

Issue 15 January 2017 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 to our Summer 2017 Newsletter! If this is the first time you have received a copy, I hope you will find it useful for planning your professional development. (Our 13 previous Newsletters are available by clicking here). We incorporate information about our new or existing training programs, other trauma training opportunities available either face-to-face or online, recommended reading etc.

We have over 6000 individuals or organisations on our mailing list and receive over 5000 visits to our website per month! If you have something related to trauma training that you would like included in our next newsletter, please email us: karenhulls@gmail.com

There have been some new developments over the holiday season that I am excited to share with you.

We have moved to a new, modern training venue for all our Perth based workshops. The George Burnett Leisure Centre is on the corner of Manning Road and Elderfield Road, Karawara. It provides a huge amount of free parking at the doorstep & it is very easy to access from all the main freeways & highways. We also have access to more caterers and I look forward to providing a variety of healthy lunch options this year.

George Burnett Leisure Centre



It has always been my goal, to have other experienced & knowledgeable facilitators join me on our **2017 Trauma Training Calendar**. I am pleased to welcome Nicole Somerville to the team. Nicole is a workplace practice development leader and facilitator, having worked with individuals and teams to improve practice across the mental health, disability and aged care sectors. She is an experienced facilitator of 'Strengths-based practice', delivering workshops to both support workers and team supervisors. Nicole is committed to reflective practice and building capacity from a focus on identifying, mobilising and celebrating strengths. She currently works in mental health consultancy and holds a support



Nicole Somerville

coordination role for people funded through NDIS. Nicole is facilitating the 'Strengths Approach' workshop & will be co-facilitating a workshop with me on Intellectual & Developmental Disability (IDD) & Trauma in the second half of 2017.

The focus of 2017 is on building capacity of the sector in WA & interstate, to implement 'trauma-informed', 'trauma sensitive',

'trauma aware' etc. practice in organisations. Our 'Train the Training: Training Trauma in Your Patch' is being delivered 8 times this year, including in some regional & interstate locations (e.g. Kalgoorlie, Byron Bay, Darwin, Port Hedland & Adelaide). Already more than 120 participants have attended the 'Train the Trainer' and the feedback has been excellent. The aim is to 'skill up' & equip you with training resources in your organisations to enable leaders & workers to: facilitate large or small group workshops, coach, deliver JIT (Just in Time) sessions, mentor, supervise & teach their teams about trauma theory. At this training you are provided with PowerPoint slides with hyperlinks to videos, workbooks, templates, exemplars etc. and given permission to re-badge these materials for your current workplace. You will save 100's of hours on workshop preparation! The USB provided at this training in 2017 will contain copies of our '**Elephant in the Room!**', '**What's in the Box?**' and '**Hurt People, Hurt People**' training resources. (All we request is that you deliver these workshops under different titles)



The interest in our **10 different trauma workshops** continues to expand across: social & community services, health, corrective services, aged care, child care, education, disability etc. We are always looking for new research material to improve our current workshops, as 'continuous improvement' is essential to achieve 'best practice' in training. Some of the references we use are published in 2016! If you find any very current articles that you think I should read, please email them to me at: karenhulls@gmail.com. (I regularly add new articles to the USB's that you receive at each of our workshops).

Developing & facilitating new workshops to respond to industry needs is very energising! We look forward to facilitating our 2 new workshops, '**What About You?**' and the '**Strengths in Practice**' in 2017. Currently under development are a 2 day workshop on '**Children & Young People with Intellectual & Developmental Disabilities (IDD) who have experienced trauma**' and a 1 day workshop called '**When I Grow Up. Life Story Work with children & young people healing from trauma**'. The title of this workshop was inspired by the lyrics of the song by Tim Minchin in Matilda the Musical. These workshops will be available in the second half of 2017.



On a personal note, I am working part-time in 2017. As many of you are aware, one of my passions is yoga. I am looking forward to spending more time at home with my family & 'on the mat' this year! I love the way I feel when I have a regular yoga & meditation practice & it certainly helps keep my physical, mental and spiritual health strong. This is very important so I can keep doing my 'other passion' – facilitating interesting & helpful trauma workshops!

I look forward to seeing you at training soon.

