



Complex Trauma Training WA

Training & Professional Development Calendar

Short Session Series via Zoom



July - December 2021

For all bookings please go to www.karenhulls.com.au

COMPLEX TRAUMA & YOGA

Using the research and practice wisdom of David Emerson, Dr Bessel van der Kolk and Dr Pat Ogden we will explore how the practice of yoga can benefit people who have experienced complex trauma when done safely.

DATE: 18th August
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA & STRENGTHS BASED PARENTING

Dr Lea Waters has used Positive Psychology & the strengths approach to work with children, teenagers and parents. We will discuss how The Strength Switch can support parents and carers of children who have experienced complex trauma.

DATE: 1st September
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA & MEMORY

Dr Peter Levine has contributed the Somatic Experiencing method. We will discuss his insights from his book Trauma & Memory to help us understand the relationship between complex trauma and the power of implicit memories.

DATE: 17th September
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA & POSITIVE PSYCHOLOGY

Dr Martin Seligman is regarded as the founder of Positive Psychology. We will discuss the key messages for working with complex trauma survivors as outlined in two of his books, Learned Optimism and Flourish.

DATE: 1st October
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA WORKSHOP FOR PARENTS & CARERS

We will discuss the different ways complex trauma may affect your child and discuss behaviours and discipline strategies that support healing. Dr Siegel's book No Drama Discipline will be referenced.

DATE: 22nd October
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA WORKSHOP FOR SURVIVORS

A Psycho-Education session for adults who have experienced complex trauma and want to learn more about the impact it has had on their brain & body. Strategies for healing & recovery, including Dr Dan Siegel's Wheel of Awareness, will be discussed.

DATE: 10th November
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA & ADDICTIONS

During this short session we will discuss the work of Dr Gabor Mate. He is an innovator in the field who widens the lens of addictions to include substance and behavioural addictions. Dr Gabor locates the source of addictions in the trauma of an emotionally empty childhood.

DATE: 7th December
Time: 9:00am - 12:00pm WST
Price: \$110.00 plus GST
Price includes: Handouts, Powerpoint & Extra Reading



COMPLEX TRAUMA TRAINING WA

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