This interactive professional development training informs attendees to the possibility that clients and/or workers may have experiences of trauma(s) from childhood, or more recently, which are affecting their health, wellbeing, daily interactions and functioning.

This training encourages attendees to reformulate their daily work practice and ask: “What happened to you?” and to ‘work with’ rather than ‘do to’ clients.

It fosters collaborative practice, client and staff safety, a strengths-based approach and a trauma-informed lens that 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.

WHO SHOULD ATTEND?

Anyone in the workplace from diverse 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.

LEARNING OUTCOMES

- Utilise knowledge of the types, prevalence and impacts of trauma to articulate the benefits of trauma-informed services
- Use a trauma-informed lens to reframe challenging emotions and behaviours as ‘adaptive’ responses to trauma
- Analyse the stress response to better understand your clients’ challenges 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
- Perform an individual/organisational practice audit

1 DAY WORKSHOP
9 AM - 4:30 PM