

THE TRAUMA PUZZLE:

The Elephant in the room

Duration: 2 days

LEARNING OUTCOMES:

1. Define complex trauma and trauma-informed care
2. Discuss the immediate and long-term impact of Adverse Childhood Experiences (ACEs)
3. Identify the impact of trauma on brain development, attachment and memory
4. Discuss 8 Principles of trauma-informed care
5. Apply an understanding of trauma-informed care to create safe environments and build strong relationships with children, youth, adults and families
6. Apply an understanding of trauma-informed care to support workers, including self-care strategies to manage secondary traumatic stress and vicarious trauma.

ABOUT THIS TRAINING

This training program is designed for human services practitioners (community services, health and education) who provide services to children, young people, adults and families who have experienced trauma. The 8 principles of trauma-informed practice will be discussed and practical strategies for implementation in various contexts including schools, foster care, residential care, and office-based workplaces.