Issue 16 May 2017 Newsletter

Our goal is to develop a 'trauma-informed' Social and Community Services (SACS) sector in WA. We want to teach workers and carers strategies that support children, youth, adults and families to heal from their traumatic experiences so we can help to break the cycle of intergenerational violence and poor parenting.



From My Desk



2017 has been another very rewarding & interesting year so far! The demand for our 10 different trauma workshops continues to grow rapidly and unfortunately we are not able to accommodate all the requests we receive for 'in house' training. It is more cost effective to book your workers, educators, carers etc. into our 2017 Training Calendar. We are able to offer discounts for group

bookings of 5 of more people from the one organisation.

From June 1st, 2017 we are going (mostly) paperless! This means you will continue to receive a USB at each workshop, which will now include a copy (PDF) of the PowerPoints for that session. You are welcome to bring a laptop to training if you wish to read the slides from your screen, but please ensure it is fully charged. Essential handouts will still be provided (e.g. case studies) but all other handouts, further reading etc. will be on the USB. Printing costs have become excessive and with this initiative we will be able to keep the price of our workshops fixed for the next 12 - 18months.

Some of the highlights of 2017 have included:

We have had the opportunity to attend a variety of high quality professional development on various aspects of trauma in Perth this year. Attending these sessions energises me and ensures that my knowledge of trauma theory remains current.

The Telethon Kids Institute invited us to attend a session with Dr Jack Shonkoff from the Center on the Developing Child at Harvard University. It was an excellent workshop titled 'Building the Skills of Caregivers'.



Child Australia and Unitingcare West hosted Dr Dan Siegel in March 2017. As always, Dan (I watch so many of his videos and read all his books so I call him by his first name!) presented us with some excellent material on the relationship between disorganised attachment & developmental trauma.

The Symposium of Child Sexual Abuse Prevention held at UWA was excellent. A group of WA professionals from a variety of disciplines (e.g. Counselling, Police, Education, Law & Justice etc.) with lived experience and/or extensive work experience with perpetrators and victims of child sexual abuse presented short sessions and concluded with a discussion panel. Hearing Holly-ann Martin speak about Safe4Kids is always inspiring. Check out her fabulous resources on their website.

Other highlights have included our WA regional and Interstate In March, we presented Elephant in the Room! program in Broome to a full house! The feedback and participant engagement was outstanding. Some NGO's sent their whole teams as this workshop is very good for team building and 'getting everyone on the same page' with developing an understanding of 'trauma- informed care'. Byron Bay (NSW) over Easter was the perfect location for our Train the Trainer program. The participants were mostly experienced trainers & some had strong backgrounds in trauma theory through their work & education. I have been delighted to hear a number of them have used the training materials provided to deliver foster carer training. The high quality training materials (PowerPoints, Workbooks, Case Studies etc.) have saved them many hours of preparation.

Closer to home, we presented Elephant in the Room! to the Safeguarding Children Officers who are based in catholic parishes. This is an excllent initiative of the Catholic Archdiocese of Perth, that is being co-ordinated by Andrea Musulin & her skilled team who are passionate about keeping children safe from all types of abuse & exploitation.

Indigo Junction continues to work towards ensuring all their policies & practices are 'trauma- informed', 'trauma sensitive', 'trauma aware' etc. This has been a long term commitment over a 2+ year period and the dedication of the board and senior managers to support the frontline workers / first responders in this challenging work has been fundamental to the change process. It was a pleasure to speak to their board in March this year & I look forward to offering further professional development to this great team!

Starick Services, Pat Thomas House and other womens services have been attending our workshops and are very interested in further developing trauma-informed pratice in the context of recovery approaches. It has become increasingly clear to me, from speaking to these skilled workers, that embedding traumainformed practices within the cultural and sociopolitical context is essential. We look forward to our ongoing work in this sector.

Anglicare have been very supportive of our work since we commenced delivering our suite of workshops in 2014. Their Residential Youth Workers, Team Leaders etc. from across WA are always highly engaged in the workshops & receptive to learning. Building internal capacity through a shared knowledge base and great teamwork is integral to working from a trauma-informed & strengths-based approach. I have heard many examples of this happening within this strong WA NGO.

