



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.



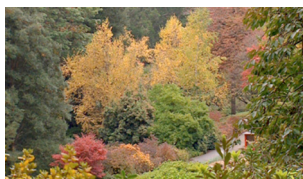
From My Desk

As the seasons come and go I feel very fortunate to live in the hills of Perth where the amazing autumn colours outside my office window remind me to pause and gaze for a while. Our native garden is growing thicker every year and more and more flowers are budding and multi-coloured birds are coming to live with us. Blue Wrens sit on my window sill & the 'pet' bandicoot and our cat (Smartie) share a food bowl! Life is good.



People often ask me if I find training people in trauma "depressing". The truth is the exact opposite. I am inspired and energised by the 1000's of people I meet each year from across the different sectors (e.g. Health, Education, Social & Community

Services, Disability, Youth Work etc.) who are so dedicated and passionate about their work with children, young people and adults who have had traumatic childhood experiences. The high demand for my 8 different trauma workshops suggests 'trauma-informed' and 'trauma-sensitive' practice is becoming even more important to organisations (and funding bodies) and I look forward to continuing to work with the many organisations I have contact with each week to support the development of the sector.



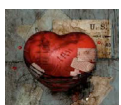
The past few months have been interesting and varied. Some of the highlights have included:



'Better than Chocolate! Mindfulness Workshop for Workers and Carers' was held in Northam in March for the Child Protection & Family Support (Wheatbelt)

team. Foster Carers travelled up to 2.5 hours to attend. It was a perfect blue sky 'wheatbelt day' and a terrific, 100% engaged group who were happy to give the breathing meditations and self care strategies a go! Thanks to the leadership team up there for their ongoing support of my work and I look forward to seeing you in a few months for 'One Child at a Time & Look in the Mirror'.

Child Care Centres have become very interested in developing strategies to improve their work with young children with complex trauma histories and many centres have invited us to deliver 2- 3 hour sessions to their Educators or booked educators into our workshops. GoodStart Early Learning, Stratton Out of School Care & Mulberry Tree educators have given us great feedback and we look forward to on-going work with many centres & more team work with Child Australia and Communicare.



'Hurt People, Hurt People' was held in Mandurah. Workers & carers from the peel region made up a large group at the Salvation Army centre. Participants were from: Red Cross, local school support workers (Psychologists etc.), Family & Domestic Violence workers and Life Without Barriers foster carers. There were some very interesting & challenging conversations about intergenerational trauma and trauma re-enactment. The commitment to breaking cycles of

violence through healing families was a dominant theme. This is a very popular workshop that we have expanded & improved to include more on the 'Restorative Practices' framework.

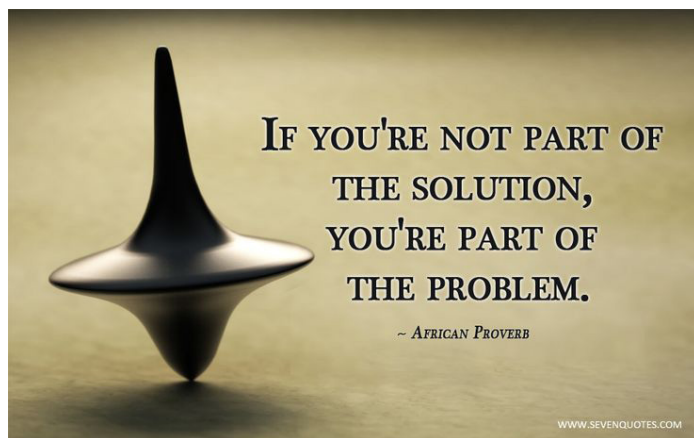
Centrecare (Djooraminda) held a 2 day 'Preparation Training' (covering Impact of Trauma & Relationship-based Support Strategies) for all their workers & carers in April. These 2 days were great for 'getting everyone on the same page', team building (loved some of the humour!) and support worker / direct carer interaction during the group discussions & breaks was really supportive & constructive. I always really enjoy working with this mob! (I always learn lots)

School PD days are very full on! 'Time poor' schools mean that I often get 3 hour sessions allocated to my topic and there is heaps of content to cover. 50 teachers attended the PD at Ocean Road Primary School in Mandurah in April. There are some strong 'champions' of the 'trauma-informed schools' approach working in this school and the strategies they are implementing to support children with maladaptive behaviours are consistent with current 'best practice' for schools. If schools want PD on trauma in 2017 they need to book this in with us ASAP.



