



# Understanding Complex Trauma



**Professional development for anyone working with children, young people and adults who have experienced complex trauma.**

This two-day training program aims to give workers and carers a toolbox of 'trauma-informed' strategies starting with knowledge of the impact of trauma on brain development and the psychobiology of trauma. Based on this understanding, workers and carers will recognise the need for well-developed skills in using a range of positive behaviour support strategies which avoid re-traumatisation and assist a person to heal from trauma, in their homes, schools and the community.

## What does this training cover?

- Define complex trauma and discuss the impact of trauma on brain development and memory
- Discuss impact of trauma on brain development and memory
- Understand the relationship between complex trauma and behaviours and emotional responses
- Trauma re-enactment and the importance of safe environments and relationships
- Learn to apply a range of positive behaviour support strategies in support work

## Who is this training for?

This training program assists workers and carers in social and community services, schools, out of home care, health services, youth justice etc. to understand and meet the needs of children, young people and adults who have experienced complex trauma.

**2 days 9:15am-3:30pm**

**\$360 per person \***

**Morning tea and lunch provided**

**Group rates available**

\*(excludes GST)

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