

# Issue 11 Spring 2015 Newsletter



Karen Hulls  
SOCIAL WORK SERVICES

*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

After an eventful few months in our trauma training business I always enjoy taking the time to reflect on 'lessons learned' and 'new opportunities'. We have been reviewing and improving our current programs, researching and writing new workshops to meet the needs of our training participants, and undertaking considerable professional development to ensure we remain current and responsive in our evolving social and community services sector.

The demand for our workshops continues to increase and unfortunately we are unable to fulfil all the requests for customised training, particularly in WA / NT rural & remote areas. I am feasibly able to visit 8 – 10 outer metro areas in 2016 and these are on the Training Calendar on the website. I have planned to visit the following areas: Albany, Geraldton, Port Hedland, Carnarvon, Darwin, Broome, Katherine, Tom Price and Kalgoorlie. All of these visits are subject to host organisations providing local support & minimum numbers (approx. 20 participants) booking in.

In June we facilitated the 'Karratha Trauma Conference' (4 days) to approximately 60 different participants. They were all very engaged and interested. Some participants attended all 4 days and others were only able to come to one or more days. I received very positive feedback across all 4 days. All participants received a USB of resources containing the additional reading for the 4 topics we covered (i.e. 'One Child at a Time', 'Look in the Mirror', 'Hurt People, Hurt People', and 'Better than Chocolate'). The participants are strongly encouraged to share these resources widely within their organisations and with key stakeholders. The Pilbara always get behind all my visits and I am especially grateful to the City of Karratha and Department for Child Protection and Family Support (Pilbara District) for your support and helping to make the 4 days run so smoothly. Port Hedland are having their turn next year with the new program 'When Loss Gets Lost' and an extended (2 day) 'Hurt People, Hurt People' being delivered there in May 2016. There have been a number of requests from the Pilbara for training on grief and loss issues for children so I expect we will get a good response to this workshop.

The SNAICC Conference held in Perth in September was brilliant! It was inspiring to hear about the innovative and 'trauma-informed' work being done, both across the nation and internationally (Dr Cindy Blackstock you are one of my heroes!) to improve the social and emotional well-being of Indigenous children and families. The topic: 'Safe in culture, not in care' was covered extensively over the 3 days and it was humbling to be part of the small non-Indigenous participant group who want to be part of the solution - not part of the problem. Dr Fiona Stanley's keynote presentation of Intergenerational Trauma was also very interesting and relevant. I am looking for further opportunities to hear her speak about epigenesis and strategies for breaking cycles of trauma in families and communities.

It has been my intention since I went into private practice, to make my trauma training programs culturally sensitive and relevant to Aboriginal people. As a result of the SNAICC Conference, I have made a commitment to co-train all my programs in 2016 with an Aboriginal trainer, preferably a local person from the communities I visit. The 'Train the Trainer: Training Trauma in Your Patch!' is a

good starting place if you wish to co-train my workshops or run your own trauma training programs in your communities. We have our third 'Train the Trainer' at the end of October with 8 Aboriginal people booked in (Aboriginal Scholarships). If you are interested in training trauma, we have a few places available in the October 'Train the Trainer' programs. I am looking forward to working with some Aboriginal organisations in 2016 to 'unpack' my current workshops so they meet the needs and are responsive to Aboriginal communities.

As you will gather from this newsletter, I am keen to further integrate the 'Restorative Practices' (RP) framework across my trauma training programs. The current interest in RP and its link to 'trauma-informed' practices continues to gather momentum, and I look forward to bringing you more workshops in future which teach these skills, and assist you to apply them to the full range of settings we work in, in the SACS industry.



The MBSR (Mindfulness Based Stress Reduction) program and informal and formal mindfulness practices is my other 'pet topic' at the moment. I have recently completed the 8 week MBSR course as a participant and personally & professionally got lots out of it. 'Mindful Parenting' is discussed in our 'Better than Chocolate!' workshop and I will also be promoting self care, grounding & breathing exercises etc. to workers and carers in future training. The tsunami of information available on mindfulness can be confusing and intimidating. Our workshops are always very safe, non-threatening and 'light' so that you are always able to choose your level of participation. I hope you will be curious about the contribution mindfulness practices can make to our work and our lives and come to 'Better than Chocolate!' soon.

My visit to Darwin 2 weeks ago was another great experience. The 1 day version of 'What's in the Box?' was a very full day covering the key concepts of trauma theory and Positive Behaviour Support. The 'Hurt People, Hurt People' (2 day) training went very well! Thanks again the Melaleuca Refugee Centre (Joan Washington is a fabulous support!) for providing all the logistical support and also co-training. It is a much better training day when we have 'student-centred learning' and considerable input like we had over the 3 days from colleagues with extensive experience across the sector. The group was from very diverse workplaces and backgrounds, and discussions covered; community issues, family and domestic violence, school challenges, residential care, foster care and working with families. I always leave Darwin feeling enriched by my own learning and look forward to working with a group of you that want to design and develop your own trauma training programs and improve your facilitation skills. See you in August 2016 for the 'Train the Trainer' program!