Port Hedland ('When Loss Gets Lost' & 'Hurt People, Hurt People') & Broome (Hurt People, Hurt People')

were very rewarding work trips (and I got some lovely warm sun on my skin!). Our training in these regional centres gets booked out! Thanks again to the Youth Involvement Council (Port Hedland) and Health Department (Broome) for your assistance with the venue, catering and promotion of our workshops locally. I always learn a huge amount from participants about local issues and am always looking for local people to co-facilitate my workshops (especially Aboriginal workers). If you are keen, please consider attending 'Train the Trainer: Training Trauma in Your Patch' if you have not facilitated training previously. We need to build local capacity & I need a team of trainers to respond to demand.



Rise Network hosted 'Elephant in the Room!' Adult mental health services, Disability Services Commission & family support programs seem to really want to incorporate the '8 Principles of Trauma-Informed Practice' in their organisations – at every level. The group was very interactive & feedback was excellent! If anyone wants a free A3 poster of the 8 Principles, please email me and I will send it out to you.

Next week I get to be the participant (which I am really looking forward to!) at the Australian Childhood Foundation International

Trauma Conference. I have elected to do (another) masterclass with Dan Siegel, plus listen to keynote presentations from: Judy Atkinson, Pat Ogden, Martin Teicher and Vittorio Gallese. There are some other WA / NT people attending so I hope I get to meet up with you.

Online Learning Opportunities

Sounds True



<http://www.soundstrue.com/store/about-us/our-vision>

International Institute for Restorative Practices



The International Institute for Restorative Practices (IIRP) is a world leader in restorative practices, providing professional development and accredited master's degree and certificate programs. At the IIRP's model programs for at-risk and delinquent youth, the use of restorative practices has been shown to significantly reduce offending rates and improve youth attitudes. To learn more about successful programs emerging throughout the world, from single schools to whole community implementation models, visit the [restorative works](#) learning network.

<http://restorativeworks.net>

Dr Dan Siegel



inspire to rewire*

Dr. Dan Siegel

http://www.drdansiegel.com/resources/video_clips/

Resources



We support children with autism, ADHD, learning and behavioural differences, featuring the music of Genevieve Jereb OTR



Gen Jereb
The Starfish Song



Byron Bay

Coming Soon: Byron Bay Trauma Conference is a 4 day program (covering 3 of our most popular workshops). Please send the attached FLYER to anyone who may like to attend. The response has been great and we are 75% booked out so please book soon. We are planning to be back in Byron Bay in 2017 to deliver some of our other workshops. We will keep you posted.

Expression of Interest: We have had requests to bring our training to Adelaide (SA). If any organisation wishes to 'host' us in 2017 please send us an email so we can make this happen! (karenhulls@gmail.com)

I look forward to seeing you at training soon. Kind regards

Karen Hulls

New Training Program for 2016



Train the Trainer: Training Trauma in Your Patch!

Aim: There are many great workers and carers in WA & NT currently working with children, young people, adults & families who have experienced complex trauma. We need your 'practice wisdom' in the training room! This training program aims to prepare professionals by providing you with the confidence, tools and techniques to prepare, facilitate and evaluate face-to-face training. The target is experienced workers and carers, with background knowledge of trauma theory & experience working with clients who have experienced complex trauma.

Dates: Thursday 7th & Friday 8th July, 2016


Time: 9.30 a.m. - 4.30 p.m.

Price: *\$650.00 plus GST Venue: Scorpion Training Solutions, 310 Treasure Rd (North), Welshpool

Please note: Train the Trainer is also being held in Darwin (31st August & 1st September), Broome (22nd & 23rd September) and Perth (24th & 25th November)

**Price includes: Permission to use training materials provided during this training to deliver trauma training in your current workplace, PowerPoint Slides, USB of resources, refreshments & light lunch*

Resources



Secretariat of
National Aboriginal
and Islander Child Care



2016
NATIONAL ABORIGINAL AND
TORRES STRAIT ISLANDER
CHILDREN'S DAY
RESOURCE
BAG

To help support and celebrate
2016 National Aboriginal and
Torres Strait Islander Children's Day,
SNAICC has produced a
resource bag for children.