Kind regards




Karen Hulls

KAREN HULLS SOCIAL WORK SERVICES

Training & Professional Development Calendar

JANUARY 2017 - DECEMBER 2017

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

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|  <p>What's in the Box? [FS] February 22nd & 23rd 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 3:30pm \$295</p> |  <p>Strengths in Practice [SI] May 9th 2017 Facilitator - Nicole Somerville @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <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. |
|  <p>Train the Trainer [SI] March 9th & 10th 2017 @ Kalgoorlie Venue TBA 2 Day Course 9:30am - 4:30pm \$750</p> |  <p>Look in the Mirror [EP] May 11th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <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 etc.) will be explored. |
|  <p>Strengths in Practice [SI] March 14th 2017 Facilitator - Nicole Somerville @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> |  <p>What's in the Box? [FS] May 18th & 19th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 3:30pm \$295</p> | <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. |
|  <p>One Child at a Time [EP] March 16th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> |  <p>One Child at a Time [EP] June 1st 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <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. |
|  <p>Train the Trainer [SI] March 23rd & 24th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 4:30pm \$695</p> |  <p>When Loss Gets Lost [EP] June 2nd 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <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. |
|  <p>Elephant in the Room [FS] April 4th & 5th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 3:30pm \$295</p> |  <p>What About You? [SI] June 14th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <ul style="list-style-type: none"> ● Strengths in Practice..... [SI] ● This workshop is designed for anyone in the human services sector who is interested in basing their practice from a strengths-based perspective with the aim of building reflective, creative and effective client relationships |
|  <p>Train the Trainer [SI] April 12th & 13th 2017 @ Cavanbah Centre 249 Ewingsdale Road Byron Bay NSW 2 Day Course 9:30am - 4:30pm \$750</p> |  <p>Better than Chocolate [SI] June 15th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 9:30am - 3:30pm \$185</p> | <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 discussed during this workshop. |
|  <p>Hurt People, Hurt People [EP] May 4th & 5th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 3:30pm \$295</p> |  <p>Train the Trainer [SI] June 27th & 28th 2017 @ George Burnett Leisure Centre Cnr Manning Rd & Elderfield Rd Karawara WA 6152 2 Day Course 9:30am - 4:30pm \$695</p> | <ul style="list-style-type: none"> ● What About You? [SI] ● This workshop is designed to enhance the well-being & resilience of those working in the sector. |
| <p style="text-align: center;">Foundation Skills [FS] Extended Practice [EP] Special Interest [SI]</p> | | |

KAREN HULLS SOCIAL WORK SERVICES

Training & Professional Development Calendar

JANUARY 2017 - DECEMBER 2017

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



Hurt People, Hurt People [EP]
 July 26th & 27th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295



Train the Trainer [SI]
 August 3rd & 4th 2017
 @ Darwin
 Venue TBA
 2 Day Course 9:30am - 4:30pm \$750



Elephant in the Room [FS]
 August 10th & 11th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295



What's in the Box? [FS]
 August 24th & 25th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295



When Loss Gets Lost [EP]
 August 31st 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 9:30am - 3:30pm \$185



Hurt People, Hurt People [EP]
 September 7th & 8th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295



Train the Trainer [SI]
 September 20th & 21st 2017
 @ Port Hedland
 Venue TBA
 2 Day Course 9:30am - 4:30pm \$750



What About You? [SI]
 October 12th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 9:30am - 3:30pm \$185



Train the Trainer [SI]
 October 19th & 20th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 4:30pm \$695



One Child at a Time [EP]
 October 31st 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 9:30am - 3:30pm \$185



Look in the Mirror [EP]
 November 1st 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 9:30am - 3:30pm \$185



Better than Chocolate [SI]
 November 10th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 9:30am - 3:30pm \$185



What's in the Box? [FS]
 November 29th & 30th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295



Elephant in the Room [FS]
 December 11th & 12th 2017
 @ George Burnett Leisure Centre
 Cnr Manning Rd & Elderfield Rd
 Karawara WA 6152
 2 Day Course 9:30am - 3:30pm \$295

- **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 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.
- **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.
- **Strengths in Practice**..... [SI]
 This workshop is designed for anyone in the human services sector who is interested in basing their practice from a strengths-based perspective with the aim of building reflective, creative and effective client relationships
- **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 discussed during this workshop.
- **What About You?** [SI]
 This workshop is designed to enhance the well-being & resilience of those working in the sector.
- **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.
- **Train the Trainer**..... [SI]
 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.

Foundation Skills [FS]

Extended Practice [EP]

Special Interest [SI]

New Training Programs in 2017

What About You?

Enhance the well-being & resilience of those working in the sector

**Aim:**

The focus of this workshop is on exploring the characteristics & differences between workplaces that are 'trauma-informed' vs 'trauma-organised'. We discuss the impact of this type of work on the 'workers' and identify the impact of Secondary Traumatic Stress (STS) on the whole system. Team & individual strategies for preventing STS are discussed.

