

Understanding and Responding to TRAUMA

How do you support people who have experienced trauma?

Many people who experience mental distress have experienced trauma in their lives. Trauma can result from family dysfunction, school or workplace bullying, violence and conflict, neglect and abuse.

Trauma survivors are at risk of being re-traumatised in social service and health care settings that are not trauma informed. Services that do not understand and respond effectively to the impacts of trauma risk compounding the effects and creating further harm.

This course is designed for workers within the mental health and community service sectors who support people who may have experienced abuse or trauma in the context of human relationships.

Understanding and Responding to Trauma

This training enables human services sector workers to:

- Understand the current thinking about trauma-informed care and how to apply this in the workplace
- Feel confident to respond and support people who have experienced trauma – practice models include one-on-one, pairs and groups
- Identify stress responses
- Explore re-traumatisation in services and systems
- Explore strategies for preventing and managing vicarious trauma
- Promote safety: triggers and flashbacks, safe relationships, safe environments

NEXT STEPS:

Build on this strong foundation in trauma-informed care and practice training with MHCC's workshop **Trauma-Informed Care IN Practice**.



Our trainers make the difference

This workshop is delivered by two trainers.

Our trainers draw on their vast professional and personal experience in the delivery of this workshop.

Our highly experienced trainers and facilitators include:

- Bradley Foxlewin
- Michelle Everett
- Dragan Wright
- Sage Saegenschnitter
- Sharon-Marie Hall
- Mirna Tarabay
- Mim Weber
- Gabrielle Le Bon
- Sarah Coconis

Trainers may change subject to availability. For more information about MHCC's trainers and facilitators, visit www.mhcc.org.au/learning-and-development

**Inhouse training is available on request.
Talk to us about your training needs today.**

\$ 570.00 (course attendance only* / MHCC members)

\$ 675.00 (course attendance only* / non-members)

Course details may be subject to change.

Visit www.mhcc.org.au for date and location information.

Please write clearly in CAPITAL LETTERS.
Please forward your completed registration form to training@mhcc.org.au or fax to 02 9810 8145

WORKSHOP DETAILS

Please register me for the following course:

| | |
|-------------------------|----------------------|
| Workshop / Course Title | <input type="text"/> |
| Location | <input type="text"/> |
| Workshop Date(s) | <input type="text"/> |

CONTACT DETAILS

| | | | |
|-------------------------|----------------------------|----------------------------|--------------------------------|
| Full Name | <input type="text"/> | | |
| | M <input type="checkbox"/> | F <input type="checkbox"/> | Other <input type="checkbox"/> |
| Job Title/ Position | <input type="text"/> | | |
| Organisation / Employer | <input type="text"/> | | |
| Address | <input type="text"/> | | |
| | <input type="text"/> | | |
| | State | Postcode | |
| Email | <input type="text"/> | | |
| Tel (M) | <input type="text"/> | Tel (W) | <input type="text"/> |

Do you require any support or assistance during training, eg; disabled access, audio loop. If so, please specify.

MHCC TERMS & CONDITIONS

Refunds

Please choose workshops carefully. Once registrations are processed refunds can only be made when:

- A workshop is cancelled, or the date is changed by MHCC
- A written request is received 14 days prior to the workshop
- A medical certificate is provided in the event of illness or misadventure

All refunds will incur a \$35 administration fee except where a workshop has been cancelled by MHCC.

Full or partial non-attendance of registered participants will incur the full registration fee.

Transfer / Substitution

You can transfer to another workshop/date (of the same value) on one occasion, pending availability, by notifying MHCC in writing seven days prior to workshop commencing.

Email: training@mhcc.org.au **Fax:** 02 9810-8145

Participant substitutions must be advised in writing five days prior to the workshop.

Workshop Cancellations

We make every attempt to ensure that workshops run. However, MHCC reserves the right to alter any arrangements, including cancellations if required. We will notify you of any cancellations and changes as soon as possible, usually this will be seven days prior to the workshop date.

MHCC is not responsible for travel-related costs that may be incurred as a result of cancellations.

In the event MHCC cancels a workshop, you can choose whether to transfer, on one occasion, to another workshop of the same value (pending availability) or receive a refund.

CONSENT

By completing and returning this form you are consenting to the collection of this information for the provision of training as well as accepting the MHCC terms and conditions outlined above. Please refer to the MHCC confidentiality and privacy policy at www.mhcc.org.au

| | | | |
|----------------------|------|---|---|
| Signature | Date | / | / |
| <input type="text"/> | | | |

How did you hear about this MHCC training?

| | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> MHCC Website | <input type="checkbox"/> Email | <input type="checkbox"/> Attended other training |
| <input type="checkbox"/> MHCC Event | <input type="checkbox"/> Word of mouth | <input type="checkbox"/> I would like to receive more information about MHCC |

PAYMENT INFORMATION

ABN: 59 279 168 647

Payment Type

Visa
 MC
 Cheque
 Invoice (Organisations only)

C/C number

Cardholder Name

Signature

Date / /

Name of Org

Org Address

Org email for Invoice

State Postcode

Org is currently an MHCC member? Y N

Total Amount \$

PROMO CODE (if applicable)

For more information visit www.mhcc.org.au/learning-and-development or phone 02 9555 8388 ext 106