

# THE TRAUMA PUZZLE:

Hurt people, hurt people

Duration: 2 days

## LEARNING OUTCOMES:

1. Describe the psychobiology of violent and aggressive behaviours
2. Explain the relationship between early childhood traumatic experiences, disorganised attachment and trauma re-enactment in adolescence and adulthood
3. Discuss confrontation avoidance techniques and practical strategies for deescalating violence and aggression in a variety of settings
4. Apply the Restorative Practices approach to promote healing relationships in a range of settings.

## ABOUT THIS TRAINING

THIS workshop aims to educate managers, social and community services professionals, support workers and direct carers in a variety of settings to understand the link between unresolved childhood trauma and violent and aggressive behaviours in youth and adults. Workers and carers of younger children will also find this workshop relevant.