

Issue 12 Summer 2016 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



"Welcome back" to those who I have met either face-to-face or online over the past 3 years and a huge "welcome" to anyone who is receiving this newsletter for the first time. Our mail out extends to 5000+ across WA, NT and QLD. I hope you find it valuable for planning your teams' trauma theory learning & development this year.

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

- We visited 'windy but wonderful' Albany in January to deliver 'Elephant in the Room! What is trauma-informed care?' to 24 very experienced & receptive workers and carers from across the mental health sector; disability services; youth work; children in care; and schools. Due to the interest from the group in the 'Restorative Practices' framework, we will be returning to Albany in August to deliver 'Hurt People, Hurt People. A Trauma-Informed Understanding of Violent & Aggressive Behaviours'.
- We facilitated a workshop on trauma & behaviour support strategies for Netball WA to support the development of their innovative new program in schools in Carnarvon, Meekatharra & Halls Creek, as well as their Perth based programs. The group were from very diverse backgrounds, seemed very interested in the topic & and asked lots of questions ranging from cyber bullying, discipline strategies, competitiveness and duty of care in child protection matters.
- We conducted January School PD. 'All Together Now! Trauma Training for Schools' is very helpful training for teachers, education assistants and school administrators who often have to deal with the consequences of traumatic childhood experiences in the maladaptive behaviours they exhibit. We get contacted by many teachers throughout the year who have attended our School PD's and often they need reassurance that what they are doing is 'correct' – they just need to do it more!

On a more solemn note, we have spent considerable time researching & undertaking online professional development on grief and loss in children and young people to inform our new program 'When Loss Gets Lost: Understanding & Responding to Children who are Grieving'. It has been a challenge to find materials that discuss the correlation between complex trauma and complicated grief responses. It became very real when I read in The Australian that 'Max', the 11 year old child in WA who is currently facing a murder charge, had a history of complex trauma & had seen his brother killed while crossing the road when he was 5 years old. I am saddened and concerned by the circumstances of his arrest and there are obviously questions for agencies involved with this family historically & in the present such as: what was done at the time (if anything) to support his recovery from grief?, what was the ongoing impact on him of this traumatic event (unaddressed PTSD?)?, who made themselves available to this young child (was he seen, soothed, safe?)? etc. I hope the response from the child protection / justice systems involved with 'Max' is wise and compassionate.

We were very pleased to be invited to facilitate our 'Elephant

in the Room!' workshop to the Directors of The Archdiocese of Perth Catholic agencies as part of the Catholic churches 'Safeguarding Children' project. It was a great day with a highly engaged and knowledgeable group of leaders. This project is in great hands with Andrea Musulin & her positive energy, skills & commitment to the protection of children. We have developed a great partnership with many of the church organisations in WA and look forward to continuing to assist them to become 'trauma-informed' workplaces for the many dedicated and skilled workers, carers and members of this community.

'360° Wellness. Overcoming Stress, Adversity & Trauma Mindfully' is my 'new baby'! After 8 years attending workshops & retreats in WA, NSW and Bali on: mindfulness, Yoga, daily meditation etc. I am pleased to be co-facilitating a 7 week (3 hours per week) program with my colleague & friend, Tammy Rooke (Blue Lotus Yoga Kalamunda). This program is based on the MBSR (Mindfulness Based Stress Reduction) course but with an increased psychoeducation component. Peer support workers / carers / family members are encouraged to participate as support and a reduced fee applies.



We look forward to visits to WA regional areas & Darwin again very soon. We will be also be visiting Byron Bay for 4 days of trauma training in July 2016. Byron Bay is a great spot for NSW / QLD workers to take a break so we have scheduled the workshops before and after the weekend to allow for some respite in this wonderfully relaxing and beautiful part of NSW!

I look forward to seeing you at training soon.

Kind regards to you all.

Karen Hulls

New Training Program for 2015

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

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



Aim: This workshop explores childhood grief (i.e. death of a parent, sibling or significant other), which can affect children's development, relationships, achievement, and later effectiveness in life. We will describe normal grief and the grieving process and then discuss how this may be compounded by complex trauma. 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)*

360° Wellness

Dates: Series 1: Saturday Group (March 5th, 12th, 19th, April 2nd, 9th, 23rd, 30th)
Time: 2.30 p.m. – 5.30 p.m.
Location: Kalamunda



Cost: 7 Week Course - \$350 per person (Weekly payment plan available)

Price includes: PowerPoint Slides, Handouts, USB with additional reading material, light snacks & refreshments

This program is suited to: single adults, couples, parents, carers, professionals and anyone who is interested in mindfulness as a way to overcome stress, adversity & trauma in their life. Professionals interested in using this program as a 'Train the Trainer' opportunity are very welcome to come along. You will get lots of resources (a USB and handouts) on Mindfulness to use in your own workplaces!

Each weekly session will have 1.5 hours of theory / discussion including topics such as: What is Mindfulness? Psychoeducation on stress, adversity & trauma responses, understanding brain responses, trauma triggers etc. The second 1.5 hours of each session will be practical exercises & gentle activities conducted in a non-threatening environment and designed for relaxation & self care. Each week participants will be given a few light 'homework' tasks. This includes: body scans, breathing exercises, music/sound meditations, gentle stretches (yoga), walks, journal / reflection activities etc.

Peer Support Workers, Mentors, Carers and Allied Health / Welfare Professionals (of any background) can attend as a support to their client / consumers for 75% of the full fee. (\$262.50 for 7 week program).

