



Trauma Informed Care



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

This two-day training program is designed to introduce participants to the eight principles of trauma-informed practice and discuss practical strategies to implement these in various contexts (e.g. schools, foster care, residential care, office-based workplaces etc.)

What does this training cover?

- Define complex trauma and discuss the immediate and long-term impact of Adverse Childhood Experiences (ACE's)
- Identify the impact of trauma on brain development, attachment and memory
- Define Trauma-Informed care and discuss its eight principles
- Apply an understanding of trauma-informed care to support workers, including self-care strategies to manage secondary traumatic stress (vicarious trauma) responding appropriately to traumatic stress responses
- Identify resources & further professional development to implement trauma-informed practices in your workplace.

Who is this training for?

This training program is designed for professionals working in community services, health & education who provide services to children, youth, adults & families who have experienced trauma.

2 days 9:15am-3:30pm

\$360 per person *

Morning tea and lunch provided

Group rates available

*(excludes GST)

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Training | Facilitation | Professional Development