

# Issue 7 September/October Newsletter

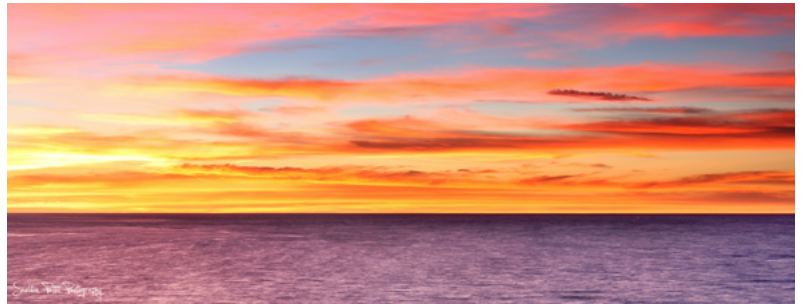


Karen Hulls  
SOCIAL WORK SERVICES

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...

Reflecting on the past 2-3 months, I am again reminded of the important and valuable work being done by so many individuals and organisations to support children, young people, adults and families who have experienced complex trauma. Some of the highlights of the past few months have been:



- Working with **Teem Treasure** to help them improve their 'trauma-informed' practices has been a great experience. This innovative training program included delivering a series of 3 full day workshops to all staff and providing supportive coaching / mentoring in the workplace. Their work with some of the most 'injured warriors of life' (a Sandra Bloom quote) is very impressive and I was reminded of the challenges they face understanding the needs and responding appropriately to some of their adult clients who: have experienced complex trauma, and have various disabilities and have one or more mental illnesses. The dedication of their frontline carers and leaders to provide the best care for their clients was evident in all the conversations during the training and site visits.
- A number of (mostly) experienced **Yorganop** workers and carers have completed a 20 hour carer training program. I have found these workshops very rewarding and also helpful to my development as a trainer who works with many Aboriginal carers and workers in the metro area, rural and remote areas of WA. As we developed mutually respectful and trusting relationships over the past 18 months or so, I found the carers were very helpful with advice on how to cope with one of my 17 year old twins at home! (We laughed together as I told dramatic stories about "my Emma"! ) I feel very privileged when carers share stories about the challenges of caring for their children. I hope my trauma theory and positive behaviour support training will help to make the lives of these very busy and dedicated carers a little easier. (They told me the DVD's I got from Bali were great for keeping the kids occupied during a long wet winter!)
- **CPFS Pilbara (Port Hedland)** 'hosted' 'What's in the Box?' in July. We were packed to the rafters with 27 people attending. The group included: local schools, corrective services, CPFS workers, foster carers, youth workers, child care workers, AandOD services and health workers. Sincere thanks to **Natasha Bargeus (Director CPFS Pilbara)** and her leadership team for 'hosting' and making this training happen! The feedback was excellent and the USB provided to each person at all of my workshops continues to be very popular for those who want to keep learning ' post-training'. Due to the strong demand for this training, I will be returning to Port Hedland on the 4th and 5th September. (We have 26 booked in already.)
- Finally, the ACF International Trauma Conference in Melbourne. It is impossible to summarise 5 days of awesome training in a short paragraph! I spent Monday with Dan Hughes and Kim Golding who were warm and informative. Their book '**Creating Loving Attachments**' is a great place to start if you have not read their work. The PACE model (covered in our '**One Child at a Time...**' training) is an excellent attachment—based parenting model. Tuesday was spent listening to Pat Ogden and Ed Tronick. I will be reading more of Pat's work over the next few months, as mind-body work continues to be highlighted as 'evidence-based practice' with trauma survivors. '**The Body Remembers**' is a useful resource if you want to learn more about how trauma is 'stored' somatically. Wednesday was a day of short papers and I am still thinking about the 'trauma-informed' program '**Bumps to Babes and Beyond**'. (If I can find a mining company to fund something like this in the Pilbara and/or Kimberley I would love to support and train the team!) There was also some great WA presentations—well done to Parkerville and Centrecare (Djooraminda). Thursday and Friday were spent with Dan Siegel. His amazing knowledge of brain science and ability to link it with direct practice is a gift. There was no doubt, neural integration through 'Mindsight' and the practice of mindfulness if here to stay. We need to work out ways to make this information available to everyone working with children, young people and adults who have experienced complex trauma. I was pleased at the end of the 5 days of lectures to feel validated in my own continuously developing knowledge of trauma theory. Thankfully, I have not been saying anything incorrect in my training programs and I will continue to base my workshops on the books written by these and other 'internationals'.

If you would like to discuss the conference in more detail, give me a call sometime.

Kind regards and see you at training.



# Better than Chocolate!

## Mindfulness Workshops for Workers & Carers”

I am very keen to develop and facilitate more ‘healing oriented’ trauma workshops for professionals and carers in the social and community services sector. Inspired by Dan Siegel’s lectures during my recent visit to the International Trauma Conference in Melbourne, I have a new workshop for all workers and carers called ‘Better than Chocolate!’ on my 2014-2015 Training Calendar.

