





Suitable for people working in generic counselling roles, this workshop provides an overview of trauma counselling skills. Participants are required to have a solid understanding of trauma or have attended SARC's 'Trauma Overview' workshop prior to attending this workshop.

# **Topic areas**

- Counselling demonstrations
- Culturally responsive therapy
- Establishing safety
- Stabilisation and regulation
- Resources for EMDR work
- Restoring self-compassion
- The therapeutic relationship

Tools for trauma work

- The importance of psychoeducation
- Widening the window of tolerance

# **Delivery**

The workshop involves a verbal presentation, PowerPoint display, discussions, video clips, case examples, pair and group activities.

# **Details**

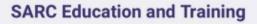
- Full day, **14 August 2025**
- 9am start; 4.30pm finish
- Delivered in Wembley (details will be provided to registered participants)
- Facilitated by senior SARC counsellors.

## Cost

The cost of this workshop is \$150 including gst. Morning tea and lunch will be provided.

## **Registrations and queries**

To register, <u>https://events.humanitix.com/trauma-counselling-skills-an-introduction-14-aug-2025</u> Queries can be directed to <u>SARCTraining@health.wa.gov.au</u>



Email training enquiries and requests to: SARCTraining@health.wa.gov.au Further information and resources: SARC website

