

\$440.00
incl GST



Impact on self, family, community, health professionals & support staff

2-Day Workshop | Date 7 & 8 November 2019

0900-1630hrs Registration & Welcome from 0830hrs

Gladstone Palms Motor Inn 30 Far Street Cnr Far St & Dawson H'way

Content: Using an experiential and group process, the facilitator will navigate participants through contemporary research on the experience and impact of trauma. The language of trauma on and in the body, the brain, in behaviours and interactions will be presented through stories and contemporary literature. Time will be given for participants to share experiences of the work they do with clients and to assist develop strategies that can be used both in "the moment" with clients and also longer term. The importance of maintaining professional boundaries will also be explored as a means to look after self and to decrease the risk of vicarious trauma and or compassion fatigue.

Earn 13 CPD Points

Objectives:

- ≡ To understand the definitions of trauma
- ≡ To explore trauma from a historical and contemporary perspective
- ≡ To understand the experience of transgenerational trauma
- ≡ To understand the impact of trauma in childhood and as an adult
- ≡ To explore the short and long term effects of trauma including major mental illness and chronic medical conditions
- ≡ To explore trauma through the lens of *The Window of Tolerance Trauma and Anxiety Related Responses*
- ≡ To understand the benefits of professional boundaries when working in the energy of trauma
- ≡ To identify strategies (including humour) for self and team to decrease the risk of compassion fatigue and vicarious trauma.

Trauma—Impact on self, family, community, health professionals and support staff

Trauma can be a deeply distressing and / or disturbing experience. Trauma can be experienced in the form of child & adult abuse, neglect, cruelty. Trauma can be experienced through some other major event such as a car accident, spending long periods in hospital away from family, experiencing a natural disaster such as flooding or bush fire. Research has clearly shown that Transgenerational Trauma is a reality and deeply affecting for those where trauma has been passed through the generations.

Trauma leaves stories in the body (body memories), in the brain (neuro pathway development, limbic system arousal) and in other body symptoms that despite intensive investigations shows no specific origin.

Trauma impacts individuals in different ways and for some individuals they can experience Post Traumatic Stress Disorder. Contemporary research also reports the co-morbid cost of childhood trauma – especially sexual abuse, neglect and cruelty which can result in the development of major mental illnesses and medical problems including cardiac, gastro intestinal and diabetes.

Working with individuals who are experiencing the short or long term impact of trauma can have a significant impact on clinicians, support workers, family members and colleagues. It can be easy to be drawn into the lived experience of an individual who has / is experiencing trauma. When professional boundaries are not in place, the risk of this occurring increases. Being drawn into the trauma psychologically, emotionally, physically can result in the experience of compassion fatigue and / or vicarious trauma. Both of which can have a negative impact on the other.

During this workshop Dr McIntosh PhD will use a gentle and tender experiential approach enabling participants to learn about trauma and the impact on individuals – whilst developing strategies for self care in the learning created.

Comments from prior participants:

“I just wanted to say thank you for running this course, it was absolutely fabulous. I've been in my profession for 26 years and it's such a pleasure to engage with something a little bit different. I recognise that Wendy's style of teaching and engaging is also a little bit different but I found it fresh, challenging and have taken things away with me. It was worth every penny. Thank you also for the links to webinars which I will be taking a look at - I'm hooked!thought-evoking”.

Dr. Wendy McIntosh PhD RGN, RMHN, Grad.Dip MH, MN, Cert IV Workplace Assessment & Training, Group Leadership Cert, MRCNA, MANZCMHN, AMANZSPA.

Wendy has over 30 years as a health professional (clinical, education and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include: professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness and workplace bullying. Wendy has over 20 years as a psychodrama trainee – a life long learning. She is committed to using experiential learning in the work she does with individuals and groups. Regularly presenting workshops at national & international conferences, Wendy consistently receives feedback on her passion, knowledge and creativity as a presenter & facilitator.

**Davaar Consultancy
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Registration Form & Tax Invoice

Costs : Workshop \$440.00 including GST of \$40

Participant Name			
Mobile Phone		Email	
Work Phone		Alternative Email (optional)	
Home Phone		Position	
Workplace			
Paid by	Self	(Circle one)	Organisation
How did you hear about our trainings? (optional)			

Please print clearly to ensure we can complete your registration.

Registration requirements: Payment must accompany your registration for this workshop. Pre-reading material will be sent to you upon receipt of your registration and payment.

Cancellation policy: Refunds will not be issued. If you are unable to attend the workshop, someone else may attend in your place. Please notify Debb Quinn at debb@davaar.com.au or **0490 949 425** immediately if there is a change of workshop attendees.

Immediate Registration: To book your place immediately, email your scanned and completed registration form to debb@davaar.com.au

Registration form & cheque, or money order may be mailed to:
Davaar Consultancy Training & Development PO Box 37 Laidley QLD 4341

Or pay by direct deposit to:
Bank - Bendigo - Account Name: Davaar Consultancy
BSB - 633-000 - Account number: 153356290

Schedule: Registration opens: **0830** - Workshop times: **0900 - 1630**

Location: Gladstone Palms Motor Inn

Meals: Tea & Coffee will be available. Lunch included.

Any dietary requirements ? _____

