



Professional Development Training

Legal & Justice





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Blue Knot Foundation (formerly Adults Surviving Child Abuse (ASCA)) is a thought, policy, practice and training leader in the fields of complex trauma, vicarious 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.



Dr Cathy Kezelman AM
President of Blue Knot Foundation

All of Blue Knot Foundation's professional development training is grounded in principles and evidence from its nationally and internationally acclaimed [*Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery*](#), [*Trauma and the Law – Applying Trauma-informed Practice to Legal and Judicial Contexts*](#) and additional relevant research.

This booklet provides overviews and learning outcomes for organisational training packages of particular interest to the legal and justice sector. If you wish to discuss your training needs further, please contact us at inhousetraining@blueknot.org.au or 02 8920 3611.

"The training content and delivery was exactly what we were looking for. All those involved in the program felt more informed and better equipped to work and support adult survivors through trauma-informed practice. Thank you."

- Kate Dobbrick, Maurice Blackburn



Let us come to you

Want the convenience of having training come to you?

Blue Knot Foundation offers a suite of training packages that can be tailored to suit the particular strengths, challenges and needs of practitioners, staff and organisations.

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

Staff working in diverse roles, practices and services can benefit from Blue Knot Foundation's evidence-based training.



“Excellent presenter who was able to personalise and connect the topic. Kept a well focused group and discussion. Presenter was able to help you feel empowered and worthwhile – validated our work.”

- Anonymous, Family Violence Prevention Legal Centre

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

For more information on Blue Knot Foundation's in-house training, please visit blueknot.org.au/training



What you need to know

VENUE

Your organisation is responsible for providing a venue that is appropriate for the number of participants, as well as basic equipment such as a data projector, screen, whiteboard, butchers paper and pens, speakers and internet.

CONTINUING PROFESSIONAL DEVELOPMENT

Professionals may claim CPD hours/ credits/ points for their participation in Blue Knot Foundation training as a self-directed learning activity. For more information, please refer to your professional association.

CERTIFICATES

Blue Knot Foundation will provide Certificates of Attendance for all attendees to assist participants with their CPD requirements.

TRAINERS

Blue 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.

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. The organisation will also be asked to provide feedback regarding the customer experience. All feedback received is reviewed and considered to improve our services.





Trauma-Informed Practice in the Legal and Justice Sector

By participating in this professional development training, attendees will:

- Utilise knowledge of the types, prevalence and impacts of the trauma for people engaging with the legal and justice sectors 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 understand challenging emotions and behaviours as 'adaptive' responses to trauma
- Apply the principles of trauma-informed individual and organisational legal practice to minimise re-traumatisation, promote safety and enhance outcomes for clients and staff
- Develop strategies to work with a range of emotional responses and levels of arousal

Who should attend?

Lawyers, magistrates, judges, paralegals, court staff, staff in correctional facilities, tribunals and dispute resolution, police and other personnel in the legal and justice sectors.

Role examples: criminal justice and family lawyers/judges, paralegals, legal secretaries, dispute resolution lawyers, solicitors, prosecutors, defence lawyers, personal injury/ litigation lawyers, magistrates, judge's associates, police officers, correctional officers, clerks.

This one-day interactive professional development training provides the information and skills needed by all personnel working in the legal and justice sector to better assist, advocate for and support the large numbers of their clients impacted by diverse traumas, past and present.

People affected by trauma are at high risk of re-traumatisation in systems which are not informed about trauma and its dynamics. Their well-being depends on service responses and practice being trauma-informed: 'more effective, fair, intelligent, and just legal responses must work from a perspective which is trauma-informed' (Randall & Haskell, 2013).

This training will provide insight into the emotional and behavioural expressions of traumatic stress and help attendees to build the resources, tools and strategies they need to minimise the risks of re-traumatisation and enhance outcomes for not only their clients, but also themselves, their colleagues and the firms/services and systems in which they work. It will workshop diverse case scenarios and the implementation of trauma-informed principles in the practice of the law and domains of justice, and provide tools to take back to the workplace.

Please note: this training is also available in a half day format. The half-day format, while informative, presents the course information in less detail and does not provide the opportunity to workshop concepts for practical application.



Safeguarding Yourself: Recognising and Responding to Vicarious Trauma in the Legal and Justice Sector

This one-day interactive professional development training around vicarious trauma for legal and justice personnel explores the distinctions between vicarious trauma and burnout and supports you, professionally and personally, to stay safe, healthy and resilient.

Just as post-traumatic stress disorder can be perceived as a normal reaction to an abnormal 'traumatic' event, vicarious trauma is a normal reaction to repeated exposure to traumatic material. A large percentage of clients who engage with the legal or justice system have been affected, often profoundly, by experiences of past and present trauma. These personnel, in being exposed to traumatic stories and material, are at risk of vicarious trauma.

The risks and negative impacts of vicarious trauma can however be mitigated. By attending this training you'll be equipped with the knowledge, skills, tools and insights to better recognise the early signs of vicarious trauma, understand its dimensions, dynamics and risks, and engage in protective strategies, individually, professionally and organisationally. You'll also be supported to develop your own wellness plan to enhance your professional resilience.