The name of this workshop came from the terrific book ‘Why Mindfulness is Better than Chocolate?’ by David Michie (www.davidmichie.com). This book and others such as: ‘The Mindful Brain’ & ‘Mindsight’ by Dan Siegel, ‘Full Catastrophe Living’ by Jon Kabat-Zinn, ‘Eastern Body Western Mind’ by Anodea Judith and ‘Mindfulness in the Modern World’ by OSHO have been used as references for this workshop. I will also be attending Eric Harrison’s (www.perthmeditationcentre.com.au) meditation retreat and David Michie’s workshop for some more inspiration for this experiential and fun workshop!

Improving my own mindfulness practice has been part of my journey and I have been a Hatha Yoga student for the past 8 years. I have experienced first hand the increased sense of well-being that comes from regular mindfulness practice and I look forward to sharing this with workers and carers who take on emotionally demanding roles working with children and families who have experienced complex trauma.

Dunsborough is a place of peace and inspiration for me so I have decided to attend another retreat at Samudra (www.samudra.com.au) to write this workshop in the tranquillity of their organic vegetable gardens. I am really looking forward to delivering this workshop. I know we will be eating chocolate, listening to music, doing some guided meditation and light yoga stretches! This will no doubt be an informative and nurturing day. (PS Have I told you lately that I love my work!)

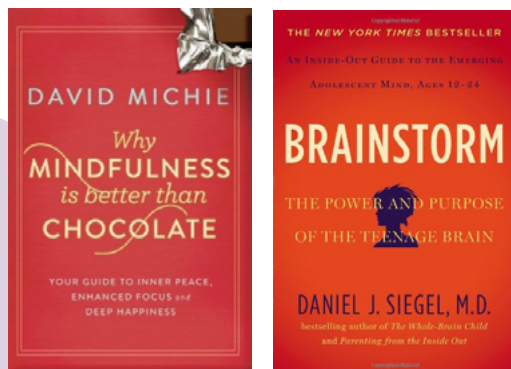
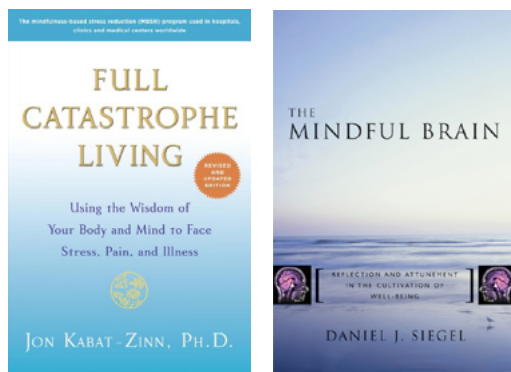
If you are interested in ‘hosting’ this workshop on one of the following dates please email me at karenhulls@gmail.com

**Friday 31st October 2014 from 9.30am-3.30pm**

**Wednesday 3rd December 2014 from 9.30am-3.30pm**

## New Books in my library

(Click on image for further information)



### Managing the Bull



A fun six-week course that teaches social resilience to help teenagers respond and cope with bullies.

#### Interventions Plus

For more info [click here](#).

### Trauma and the Body:

Easing Recovery through Dance/Movement Therapy  
2 day workshop

#### Learning Objectives:

To enhance understanding of the impact of traumatic events on the human body.



For more info [click here](#).

### Torbay Retreat: Communication that works!

Do you want to understand what happens when the words you use in your closest circles don’t work? Join with like-minded others in a residential workshop that suits both couples and singles.

You will gain tools to build clear and respectful communication within intimate relationships.

Email [rachelpontin@gmail.com](mailto:rachelpontin@gmail.com)

For more info [click here](#).

### “It’s all about Connection”

Bali NVC Retreat

A retreat that nurtures the connection between mind, body and heart using tools of NVC and principles of health and wellbeing.

You will connect with a small group of like-minded individuals as well as have time to enjoy Bali.

Email [louise.pontin@gmail.com](mailto:louise.pontin@gmail.com)

For more info [click here](#).

# Training Calendar September/October 2014



What's In The Box?  
4th & 5th September 2014  
@ Ibis Styles Hotel  
McGregor St, Port Hedland



Elephant in the Room!  
11th & 12th September 2014  
@ Scorpion Training  
310 Treasure Rd, Welshpool



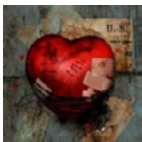
What's in the Box?  
18th & 19th September  
@ Padbury SHS  
33 Giles Ave. Padbury



Foster Carer Assessor Training  
25th September 2014  
@ FAS (CPFS)  
1 Curtin Ave. Cottesloe



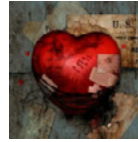
What's In The Box?  
13th & 14th October @ Kimberley  
Regional Education Office  
10 Coghlan St, Broome



Hurt People, Hurt People  
15th October 2014 @ Kimberley  
Regional Education Office  
10 Coghlan St, Broome



Look In The Mirror!  
23rd October 2014  
@ Fusion Student Household Service



Hurt People, Hurt People  
28th October 2014  
@ Life Without Barriers  
1/26 Dugdale St, Warwick



Better than Chocolate!  
31st October 2014 in Perth

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](mailto: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.