

\$330.00  
incl GST

# Trauma Informed

## Virtual Workshop Via ZOOM



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

***Thurs 8 & Fri 9 October 2020***

**0900-1630hrs (both days with breaks) Eastern Time (ET)**

**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***

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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, Grad.Dip MH, MN, Cert IV Workplace Assessment & Training, Group Leadership Cert, MACN, 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  
Training & Development**

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## Thurs 8 & Fri 9 October 2020

### VIRTUAL WORKSHOP via ZOOM

0900-1230hrs (incl break); 1315-1630hrs (incl break); Lunch 1230-1315hrs Eastern Time (ET)

#### Registration Form & Tax Invoice

Please print clearly to ensure we can complete your registration.

**Registration requirements:** Payment must accompany your registration for this workshop by Monday 5 October 2020. You will then be sent the Zoom Link and workbook for the workshop

Participant Name			
Mobile Phone		Email	
Work Phone		Alternative Email (optional)	
Home Phone		Position	
Workplace			
Paid by	<div style="display: flex; justify-content: space-around;"> <span><b>Self</b></span> <span><b>(Circle one)</b></span> <span><b>Organisation</b></span> </div>		
How did you hear about our trainings? (optional)			

Pre-reading material will be sent to you upon receipt of your registration and payment.

**Refund policy:** Participants are required to give Davaar Consultancy five (5) working days notice of cancellation for a full refund to be made. Alternative nominated participants are allowed up to time of event. Cancellations with less than five (5) working days notice are not entitled to a refund.

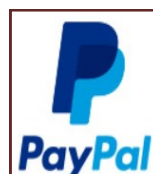
**Immediate Registration:** To book your place immediately, email your scanned and completed registration form to [debb@davaar.com.au](mailto:debb@davaar.com.au)

**Registration form & cheque 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



I would like to pay via PayPal, please send me an invoice. ☐ (✓)

**Schedule:** Commence link **via Zoom** from 0845hrs Qld Time

**Modules Include:** 0900-1630hrs (both days with breaks) Eastern Time (ET)

