive training environment?***

This two-day professional development training presents the 3-phased approach for working therapeutically with complex trauma clients.

Day 1 focuses on phase 1 safety and stabilisation emphasising the need for 'top down' and 'bottom up' approaches to treatment, assessment and resource acquisition. Day 2 presents phase 2: processing the trauma focussing on an overview of memory, including traumatic memory and perception, and workshoping working within the 'window of tolerance' - tracking pacing & titrating. It also explores transference/countertransference, enactments and working with 'difficult' behaviours.

Also on Day 2, Phase 3: integration focuses on the neurobiology of integration, the development of mentalisation, dealing with cognitive distortions and the arena of freedom and liberation. The training promotes safety and the significance of phase 1 throughout all phases and the centrality of the therapeutic attachment alliance.

The training is interactive and involves role plays, vignettes and case studies. Participants will acquire insights, tools and strategies that support safe therapeutic work, based on best practice principles, with clients who have complex trauma histories.

*This workshop assumes good basic prior knowledge including an understanding of trauma-informed principles, the dynamics and the neuroscience of childhood trauma.*

By participating in this professional development training, attendees will:

- Delineate the three (3) phases of trauma treatment establishing the critical importance of phase 1, 'setting the scene' and conducting phase 1 assessment
- Foster resource development across all 7 domains
- Acquire knowledge and skills around components of phase 2 trauma work
- Apply an understanding of traumatic memory
- and working within the window of tolerance to practice
- Workshop skills for working with transference/countertransference, enactments and working with 'difficult behaviours'
- Demonstrate knowledge & understanding of the components of integration (phase 3); mentalising, cognitive distortions/meaning making & the ability to experience pleasure

### Who should attend?

Psychologists, clinical psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists, and all allied health professionals working therapeutically with adult survivors of complex trauma.

# Blue Knot Foundation Training



This calendar has been scheduled as of 1/11/16. Please use this calendar in conjunction with Blue Knot Foundation website [blueknot.org.au/training](http://blueknot.org.au/training) for updates, additional content information, trainer profiles and registration.

The calendar is displayed by alphabetical order of locations around Australia, then by order of training dates.

Lunch, morning tea and afternoon tea are provided at every workshop.

Early bird prices (15% off) start from\*:

One-day Standard - \$264

Group - \$251

Member - \$237

Student - \$211

Two-day Standard - \$523

Group - \$497

Member - \$470

Student - \$418

\*Regular prices apply within 8 weeks of the workshop date. Further discounts available for [Blue Knot Foundation professional members](#) or groups of 3+.

## We can also come to you

Blue Knot Foundation also has an extensive suite of training packages that is available in-house on request.

All programs are grounded in research from Blue Knot Foundation's [Practice Guidelines](#), follow adult learning principles and are delivered by experienced trainers with complex trauma and trauma-informed expertise. Whether you work directly or indirectly with people of complex trauma backgrounds, we have training to suit your needs.

Visit [blueknot.org.au/training](http://blueknot.org.au/training) for more.

## Adelaide

St Mark's College  
46 Pennington Tce, North Adelaide

### Supporting Practice with Complex Trauma Clients

For health professionals Feb 3

### A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients

For health professionals Jun 15&16

## Albury

Atura Albury  
648 Dean Street, Albury

### A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients

For health professionals Apr 6&7

## Brisbane

Velg Training  
1/52 Jeffcott St, Wavell Heights

### Safeguarding yourself - Recognising and Responding to Vicarious Trauma

For anyone working in trauma Feb 17

### Supporting Practice with Complex Trauma Clients

For health professionals May 19

### A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients

For health professionals Jun 1&2

## Cairns

Holiday Inn Cairns Harbourside  
209-217 The Esplanade, Cairns

### Foundation for Trauma-Informed Care and Practice

For anyone working in trauma May 12

## Canberra

Mantra on Northbourne  
84 Northbourne Ave, Braddon

### Safeguarding yourself - Recognising and Responding to Vicarious Trauma

For anyone working in trauma Feb 22

### A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients

For health professionals Apr 27&28

## Darwin

Travelodge Mirambeena Resort  
64 Cavenagh St, Darwin

### Safeguarding yourself - Recognising and Responding to Vicarious Trauma

For anyone working in trauma Mar 24

## Geelong

Mercure Geelong  
Cnr Gheringhap & Myers Sts, Geelong

### Safeguarding yourself - Recognising and Responding to Vicarious Trauma

For anyone working in trauma Apr 21

# ing Calendar 2017 (Feb-Jun)

<p><b>Gold Coast</b></p> <p>Vibe Hotel Gold Coast 42 Ferny Ave, Surfers Paradise</p>	<p><b>Mount Gambier</b></p> <p>Lakes Resort 17 Lake Terrace West, Mount Gambier</p>	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b></p> <p>For anyone working in trauma    Apr 27</p>
<p><b>Foundation for Trauma- Informed Care and Practice</b></p> <p>For anyone working in trauma    Mar 17</p>	<p><b>Foundation for Trauma- Informed Care and Practice</b></p> <p>For anyone working in trauma    Jun 14</p>	<p><b>A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients</b></p> <p>For health professionals    May 18&amp;19</p>
<p><b>Hobart</b></p> <p>Rydges Hobart Cnr Argyle &amp; Lewis Streets, Hobart</p>	<p><b>Newcastle</b></p> <p>Apollo International Hotel 290 Pacific Hwy, Charlestown</p>	<p><b>Foundation for Trauma- Informed Care and Practice</b></p> <p>For anyone working in trauma    Jun 20</p>
<p><b>Foundation for Trauma- Informed Care and Practice</b></p> <p>For anyone working in trauma    May 12</p>	<p><b>Foundation for Trauma- Informed Care and Practice</b></p> <p>For anyone working in trauma    May 12</p>	<p><b>Tamworth</b></p> <p>Econo Lodge 236 Goonoo Goonoo Rd, Tamworth</p>
<p><b>Melbourne</b></p> <p>Ibis Melbourne Hotel and Apartments 15-21 Therry Street, Melbourne</p>	<p><b>Perth</b></p> <p>Adina Apartment Hotel 33 Mounts Bay Road, Perth</p>	<p><b>Supporting Practice with Complex Trauma Clients</b></p> <p>For health professionals    Jun 23</p>
<p><b>A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients</b></p> <p>For health professionals    Feb 27&amp;28</p>	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b></p> <p>For anyone working in trauma    Mar 17</p>	<p><b>Wollongong</b></p> <p>Adina Apartment Hotel 19 Market Street, Wollongong</p>
<p><b>Trauma-Informed Care and Practice in Domestic and Family Violence Services</b></p> <p>For anyone working in DFV    Mar 10</p>	<p><b>Sydney</b></p> <p>The Portside Conference Centre 207 Kent Street, Sydney</p>	<p><b>A Three-Phased Approach - Working Therapeutically with Complex Trauma Clients</b></p> <p>For health professionals    Feb 23&amp;24</p>
<p><b>Supporting Practice with Complex Trauma Clients</b></p> <p>For health professionals    May 8</p>	<p><b>Trauma-Informed Care and Practice in Domestic and Family Violence Services</b></p> <p>For anyone working in trauma    Feb 9</p>	
<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b></p> <p>For anyone working in trauma    Jun 9</p>	<p><b>Supporting Practice with Complex Trauma Clients</b></p> <p>For health professionals    Mar 23</p>	



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Blue Knot Helpline: 1300 657 380

Line Hours: Mon-Sun, 9am-5pm ADST