



# Complex Trauma Training WA

## Training & Professional Development Calendar

### Course Summary

For more information please go to [www.complext trauma.net.au](http://www.complext trauma.net.au)

#### What's in the Box?

Workers and carers need a toolbox of 'trauma-informed' strategies which starts with knowledge of the impact of trauma on brain development and memory and the psychobiology of trauma.

#### Elephant in the Room!

The '8 principles of trauma-informed practice' will be discussed and practical strategies to implement these in various contexts (e.g. schools, foster care, residential care etc.) will be explored.

#### Look in the Mirror

Mirror neurons & the brain science regarding the development of empathy will be discussed, then specific strategies for cultivating empathy in children, young people and adults who have experienced trauma.

#### One Child at a Time

Children & young people are supported to heal from trauma in relationships with adults that are safe, secure and enduring. This workshop will explore why 'relationship is the intervention' for children who have experienced trauma.

#### Hurt People, Hurt People

This workshop educates workers & carers about the link between unresolved childhood trauma and violent & aggressive behaviours in young people & adults.

#### Better than Chocolate!

An experiential workshop to educate workers & carers on mindfulness practices which support healing from trauma. The importance of children and young people developing self-regulation skills for learning & relationships will also be discussed during this workshop.

#### What About You?

This workshop is designed to enhance the well-being & resilience of those working in the sector.

#### When Loss Gets Lost

This workshop explores childhood traumatic grief, which can affect children's development, relationships, achievement, and later effectiveness in life. We will describe normal grief and the grieving process and then define psychological trauma.

#### The Trauma Puzzle Facilitator Training

This training program aims to prepare professionals by providing you with the 8 TRAINING PACKAGES that make up 'THE TRAUMA PUZZLE® A TRAUMA AWARE PRACTICE MODEL' so you can facilitate a range of complex trauma workshops.



**COMPLEX TRAUMA TRAINING WA**

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