Learning Outcomes:

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

1. Define 'trauma-informed' vs 'trauma-organised' care.
2. Apply an understanding of trauma-informed care to:
 - Create safe environments for workers & clients
 - Support worker resilience & well-being
3. Describe the 'strengths approach' for working with clients who have experienced complex trauma.
4. Enhance service delivery and recognise the importance of team work & partnership at every level.
5. Identify the signs of secondary traumatic stress (i.e. vicarious trauma) and discuss self-care strategies.

Price:

\$185 plus GST per person (Perth workshops)
\$205 plus GST per person (regional & interstate).

Workshops are scheduled from 9.30 am - 3.30 pm

Dates:

Wednesday June 14th 2017
Thursday October 12th 2017

Venue:

George Burnett Leisure Centre
Cnr Manning Rd & Elderfield Rd
Karawara WA 6152

Price includes 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 Training Programs in 2017

Strengths in Practice

Strategies for supporting children, young people & adults to heal from trauma

**Aim:**

This workshop is designed for anyone in the human services sector who is interested in basing their practice from a strengths-based perspective with the aim of building reflective, creative and effective client relationships! Informed by the work of Wayne McCashen, Eloise Neylon and St Luke's in Bendigo we will discuss what the Strengths Approach looks like and how to change the focus of practice to identify, mobilise and celebrate the strengths in each person.

Learning Outcomes:

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

1. Describe the core beliefs and principles of the Strengths Approach as proposed by Wayne McCashen.
2. Consider strengths-based principles and processes in individual and team practice.
3. Apply strengths-based thinking to relationship building and working with clients and colleagues.
4. Use a variety of strengths-based tools and processes to support clients to plan, problem-solve and develop meaningful goals.

Facilitator - Nicole Somerville**Price:**

\$185 plus GST per person (Perth workshops)
\$205 plus GST per person (regional & interstate).

Dates:

Tuesday 14th March 2017
Tuesday 9th May 2017

Venue:

George Burnett Leisure Centre
Cnr Manning Rd & Elderfield Rd
Karawara WA 6152

Price includes 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).

Other Related Training Opportunities



The Window of Opportunity - New Insights into Disorganised Attachment

This engaging 3 ½ hour masterclass is a once-in-a-lifetime opportunity for clinicians, therapists, counsellors, educators and researchers interested in gaining an in-depth understanding of developmental trauma in children, unresolved trauma in adults, and affect dysregulation, by one of the world’s leading neuropsychiatrists. Dan Siegel will take participants through the latest intervention methods for treating disassociation and the practical application for various settings.

Date: 31st March 2017
Time: 2:00 pm to 5:30 pm

Venue: The Rise
Address: 28 Eighth Avenue, Maylands, WA
Parking: Available
Cost: \$295
Presenter: Dan Siegel

<http://e.mybookingmanager.com/DanSiegelMasterClasspractice/>



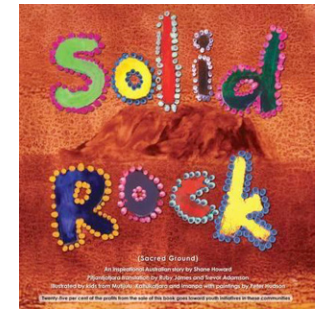
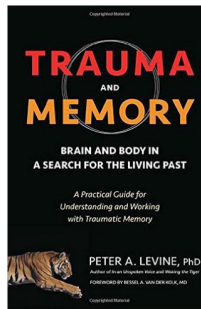
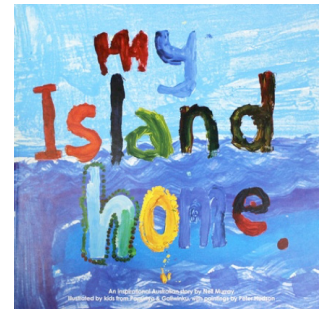
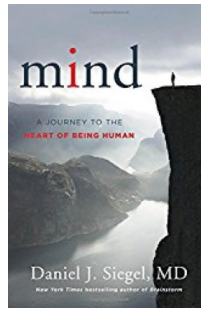
FROM MISTRUST TO TRUST: BRAIN BASED, ATTACHMENT-FOCUSED TREATMENT FOR TRAUMATISED CHILDREN AND YOUNG PEOPLE

Dan Hughes and Jon Baylin have been collaborating for a number of years on the continuing development of attachment-focused therapy. They are both clinical psychologists with a shared interest in understanding and treating children and adolescents who need help recovering from developmental trauma and the effects of early exposure to very poor care. As a presenting duo, they are dynamic and well balanced, sharing a love for neuroscience with an extremely practical approach to working with children and young people.

Date: 1st - 2nd June 2017
Presenters: Dr Dan Hughes, Dr Jon Baylin

<http://www.childhood.org.au/for-professionals/workshops-and-seminars/seminar-listing-page/2017/from-mistrust-to-trust>

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.



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