

Issue 14 August 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 to our Winter 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 12 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

It's been a very rewarding few months. The Australian Childhood Foundation hosted another international trauma conference in Melbourne in June and this was an excellent opportunity for me to take some time out from facilitation to digest the work being done at the cutting edge of neuroscience. It is an exciting time to be working in this field and my desire to learn as much as possible about complex trauma and healing has not changed. 'Unpacking' some highly academic material presented by thought leaders in this field, so it is digestible for workers, teachers, carers etc., is an on-going challenge. As Dr Bruce Perry recently said at his Perth conference, when referring to the way we have simplified some very complex brain science: "...all models are essentially wrong, but some are useful".



There is lots of discussion going on about 'Trauma-informed practice models' within NGO's, schools, Government Departments etc. I receive regular emails asking for advice on this and the most common question is: "Which model is best?" I am reluctant to recommend one particular model as the needs of the services, philosophy, policies, practices and procedures are so different. My recommendation has been to look at the '8 Principles of Trauma-informed Care' and audit what is working well using an organisation strengths approach. Building your own practice model with top down & bottom up consultative processes is likely to be more applicable to your context, than selecting an 'off the shelf' model. In many cases models developed in the US or UK have not been evaluated in Australia and may / may not be culturally competent.

The 'Sanctuary Model' (Dr Sandra Bloom) has been widely discussed & adopted across WA & interstate in recent years and seems well suited to residential care work. 'Circle of Security' is certainly a highly regarded model which seems to be a 'flavour

of the month'! It takes lots of time & research to explore existing practice models & there are at least 42 evidence-based models out there for organisations to consider. A combination of some of them may well be what you are looking for. This is discussed at our 'Elephant in the Room!' training which is coming up on the 24th & 25th August (Perth).

We have delivered some of our workshops in Bunbury, Byron Bay & Albany over the past few weeks. These groups were all diverse groups from across education, disability, out of home care, juvenile justice, family support etc. The level of interest & engagement of participants in all our workshops is always A+! The Byron Bay group included participants who travelled from interstate and we thoroughly enjoyed the local cafes & restaurants, shopping, a Janis Joplin tribute concert, 80's quiz night at the hotel and day trip to the Gold Coast & Mt Tambourine. We will be back in Byron Bay to deliver 'Elephant in the Room!' and the 'Train the Trainer' at Easter 2017. Final dates will be available soon.



The types of services who are accessing our workshops are expanding. We are delighted to have more Police Officers (from various sections) joining us and Department of Corrective Services workers (from both Juvenile Justice & Adult Offender Program) are always very interested in the link between violence, offending & early childhood trauma. The recent media coverage of the issues at the Don Dale Youth Detention Centre in the NT have highlighted the need for extensive trauma training for these workers, who do a very difficult job in a very under-resourced and poorly trained sector of child protection. I look forward to some radical structural & policy changes coming out of the Royal Commission and hope the tragedy of the young people's re-traumatisation in this centre (and other detention settings) is never repeated!

Our workshops are open to anyone working with infants, young children, young people, adults or the elderly who have experienced complex trauma. Although some workshops focus on more specific age groups, the feedback is always that participants find the information very useful & the material can be applied to their clients across the lifespan.

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

Karen Hulls

New Training Programs

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.

Learning Outcomes:

1. 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.
4. Apply a range of healing strategies to support recovery for children & young people who are bereaved.

Price:

\$165 plus GST per person (Perth workshops)
\$185 plus GST per person (regional & interstate).

Workshops are scheduled from 9.30 am - 3.30 pm

Dates:

Perth 12th September, 2016
Broome 21st September, 2016
Karratha 19th October, 2016

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

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.

Learning Outcomes:

1. Describe adult learning principles and learning styles.
2. Know how to research and design trauma training, including developing a session plan.
3. Practice effective presentation skills to deliver engaging & informative training.
4. Discuss challenges & opportunities in facilitation of face-to-face training.
5. Design training activities using a variety of instructional intelligence methods.
6. Use evaluation tools & methods to ensure continuous improvement of training programs.

The training is a combination of theory & skills practice. You will leave this training well prepared to deliver an interesting workshop on complex trauma to your team!

Price:


\$650.00 plus GST.

Dates:

Darwin 31st August & 1st September, 2016
Broome 22nd & 23rd September, 2016
Perth 24th & 25th September, 2017
Perth 24th & 25th January, 2017

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

Online Learning Opportunities

 **The California Evidence-Based Clearinghouse for Child Welfare** (CEBC) is to advance the effective implementation of evidence-based practices for children and families involved with the child welfare system.