I was fortunate to be in Darwin during the 2015 National Hockey Tournament. I thoroughly enjoyed my last night in Darwin

at the Hockey watching WA vs Tasmania (we won 3:1) and then Queensland vs Victoria (QLD won that one). Many of the Australian Hockey team were playing for their respective states and the skills of the players were amazing! A balmy Darwin night with a beer and great Hockey is really hard to beat. It was a great way to wind down before my early flight home of Friday morning.

For those of you booked in to 'Hurt People, Hurt People' in Broome, see you next week! (My thoughts are now drifting to the glorious sunsets on Cable Beach...)

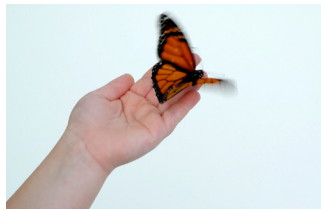
Kind regards to you all.

*Karen Hulls*

### New Training Program for 2015

#### When Loss Gets Lost: Understanding & Responding To Grieving Children & Young People.

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.



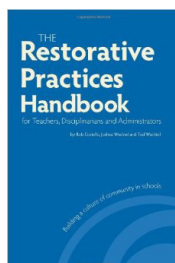
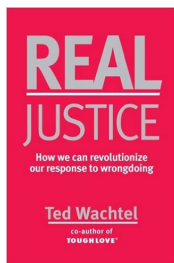
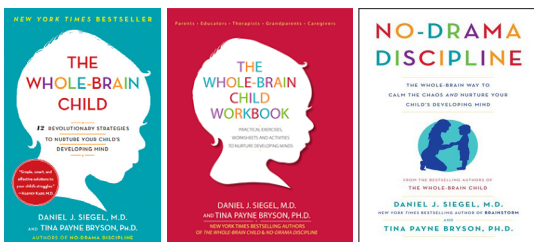
We will discuss what happens when a child experiences the death of a significant another. The information will be useful for social & community services professionals, parents, foster carers, educators, and others working with children who are experiencing intense grief responses.

This 1 day (9.30 – 3.30 p.m.) workshop will be delivered in Perth (March, June & September 2016), Port Hedland (May 2016), and Broome (September 2016).

Please refer to the website for further information about the Aims & Learning Outcomes.

*\*Price Includes; Learner Workbook, Powerpoint slides and USB containing additional reading. Tea, coffee, biscuits and a light sandwich & fruit lunch will be provided (please email us if you have special dietary requirements)*

### New to my Library



### Professional Development – Seminars in Perth in 2015

#### Introduction to Effective Behaviour Management- The Restorative Way



This one day introductory workshop will give you:

The opportunity to reflect on your style of relating/teaching; more ways to build positive relationships; an understanding of the framework of restorative practice. Participants will leave with the competence to use a range of restorative strategies to deal with typical conflicts in schools.

Date: Monday, November the 23rd, 2015  
 Time: 8:30 to 3:30 pm Morning tea, lunch included  
 Venue: Swan Yacht Club  
 Address: Riverside Pde, East Fremantle, WA.  
 Parking available  
 Cost: \$150  
 Presenter: Gabrielle Lawlor



#### Somatic Experiencing

Somatic Experiencing® (SE™), developed by Peter A. Levine, PhD, author of the best-seller, "Waking the Tiger: Healing Trauma," is a gentle and potent psycho-biological approach to resolution of trauma and the symptoms of trauma and chronic stress.

#### An Introduction to Somatic Experiencing

Date: Saturday 28th November 2015  
 Time: Registration - 9.30am Start - 10.00am End - 5.45pm  
 Cost: Early Bird Fee - \$180 (if paid in full by 3rd July 2015)  
 Standard Fee - \$200

#### Dr Bruce Perry

Dr. Perry will present a one day workshop on Transforming Childhood Trauma – A neuroscience approach to healing and recovery. In this workshop Dr. Perry will demonstrate the potential for child abuse and neglect to have devastating consequences on the child's developing brain. Dr. Perry will also demonstrate the potential for recovery and healing through both ordinary and extraordinary means.

#### Transforming Childhood Trauma

Date: 27th October 2015  
 Time: Registration - 9.00am Start - 10.00am End - 4.00pm  
 Cost: Super Early Bird - \$240, Early Bird - \$290 Full Price - \$330  
 Location: Crown Perth Convention Centre



International Speaker  
**Bruce D. Perry, M.D, Ph.D**

National Speaking Tour - October 2015

## Online Learning Opportunities

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).

<http://restorativeworks.net>

### John Arden

Dr. Arden's study of neuropsychology has inspired him to integrate neuroscience and psychotherapy, synthesizing the biological and psychological into a new vision for psychotherapy: Brain-Based Therapy.

His work incorporates what is currently known about the brain and its capacities, including neuroplasticity and neurogenesis, with psychotherapy research, mindfulness, nutritional neuroscience and social intelligence.