ONLY \$6 PER BAG
includes **FREE** postage!

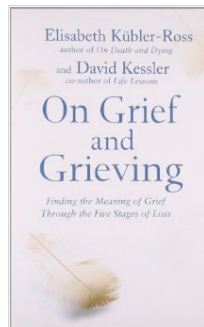
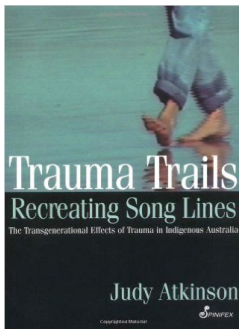
ORDER NOW

Every Children's Day bag contains: Carry bag - Trucker cap - Native seed packet - 4 x Temporary Tattoos - Activity Book - Coloured pencils

**GET YOUR ORDER IN BEFORE
4TH JULY 2016**

SNAICC
Secretariat of National
Aboriginal and Islander Child Care

Recommended Reading



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.

Help for parents to survive everyday parenting struggles

EDUCATION POSSIBLE
Discover>Create*Learn



Karen Hulls
SOCIAL WORK SERVICES













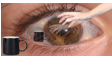













Postal Address: 215 Crystal Brook Road,
Wattle Grove WA 6107
Phone: (08) 9359 2334
Mobile: 0400 510 441
Email: karenhulls@gmail.com
Web: www.karenhulls.com.au

KAREN HULLS SOCIAL WORK SERVICES

Training & Professional Development Calendar

JUNE 2016 - DECEMBER 2016

For more information please go to www.karenhulls.com.au

- 
What's in the Box? [FS]
 2nd & 3rd June 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275
- 
When Loss Gets Lost [EP]
 17th June 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165
- 
Hurt People, Hurt People [EP]
 22nd & 23rd June 2016
 @ Swan Emergency Accommodation
 53 Great Northern Highway, Midland
 2 Day Course 9:30am - 3:30pm \$275
- 
What's in the Box? [FS]
 30th June & 1st July 2016
 @ Centrecare Southwest
 103 Clarke Street, South Bunbury
 2 Day Course 9:30am - 3:30pm \$295
- 
Train the Trainer [SI]
 7th & 8th July 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 4:30pm \$650
- 
What's in the Box? [FS]
 14th & 15th July 2016
 @ Byron Youth Service
 1 Gilmore Crescent, Byron Bay NSW
 2 Day Course 9:30am - 3:30pm \$295
- 
One Child at a Time [EP]
 18th July 2016
 @ Byron Youth Service
 1 Gilmore Crescent, Byron Bay NSW
 9:30am - 3:30pm \$185
- 
Hurt People, Hurt People [EP]
 19th July 2016
 @ Byron Youth Service
 1 Gilmore Crescent, Byron Bay NSW
 9:30am - 3:30pm \$185
- 
What's in the Box? [FS]
 27th & 28th July 2016
 @ Life Without Barriers, Unit 1/26
 Dugdale St. Warwick
 2 Day Course 9:30am - 3:30pm \$275
- 
Hurt People, Hurt People [EP]
 1st & 2nd August
 @ Community Living Association
 56 Cockburn Road, Albany WA
 2 Day Course 9:30am - 3:30pm \$295
- 
Better than Chocolate [SI]
 5th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165
- 
One Child at a Time [EP]
 11th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165
- 
Look in the Mirror [EP]
 12th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165
- 
What's in the Box? [FS]
 18th & 19th August 2016
 @ Esperance Lotteries House
 Forest Street, Esperance
 2 Day Course 9:30am - 3:30pm \$295
- 
Elephant in the Room [FS]
 24th & 25th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275
- 
Train the Trainer [SI]
 31st August & 1st September 2016
 @ Melaleuca Refugee Centre
 24 McLachlan Street, Darwin
 2 Day Course 9:30am - 4:30pm \$650
- 
What's in the Box? [FS]
 8th & 9th September 2016
 @ Carnarvon - Venue TBA
 2 Day Course 9:30am - 3:30pm \$295
- 
When Loss Gets Lost [EP]
 12th September 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165
- 
What's in the Box? [FS]
 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! [FS]
 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, office based workplaces etc.) will be explored.
- 
Look in the Mirror [EP]
 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. We will explore why empathy is integral for breaking cycles of intergenerational violence in families and communities.
- 
One Child at a Time [EP]
 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 [EP]
 This workshop educates workers & carers about the link between unresolved childhood trauma and violent & aggressive behaviours in young people & adults. Shame, guilt & displaced revenge will be discussed. Workers & carers of younger children will also find this workshop relevant.
- 
Better than Chocolate! [SI]
 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.
- 
Foster Carer Assessor [FS]
 A skills based workshop for professionals assessing foster carers in WA. Building rapport, competency based assessment methods, using assessment tools and writing analytical reports will be covered.
- 
When Loss Gets Lost [EP]
 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.