Many other NGO organsiations and Government Departments have supported our work over the past 4 years and we look forward to continuing to work with you by offering high quality and current trauma workshops across WA & Interstate in the future. As people who have attended my workshops have no doubt heard me say, I no longer feel flattered when people say my workshops are "interesting", but love it when they say they are "helpful"!

See you at training soon!

Kind regards Karen Hulls

WA Regional & Interstate Training Opportunities

Following on from the success of our previous Trauma Conferences, we are pleased to announce that our next conference will be held in Broome, Western Australia.

Over three days - June 7th, 8th and 9th, we will present 3 workshops aimed at anyone working with children, young people or adults who have xperienced complex trauma.

Broome - June 7 - 9 2017

Kimberley Trauma Conference

(See Flyer Attached)



What's in the Box?

June 7th 2017

1 Day Course 9:30am - 3:30pm \$205 + GST



Hurt People, Hurt People

June 8th 2017

1 Day Course 9:30am - 3:30pm \$205 + GST



When Loss Gets Lost

June 9th 2017

1 Day Course 9:30am - 3:30pm \$205 + GST

Darwin - August 3rd 2017



Train the Trainer

August 3rd & 4th 2017

2 Day Course 9:30am - 4:30pm \$750 + GST

Port Hedland - September 20th & 21st 2017



Train the Trainer

September 20th & 21st 2017

2 Day Course 9:30am - 4:30pm \$750 + GST

Adelaide - October 22nd & 23rd 2017



Train the Trainer

October 22nd & 23rd 2017

2 Day Course 9:30am - 4:30pm \$750 + GST

June 2017 Workshops

One Child at a Time

Strategies for supporting children to heal from trauma



Aim:

It is now widely understood that children & young people are supported to heal from trauma in relationships with adults that are safe, secure and enduring. Although the focus is often on 'managing behaviour' this workshop will focus on exploring why 'relationship is the intervention'! Informed by the work of Daniel Hughes, Kim Golding, Dan Siegel, Peter Levine, William Steele, Cathy Malchiodi and others we will discuss strategies for building relationships with children& young people who have experienced complex trauma.

Learning Outcomes

At the completion of the workshop participants will be able to:

- 1. Describe Daniel Hughes' PACE (Playfulness, Acceptance, Curiosity & Empathy) model for promoting an attachment-focused parenting approach.
- 2. Use a guidance approach, to support children who have experienced complex trauma to learn new behaviours.
- 3. Apply 'strengths based' relationship building and communication skills with children.
- 4. Use a variety of creative therapy tools and sensory experiences to support children to heal from their traumatic experiences.

Price:

\$185 per person (plus GST).

Dates:

June 1st, 2017 This training is 6 hours (9.30 a.m. - 3.30 p.m.).

Venue:

George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA

Price includes: PowerPoint Slides and handouts. Tea, coffee, biscuits, fruit and a light sandwich lunch is provided.

June 2017 Workshops



When Loss Gets Lost

June 2nd 2017

1 Day Course 9:30am - 3:30pm \$185 + GST

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.



What About You?

June 14th 2017

1 Day Course 9:30am - 3:30pm \$185 + GST

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



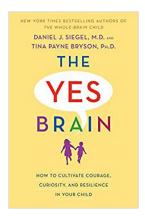
Better Than Chocolate

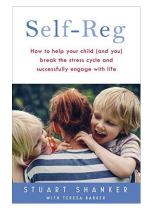
June 15th 2017

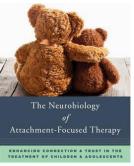
1 Day Course 9:30am - 3:30pm \$185 + GST

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

Recommended Reading







Jonathan Baylin | Daniel A. Hughes

Other Related Training Opportunities

The Window of Tolerance - Making Sense of Effects of Trauma With Children, Young People and Families

Presenter: Angela Ranallo, Clinical S/W; Child and Family Therapist

Date: Friday 28 July 2017 **Time:** 9.30am - 4.30 pm

Address: Conference Room, 544 William St Mount Lawley, WA

Cost: \$165 inc GST

Morning/Afternoon tea provided

http://www.childfamilytherapycounselling.com.au/window-oftolerance-workshop-registration/



