

Trauma Informed Practice Training

Designed by practitioners for practitioners



Trauma has the potential to shape every aspect of a child or young person's life. Engaging and working in ways that effectively considers and responds to trauma and its impacts can prevent further trauma and have a positive influence on a child and young person's development and their relationships. Furthermore, working with children, young people and families in a trauma informed way becomes critical to enabling better outcomes and has the potential to reduce the likelihood of intergenerational trauma.

This highly interactive 6-hour workshop will create a safe learning environment to develop a deep understanding of trauma informed practice so that practitioners can effectively leverage strategies to support clients impacted by trauma. To optimise the learning experience and maximise opportunities for learner participation, audience capacity is 30 participants per session.

Learning Outcomes

- Understand trauma and identify the different types of trauma.
- Understand how to recognise client behaviours related to trauma.
- Understand the signs of trauma in young people.
- Understand what Trauma Informed Practice looks like, and how to put it into practice.

Program Topics

- How trauma presents in children and young people.
- Trauma theories and trauma-informed approaches to supporting children and young people, including:
 - Attachment theories.
 - Age and Stage of Development; brain development according to neuroscience.
 - Window of Tolerance (Fight, Flight, and Freeze).
 - PACE (Dan Hughes).
 - Polyvagal Theory, and
 - Big 'T' and Little 't' Trauma.
- Case study application - apply theories and concepts to appreciate what it looks like for a young person.
- Consideration of the systemic lens.
- Discuss policy and advocacy implications.
- Brainstorm strategies from a trauma informed practice framework perspective including emotional regulation, self-regulation/co regulation, how to sit with young person in emotional pain, how to use effective communication strategies, and how to effectively advocate.
- Reflections.

Who should attend

Practitioners, social workers, clinicians, teachers, wellbeing counsellors and other workforce participants who are part of an integrated system that impacts a child or young person's life (and their family).

more information

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