



What About You?

Enhance the well-being & resilience of those working in the sector

Professional development for anyone working with children, young people and adults who have experienced complex trauma.

The focus of this workshop is on exploring the characteristics & differences between workplaces that are 'trauma-informed' Vs 'trauma-organised'. We discuss the impact of this type of work on the 'workers' and identify the impact of Secondary Traumatic Stress (STS) on the whole system. Team & individual strategies for preventing STS are discussed.

"In dealing with those who are undergoing great suffering, if you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective."

The Dalai Lama

LEARNING OUTCOMES

1. Define 'trauma-informed' Vs 'trauma-organised' care.
2. Apply an understanding of trauma-informed care to create safe environments for workers & client.
3. Describe the Strengths Approach for working with clients who have experienced complex trauma.
4. Identify the signs of secondary traumatic stress (i.e. vicarious trauma) and discuss self-care strategies.

DETAILS

Date: 6th May, 2021 (1 Day Course)
Time: 9:00am - 3:00pm WST
Price: \$220.00 plus GST
Venue: ZOOM!



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