New Training Program for 2015

Foster Carer Preparation Training

Professional Development Workshop for Carers & Workers in the Out of Home Care Sector. Family Group Home Carers, Residential Care Workers etc. will also find this training relevant.

Date: Monday 22nd & Tuesday 23rd February 2016

Time: 9.30 a.m.—3.30 p.m.
Price: \$275 plus GST

Venue: Scorpion Training, 310 Treasure Rd (North), Welshpool
To Book: http://www.karenhulls.com.au/book_into_training



Professional Development Opportunities

Graduate Certificate In Developmental Trauma (10462NAT)

A course designed for professionals, by professionals in the child trauma field. Learn about the impacts of trauma on development, models of intervention, assessment and systems for support.



In 2016, the course is being run in Adelaide, Darwin, Perth, Melbourne and Sydney..

If you require any further information regarding this course or any of their accredited training, please email: courses@childhood.org.au

WA Regional & Interstate Training in 2016

10th & 11th March **Train the Trainer** in Geraldton

31st March & 1st April **Hurt People, Hurt People** in Mandurah

26th & 27th April **What's in the Box?** in Broome (TBC)

4th May **When Loss Gets Lost** in Port Hedland

5th & 6th May **Hurt People, Hurt People** in Port Hedland

30th June & 1st July **What's in the Box?** in Bunbury

14th & 15th July **What's in the Box?** in Byron Bay

18th July **One Child at a Time** in Byron Bay

19th July **Hurt People, Hurt People** (1 day) in Byron Bay

1st & 2nd August **Hurt People, Hurt People** in Albany

31st August & 1st September **Train the Trainer** in Darwin

21st September **When Loss Gets Lost** in Broome

22nd & 23rd September **Train the Trainer** in Broome

25th & 26th October **What's in the Box?** in Mandurah

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>

Work Opportunities



**SOCIAL WORK JOBS IN THE UK.
 GENEROUS RELOCATION ALLOWANCES
 EMPLOYER SPONSORED**

CALL OR EMAIL FOR DETAILS

We are seeking 30 Senior Social Workers and 10 Assistant Team Leaders for an immediate start in the UK. Candidates will need to be eligible for registration and have a minimum of 2 years experience working within a children and families setting. Generous relocation costs available and employer sponsorship so relatively easy visa process.

Neil Carver-Smith
 Director
 0402 222 540

www.stara.com.au



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
 Web: www.karenhulls.com.au

KAREN HULLS SOCIAL WORK SERVICES

Training & Professional Development Calendar

FEBRUARY 2016 - SEPTEMBER 2016

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



Foster Carer Preparation Training SI
 22nd & 23rd February 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275



What's in the Box? FS
 7th & 8th April 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275



Better than Chocolate SI
 4th March 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



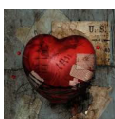
Look in the Mirror EP
 29th April 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



360° Wellness SI
 Dates: Series 1: Saturdays
 (March 5th, 12th, 19th, April
 2nd, 9th, 23rd, 30th)
 Time: 2.30 p.m. - 5.30 p.m.
 Location: Kalamunda
 Cost: 7 Week Course - \$350 per
 person
 (Weekly payment plan available)



When Loss Gets Lost EP
 4th May 2016
 @JD Hardie Youth Zone,
 Cottier Drive Lot 5991
 South Hedland WA
 9:30am - 3:30pm \$185



Hurt People, Hurt People EP
 5th & 6th May 2016
 @JD Hardie Youth Zone,
 Cottier Drive Lot 5991
 South Hedland WA
 2 Day Course 9:30am - 3:30pm \$295



Train the Trainer SI
 10th & 11th March 2016
 @ Geraldton Regional Community
 Education Centre
 Cnr Gregory & Augustus St,
 Geraldton
 2 Day Course 9:30am - 4:30pm \$650



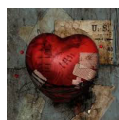
One Child at a Time EP
 13th May 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



When Loss Gets Lost EP
 16th March 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



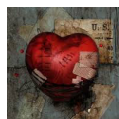
Foster Carer Assessor Training SI
 18th May 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



Hurt People, Hurt People EP
 23rd & 24th March 2016
 @ Life Without Barriers, Unit 1/26
 Dugdale St. Warwick
 2 Day Course 9:30am - 3:30pm \$275



One Child at a Time EP
 19th May 2016
 @ Key Assets WA
 Level 1, One Puccini Court, Stirling
 9:30am - 3:30pm \$165



Hurt People, Hurt People EP
 31st March & 1st April 2016
 @ Salvation Army,
 45 Lakes Rd, Greenfields
 (Mandurah)
 2 Day Course 9:30am - 3:30pm \$295



Elephant in the Room FS
 26th & 27th May 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275

- **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



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Postal Address: 215 Crystal Brook Road,
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Training & Professional Development Calendar

FEBRUARY 2016 - SEPTEMBER 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
 @ Bunbury - Venue TBA
 2 Day Course 9:30am - 3:30pm \$295



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]
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 310 Treasure Road (North),
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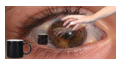
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Better than Chocolate [SI]
 5th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



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



Foster Carer Assessor Training [SI]
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 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



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
 @ Darwin - Venue TBA
 2 Day Course 9:30am - 4:30pm \$650



When Loss Gets Lost [EP]
 9th 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.
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- 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]

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