<http://www.cebc4cw.org>

Professional Development Training –  **Blue Knot Foundation** is a recognised leader nationally in trauma-informed, vicarious trauma and clinical complex trauma training.

<http://www.blueknot.org.au>

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular the program teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions.



<http://www.tuningintokids.org.au>

The earlytraumagrief website is a means of linking people from different settings and contexts, and helping build and circulate knowledge and information, so we can better recognise and respond to children and young people's diverse and often complex needs in the face of threats and losses encountered early in their lives.



<http://tgn.anu.edu.au>

Other Related Training Opportunities



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; ways to build positive relationships; and, 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, 12th of September, 2016

Time: 9:00 am to 3:00 pm

Morning tea, Lunch provided

Venue: South Perth Library Function Room

Address: South Terrace/cnr Sandgate St, South Perth

Parking: Available

Cost: \$175

Presenter: Gabrielle Lawlor

<http://restorativewa.com/2011/an-introduction-to-restorative-practice/>

Other Related Training Opportunities

Child Australia has a local team of qualified education and care consultants in both the WA and the NT to help service meet the National Quality Standard (NQS) and guide practice in line with associated learning frameworks.



<http://www.childaustralia.org.au/What-We-Do/Professional-Learning-and-Development.aspx>

Recommended Reading



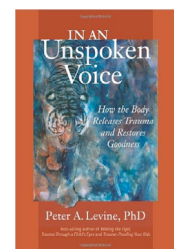
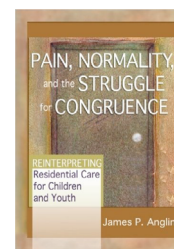
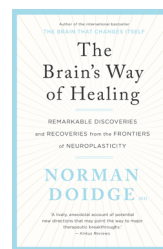
Positive Behavior Support: A Proposal for Updating and Refining the Definition
Journal of Positive Behavior Interventions

2016, Vol. 18(2) 69–73

<http://pbi.sagepub.com/content/18/2/69>



Beyond Point and Level Systems: Moving Toward Child-Centered Programming



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

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KAREN HULLS SOCIAL WORK SERVICES

Training & Professional Development Calendar

AUGUST 2016 - DECEMBER 2016

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



Hurt People, Hurt People [EP]
 1st & 2nd August
 @ Community Living Association
 56 Cockburn Road, Albany WA
 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



One Child at a Time [EP]
 11th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



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



When Loss Gets Lost [EP]
 21st September 2016
 @ Broome Community Recovery
 Centre
 Corner of Saville and Forrest Street
 Broome
 9:30am - 3:30pm \$185



Look in the Mirror [EP]
 12th August 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



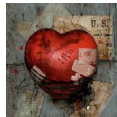
Train the Trainer [SI]
 22nd & 23rd September 2016
 @ Broome Community Recovery
 Centre
 Corner of Saville and Forrest Street
 Broome
 2 Day Course 9:30am - 4:30pm \$650



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



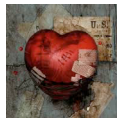
Hurt People, Hurt People [EP]
 13th & 14th October 2016
 @ Key Assets WA Level 1
 One Puccini Court
 Stirling WA 6021
 2 Day Course 9:30am - 3:30pm \$275



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]
 31st August & 1st September 2016
 @ Melaleuca Refugee Centre
 24 McLachlan Street, Darwin
 2 Day Course 9:30am - 4:30pm \$650



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



What's in the Box? [FS]
 8th & 9th September 2016
 @ Carnarvon - Venue TBA
 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, 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

Training & Professional Development Calendar

AUGUST 2016 - DECEMBER 2016

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



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



Better than Chocolate [SI]
 2nd December 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



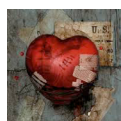
One Child at a Time [EP]
 3rd November 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



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



Look in the Mirror [EP]
 4th November 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



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



Foster Carer Assessor Training [SI]
 14th November 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 9:30am - 3:30pm \$165



Elephant in the Room [FS]
 17th & 18th November 2016
 @ Scorpion Training
 310 Treasure Road (North),
 Welshpool
 2 Day Course 9:30am - 3:30pm \$275



Train the Trainer [SI]
 24th & 25th November 2016
 @ Scorpion Training
 310 Treasure Road (North),
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Foundation Skills [FS]

Extended Practice [EP]

Special Interest [SI]