Foundation Skills [FS]

Extended Practice [EP]

Special Interest [SI]



Karen Hulls
SOCIAL WORK SERVICES

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	What's in the Box? [FS] 15th & 16th September 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275		Look in the Mirror [EP] 4th November 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> ● What's in the Box? [FS] ● 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.
	When Loss Gets Lost [EP] 21st September 2016 @ Broome Community Recovery Centre Corner of Saville and Forrest Street Broome 9:30am - 3:30pm \$185		Hurt People, Hurt People [EP] 10th & 11th November 2016 @ Geraldton Regional Community Education Centre Cnr Gregory & Augustus St Geraldton 2 Day Course 9:30am - 3:30pm \$295	<ul style="list-style-type: none"> ● Elephant in the Room! [FS] ● 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, office based workplaces etc.) will be explored.
	Train the Trainer [SI] 22nd & 23rd September 2016 @ Broome Community Recovery Centre Corner of Saville and Forrest Street Broome 2 Day Course 9:30am - 4:30pm \$650		Foster Carer Assessor Training [SI] 14th November 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> ● Look in the Mirror [EP] ● 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. We will explore why empathy is integral for breaking cycles of intergenerational violence in families and communities.
	Hurt People, Hurt People [EP] 13th & 14th October 2016 @ Key Assets WA Level 1 One Puccini Court Stirling WA 6021 2 Day Course 9:30am - 3:30pm \$275		Elephant in the Room [FS] 17th & 18th November 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275	<ul style="list-style-type: none"> ● One Child at a Time [EP] ● 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.
	When Loss Gets Lost [EP] 19th October 2016 @ The Youth Shed Corner of Hillview & Balmoral Road, Karratha 9:15am - 2:45pm \$185		Train the Trainer [SI] 24th & 25th November 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 4:30pm \$650	<ul style="list-style-type: none"> ● Hurt People, Hurt People [EP] ● This workshop educates workers & carers about the link between unresolved childhood trauma and violent & aggressive behaviours in young people & adults. Shame, guilt & displaced revenge will be discussed. Workers & carers of younger children will also find this workshop relevant.
	Hurt People, Hurt People [EP] 20th & 21st October 2016 @ The Youth Shed Corner of Hillview & Balmoral Road, Karratha 2 Day Course 9:15am - 2:45pm \$295		Better than Chocolate [SI] 2nd December 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> ● Better than Chocolate! [SI] ● 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's in the Box? [FS] 25th & 26th October 2016 @ Key Assets, Mandurah CPFS Cnr Tuckey and Sutton Streets Mandurah WA 6210 2 Day Course 9:30am - 3:30pm \$295		What's in the Box? [FS] 8th & 9th December 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275	<ul style="list-style-type: none"> ● Foster Carer Assessor [FS] ● A skills based workshop for professionals assessing foster carers in WA. Building rapport, competency based assessment methods, using assessment tools and writing analytical reports will be covered.
	One Child at a Time [EP] 3rd November 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165			<ul style="list-style-type: none"> ● When Loss Gets Lost [EP] ● 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.

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Extended Practice [EP]

Special Interest [SI]