



# Trauma Counselling Skills- an Introduction

## Perth 2025

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, <https://events.humanitix.com/trauma-counselling-skills-an-introduction-14-aug-2025>

Queries can be directed to [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### SARC Education and Training

Email training enquiries and requests to: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

Further information and resources: SARC website