Please note: this training is also available in a half day format. The half-day format, while informative, presents the course information in less detail and does not provide the opportunity to workshop concepts for practical application.

By participating in this professional development training, attendees will:

- Demonstrate knowledge of trauma, its impacts, stress response, 'adaptive' responses to trauma and possibilities for recovery
- Define Vicarious Trauma (VT), its features, factors in its development and differentiate VT from burnout
- Identify the relevance of VT to legal practice, the areas of law to which it applies, and risk and protective factors
- Articulate the principles and importance of trauma-informed practice to enhance client and personnel wellbeing
- Delineate the steps to minimise the risks of VT for staff, practitioners and practices, maintain professional resilience; conduct a personal wellness assessment and take home tools to develop a plan for individual/organisational legal practice

Who should attend?

Lawyers, magistrates, judges, paralegals, court staff, staff in correctional facilities, tribunals and dispute resolution, police and other personnel in the legal and justice sectors.

Role examples: criminal justice and family lawyers/judges, paralegals, legal secretaries, dispute resolution lawyers, solicitors, prosecutors, defence lawyers, personal injury/ litigation lawyers, magistrates, judge's associates, police officers, correctional officers, clerks.



Trauma-Informed Care and Practice in Institutional Settings

By participating in this professional development training, attendees will:

- Utilise knowledge of the prevalence and impacts of the complex trauma of institutional child sexual abuse to articulate the benefits of trauma-informed institutions
- Analyse the stress response and survivor coping strategies to better understand the challenges clients affected by institutional abuse experience in regulating their emotions and arousal
- Demonstrate knowledge of the principles and importance of trauma-informed practice in institutions in the context of institutional dynamics
- Apply the 5 trauma-informed principles to individual/organisational practice and perform a trauma-informed practice audit
- Acquire trauma-informed strategies for supporting emotional regulation, optimal arousal and safety

Who should attend?

All personnel working within any institution in any capacity

Role examples: reception staff, family and support workers, social workers, case managers, clergy, school teachers, scout masters, youth workers, managers, CEOs, board directors, cleaners, drivers, administrative assistants/workers/managers.

This one-day interactive professional development training provides the information and skills needed by all personnel working in institutional settings. Institutions play a critical role in our community and large numbers of people seek support and diverse services from them.

Many people have been impacted, directly or indirectly by institutional child sexual abuse and other traumas and we have witnessed their distress and the harm done. It is essential to the wellbeing of those affected, including their loved ones, as well as all other people engaging with institutional services, now and in the future, for the service itself, its policies and practice, and its personnel to be trauma-informed.

People with histories of past and present trauma are especially vulnerable to destabilisation and re-traumatisation when any processes or interactions replicate elements of the original abuse and/or are not trauma-informed.

This training delineates the prevalence, dynamics and impacts of institutional child sexual abuse, and promotes understanding of survivor coping strategies and their intersection with institutional dynamics. It also workshops the principles of trauma-informed practice using diverse case scenarios and provides institutional personnel with the insight and tools needed to facilitate positive engagement and minimise the risks of re-traumatisation in the future.



Trauma-Informed Redress: Direct Personal Response

This one-day interactive professional development training provides the information and skills that institutional personnel need to engage in effective redress processes.

The Royal Commission into Institutional Responses to Child Sexual Abuse recommended redress for all people sexually abused in institutional care as children. People who were abused and betrayed within institutions of care often struggle to feel and be safe and can experience strong emotions, as well as difficulty regulating their level of arousal.

Effective redress requires all personnel to be trauma-informed so as to minimise the risks of destabilisation and re-traumatisation, and to support healing. All institutions offering a direct personal response must be fully conversant with the redress process, dynamics of child sexual abuse and the challenges of providing redress to those harmed by and within institutions.

This training provides attendees with the insight, tools and skills to carefully plan and comprehensively provide a direct personal response - one which delivers optimal support and best meets survivor expectations.

Who should attend?

All institutional personnel who will be involved, directly or indirectly, in the redress process, including in the provision of a direct personal response.

Role examples: Board members, General Managers, Commissioners, Group Leaders, Executives, Priests/bishops, Presidents, National Directors, Human Resource Managers, Case Managers

By participating in this professional development training, attendees will:

- Demonstrate an understanding of the components of redress and its principles in relation to the complex trauma of institutional child sexual abuse and its impacts
- Analyse the stress response and survivor coping strategies to develop trauma-informed strategies which enlist verbal and non-verbal communication skills for supporting emotional regulation, optimal arousal and safety, and minimising re-traumatisation
- Delineate the importance of trauma-informed practice and apply a trauma-informed framework to plan the key tasks of redress including attuned apology/redress meetings
- Recognise and address content and process dynamics as well survivor expectations for apology/redress meetings
- Define and articulate the importance of individual/institutional defense mechanisms and evaluate the parallel processes of institutional abuse



blueknot.org.au

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