

Issue 8 November/December 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...

We have had 65,000 visits to our website and 2000+ individuals have attended our workshops or conferences where we have presented in the past 15 months! I am humbled & amazed by the positive response & support I receive on a weekly basis from participants at my training programs and people I have not met (yet) from across Australia who receive my newsletter. I especially love the feedback that this newsletter is helpful to those workers & carers living in rural & remote areas, who cannot get to our training but want to learn about complex trauma.

Some highlights of the last few months included:

- **Port Hedland** What's in the Box? (Group 2) was another engaged group, which included most of the Responsible Parenting Team (CPFS), youth workers, Corrective Services youth justice officers, education workers, counsellors etc. Some of the participants travelled from Karratha and Newman to attend. To offer these workers (and the Group 1 participants) the chance to build on their knowledge of trauma, I am offering 4 of our extended practice workshops as a '**Pilbara Trauma Conference**' in June (in Karratha). A flyer will be sent out over the next few weeks.
- **What's in the Box?** in September included a group of workers & carers from **Djooraminda**. They are always a terrific mob to have at training! (Except the unnamed Aboriginal Cultural Officer who ate his chocolate before we did the mindfulness meditation 😊) We also had workers who travelled from the Cocos Islands, Darwin & Geraldton to attend this training. The commitment across WA / NT to learn about complex trauma is inspiring.
- **Broome (Kimberley Regional Education Centre)** hosted us again! I could not travel as much as I do without the local support provided by people like **John Collins**. John provided IT support, promoted our training, set up the room, assisted with catering and provided some 'secretarial' support! We offered **What's in the Box?** and **Hurt People, Hurt People** which worked well as a 3 day course & enabled people to extend their knowledge of trauma & the link between childhood trauma & violence & aggression. We had approx. 45 participants over the 3 days. In 2015 we will be back to Broome in March & October. Look out for a flyer promoting the '**Kimberley Trauma Conference**' in October 2015!
- **Look in the Mirror!** is one of my favourite workshops to facilitate. I call it "the workshop about being kind". 😊 The importance of supporting the development of the empathy circuitry in the brain of children who have experienced complex trauma should not be underestimated. During training I hear lots of anecdotal evidence about the effects of trauma on children and young people. Youth Workers are often flabbergasted by the lack of remorse and sometimes cruel & hurtful behaviours of young people. Asking "What has happened to them?" is essential but providing healing opportunities so children who have had traumatic experiences can have healthy relationships with peers and later their own partners & children is so important to breaking cycles of intergenerational trauma & violence in our community.
- Lovely **Busselton** here I come to deliver '**What's in the Box?**'. This is my 13th (I may have forgotten 1 or 2!) and final 'country training' visit for 2014. I will be enjoying a few days at Samudra in Dunsborough doing yoga and eating their amazing juices & food prior to this training so I expect to feel very healthy & be a very relaxed trainer!



Our next newsletter will be in January 2015. So until then, I wish you all a healthy spring & summer. Stay safe & enjoy the holiday season with your loved ones.

Best regards

Karen Hulls

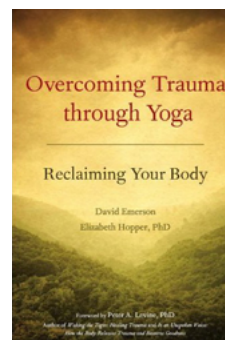
Regional Training Schedule for 2015

We have scheduled to deliver a variety of our trauma training programs in regional WA / NT areas in 2015. Some dates are TBC so this schedule may change. Please refer to our website Training Calendar for the final dates and venues.

January 22nd	One Child at a Time	Albany
January 23rd	Look in the Mirror!	Albany
March 10th & 11th	Elephant in the Room!	Darwin
March 12th	What's in the Box? (1 day)	Darwin
March 25th & 26th	What's in the Box?	Broome
April 21st & 22nd	Elephant in the Room!	Geradlton
May 13th & 14th	What's in the Box?	Kununurra
May 28th & 29th	What's in the Box	Bunbury
June 23rd-26th	Pilbara Trauma Conference	Karratha
July 20th & 21st	Elephant in the Room!	Albany
August 20th & 21st	What's in the Box?	Kalgoorlie
October 12th-15th	Kimberley Trauma Conference	Broome

New Books in my library

(Click on image for further information)



Other Professional Development

Newsletter

Our Healing Our Way

Newsletter of the Aboriginal and Torres Strait Islander Healing Foundation - Oct 2014



Online Learning



My favourite teacher this month . . .



Bessel A. van der Kolk M.D. has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment. His book Psychological Trauma was the first integrative text on the subject, painting the far ranging impact of trauma on the entire person and the range of therapeutic issues which need to be addressed for recovery.

Dr. van der Kolk and his various collaborators have published extensively on the impact of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development in traumatized children and adults, and the psychobiology of trauma. To read one or more of his articles [click here](#).

Videos

Adult learners often find PD videos more 'digestible' after long days writing case notes or reading. For workers and carers in rural & remote areas who may not have easy access to training, I would strongly encourage you to spend the 40 – 80 minutes watching these international leaders in complex trauma speaking at 2 recent (2014) conferences. Sit back with a coffee (or green tea) and enjoy this educational opportunity!



Dr. Bessel van der Kolk

I highly recommend everyone watches this one! It's a very informative & entertaining video. It covers the impact of trauma on children's mind and bodies and strategies for supporting healing from trauma, including self-regulation strategies like trauma-sensitive yoga.



Jefferson Population Health Colloquium 2014 Dr Sandra Bloom

Another chance for me to promote Dr Sandra Bloom's work!! As always she speaks articulately about complex trauma, the ACE study and the on-going effects of childhood trauma on adults who access health services that need to be 'trauma-informed'. She mentions the Sanctuary Model briefly at the end. Workers with adults may find this particularly helpful PD.

Training Calendar November/December 2014



One Child at a Time
11th November 2014
@ Zonta, Suite 6/3 Brodie Drive, Bentley



What's In The Box?
15th & 16th December
@ Scorpion Training
310 Treasure Rd, Welshpool



Better than Chocolate!
13th November 2014
@ Anglicare, 23 Adelaide Terrace, East Perth



Foster Carer Assessor Training
18th December 2014
@ McCall Centre,
2 Curtin Ave. Cottesloe



Elephant in the Room!
18th & 19th November 2014
@ Scorpion Training
310 Treasure Rd, Welshpool



Better than Chocolate!
21st November 2014
@ Wanslea Foster Care,
311 Abernethy Rd, Cloverdale



What's In The Box?
27th & 28th November 2014
@ Busselton Family Centre Inc.
19-21 Kent St, Busselton



Look in the Mirror!
5th December 2014
@ Life Without Barriers,
1/26 Dugdale St, Warwick

For all bookings, [click here](#) to go to our website.

1. Click on 'Book into Training' on Home Page
2. Enter your contact details, select the training program and 'add to cart'.
3. Pay by credit card (Paypal) or an invoice can be emailed to your workplace.

If you have any problems with your booking, please email karenhulls@gmail.com

To view our Training Calendar, Workshop Learning Outcomes and Newsletters, [click here](#) to go to our website.



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.