With a Bachelor of Social Work and Certificate IV in Training & Assessment (TAE10), Karen has over 25 years extensive experience in direct service delivery across the social and community services sector including: child protection; children and youth in care; youth work for Government

and NGO organisations. For the past 15 years Karen has worked in education and various learning and development roles. Karen delivers a range of comprehensive training programs for: foster carers, relative carers, family group home carers, residential care workers, child care workers, other direct care workers, social workers, psychologists, teachers, youth workers, juvenile justice officers, counsellors, health professionals etc. who work with children, youth, adults and families who have experienced complex trauma.



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SOCIAL WORK SERVICES Web: www.karenhulls.com.au



Kimberley Trauma Conference

June 7 - 9, 2017

Victory Life Broome Hall, Cnr Reid & Palmer Rd, Broome WA

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

WHAT'S IN THE BOX?

June 7 2017 9:30 - 3:30 \$205 + GST*

Learning Outcomes:



- Define complex trauma.
- Discuss the impact of trauma on brain development and memory.
- Understand the relationship between complex trauma in early childhood and behaviours and emotional responses.
- 4. Explain trauma re-enactment and the importance of safe environments & relationships.
- Apply a range of positive behaviour support strategies suited to supporting children, young people and adults.

HURT PEOPLE, HURT PEOPLE

June 8 2017 9:30 - 3:30 \$205 + GST*

Learning Outcomes:



- Describe the psychobiology of violent & aggressive behaviours, including 'trauma triggers' and the connection between shame, guilt & displaced revenge.
- 2. Define 'Restorative Practices' to promote relationships & healing from trauma and apply to case studies from a range of settings.
- Discuss confrontation avoidance techniques & practical strategies for deescalating violence & aggression in a variety of settings.

WHEN LOSS GETS LOST

June 9 2017 9:30 - 3:30 \$205 + GST*

Learning Outcomes:



- Define normal grief and the grieving process for children & young people.
- 2. Discuss common reactions to grief: physical, behavioural, emotional, social, cognitive and spiritual responses.
- 3. Explore the link between childhood trauma and intense grief responses.
- Apply a range of healing strategies to support recovery for children & young people who are bereaved.

June 7 - 9 2017

Victory Life Broome Hall Cnr Reid & Palmer Rd, Broome WA

Book online at www.karenhulls.com.au

*Price includes a USB containing the PowerPoint slides plus additional reading.

Refreshments, morning tea & a light lunch included.



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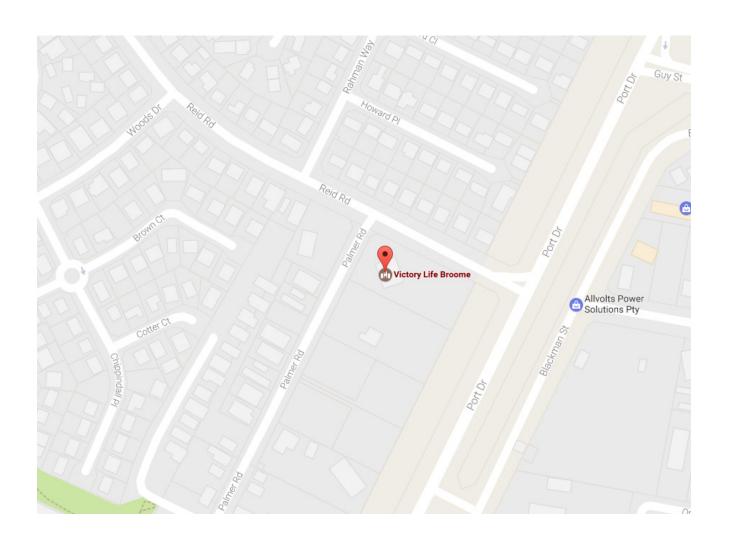
Email: karenhulls@gmail.com Web: www.karenhulls.com.au Facebook: @karenhullssws





Karen Hulls Training Location

Victory Life Broome Hall Cnr Reid & Palmer Rd, Broome, WA



Free Parking available off Reid Rd