



Full day SARC Workshop

Overview of Trauma – 7 September 2022

This interactive workshop provides a broad introductory overview of trauma relevant to working with adult and adolescent clients who have experienced emotional trauma in their lives.

Topic Areas (see over for detailed content)

- The Impact of emotional trauma during childhood
- The effects of trauma on behaviour in adolescence & adulthood
- Skills and approaches for working with trauma clients
- Applying trauma knowledge to practice
- Worker self-care

Details

- Full day, Wednesday 7 September 2022
- 9am start; 4.30pm finish
- Delivered in Wembley (details will be provided to registered participants)
- Facilitated by senior SARC counsellors
- To register, complete the SARC Registration Form

Enquiries can be directed to:

SARCTraining@health.wa.gov.au

Fee

The cost of this workshop is \$132 including GST

Morning tea, lunch and afternoon tea will be provided.

SARC Education and Training offers a range of professional development opportunities to people working or volunteering in government, non-government and private organisations.

www.kemh.health.wa.gov.au/SARCProf

SARC Education and Training

Training enquiries and requests can be directed to SARC Education and Training

Telephone: (08) 6458 1820

Email: SARCTraining@health.wa.gov.au

The Sexual Assault Resource Centre (SARC)

- 24-hour emergency medical, forensic and counselling support following a sexual assault
- Counselling for recent and past sexual assault and sexual abuse
- State-wide education and training

24-hour emergency line for recent sexual assault

Telephone (08) 6458 1828 or 1800 199 888 (free from land line only)

Emergency telephone counselling

8.30am - 11.00pm daily
Telephone (08) 6458 1828



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Workshop Topics

- Key points about trauma and the brain
- How the body responds to trauma
- 3 levels of stress
- Trauma and the 5 'f's
- The impacts of adverse childhood experiences
- Effects of childhood trauma on functioning
- Effects of trauma on memory
- Exploring the growing field of epigenetics
- Applying an understanding of trauma in practice
- Establishing safety for successful counselling
- The importance of psycho-education
- Responding to dissociation and flashbacks
- The relevance of 'feel good' hormones
- The importance of worker self-care
- Achieving work-life balance activity

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