<http://www.youtube.com/watch?v=RepVqk1Ul3I>



### Mindsight Institute

Interpersonal neurobiology (IPNB), a term coined by Dr. Dan Siegel in *The Developing Mind* (Guilford 1999), is an interdisciplinary field which seeks to understand the mind and mental health. Its focus is on the way the brain develops and is shaped by interpersonal relationships.

<http://www.mindsightinstitute.com>

**Welcome!**

Here at the Mindsight Institute, our educational mission is to link science with practical applications for cultivating mindsight skills and well-being. We bring science to life.

- Dr. Dan Siegel



## Online Learning Opportunities



### National Child Traumatic Stress Network

Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) brings a singular and comprehensive focus to childhood trauma. NCTSN's collaboration of frontline providers, researchers, and families is committed to raising the standard of care while increasing access to services. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and dedication to evidence-based practices, the NCTSN changes the course of children's lives by changing the course of their care.

<http://www.nctsn.org/>



*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.*












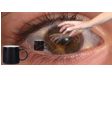






Postal Address: 215 Crystal Brook Road,  
Wattle Grove WA 6107  
Phone: (08) 9359 2334  
Mobile: 0400 510 441  
Email: [karenhulls@gmail.com](mailto:karenhulls@gmail.com)  
Web: [www.karenhulls.com.au](http://www.karenhulls.com.au)

# KAREN HULLS SOCIAL WORK SERVICES

## Training & Professional Development Calendar

OCTOBER 2015 - FEBRUARY 2016

For more information please go to [www.karenhulls.com.au](http://www.karenhulls.com.au)

	<b>Hurt People, Hurt People</b> ..... [EP] 12th & 13th October 2015 @ KAMS 12 Napier Terrace, Broome 2 Day Course 9:30am - 3:30pm \$295		<b>Foster Carer Assessor Training</b> ..... [SI] 7th December 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> <li>● <b>What's in the Box?</b> ..... [FS]</li> <li>● 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.</li> </ul>
	<b>Train the Trainer</b> ..... [SI] 19th and 20th October 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 4:30pm \$650		<b>Elephant in the Room</b> ..... [FS] 14th & 15th January 2016 @ Albany 2 Day Course 9:30am - 3:30pm \$295	<ul style="list-style-type: none"> <li>● <b>Elephant in the Room!</b> ..... [FS]</li> <li>● 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.</li> </ul>
	<b>What's in the Box?</b> ..... [FS] 29th and 30th October 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275		<b>Train the Trainer</b> ..... [SI] 21st & 22nd January 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 4:30pm \$650	<ul style="list-style-type: none"> <li>● <b>Look in the Mirror</b> ..... [EP]</li> <li>● Mirror neurons &amp; 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.</li> </ul>
	<b>Elephant in the Room</b> ..... [FS] 10th & 11th November 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275		<b>One Child at a Time</b> ..... [EP] 3rd February 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> <li>● <b>One Child at a Time</b> ..... [EP]</li> <li>● Children &amp; 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.</li> </ul>
	<b>Hurt People, Hurt People</b> ..... [EP] 19th & 20th November 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275		<b>Look in the Mirror</b> ..... [EP] 4th February 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> <li>● <b>Hurt People, Hurt People</b> ..... [EP]</li> <li>● This workshop educates workers &amp; carers about the link between unresolved childhood trauma and violent &amp; aggressive behaviours in young people &amp; adults. Shame, guilt &amp; displaced revenge will be discussed. Workers &amp; carers of younger children will also find this workshop relevant.</li> </ul>
	<b>Look in the Mirror</b> ..... [EP] 26th November 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165		<b>What's in the Box?</b> ..... [FS] 11th & 12th February 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275	<ul style="list-style-type: none"> <li>● <b>Better than Chocolate!</b> ..... [SI]</li> <li>● An experiential workshop to educate workers &amp; carers on mindfulness practices which support healing from trauma. The importance of children and young people developing self-regulation skills for learning &amp; relationships will also be discussed during this workshop.</li> </ul>
	<b>Better than Chocolate</b> ..... [SI] 27th November 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165		<b>Foster Carer Assessor Training</b> ..... [SI] 17th February 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 9:30am - 3:30pm \$165	<ul style="list-style-type: none"> <li>● <b>Foster Carer Assessor</b> ..... [FS]</li> <li>● 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.</li> </ul>
	<b>What's in the Box?</b> ..... [FS] 2nd & 3rd December 2015 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275		<b>Elephant in the Room</b> ..... [FS] 25th & 26th February 2016 @ Scorpion Training 310 Treasure Road (North), Welshpool 2 Day Course 9:30am - 3:30pm \$275	<ul style="list-style-type: none"> <li>● <b>When Loss Gets Lost</b> ..... [EP]</li> <li>● 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.</li> </ul>

Foundation Skills [FS]

Extended Practice [EP]

Special Interest [SI]