

How to book

To view our upcoming trainings or to book your training online with the Practice Institute Australia, please visit our website below.
www.practiceinstituteaustralia.com.au



Get in touch!

Address: 345 Carrington Street
Adelaide SA 5000

Phone: (08) 8232 2438

Website: www.connectedself.com.au

Email: info@connectedself.com.au



Trauma Responsive Practice Training Brochure

2021



Connected Self

We draw on evidence from implementation science, as well as many years experience in the educational and community services sectors, to inform our unique approach to building the capacity of individuals and communities to effectively respond to children and young people with lived experiences of trauma.

Our intent is walk alongside teachers, youth workers, and those in other support roles, to support the translation of research evidence in a way that gets traction at the practice level. The model is premised on many years of delivering trauma aware and responsive training, including as one of three current preferred providers for the South Australian Government's Trauma Aware Schools Initiative. Our facilitators are experienced and dynamic, utilising a range of experiential activities to engage participants in the content and reflect on this new understanding in the context of their own work. This provides the foundation to expand on their practice skills, grow in confidence and promote practice wisdom.

Our trainings are designed to help practitioners to understand the impact of trauma on their work and wellbeing, and equip them with specific and evidence-informed strategies to best meet client's needs and sustain themselves in this challenging work.

Participants in this training will develop:

- Knowledge of the impacts of trauma and how to respond;
- Expanded and refined skills for responding to trauma;
- Understanding of different strategies to supporting their wellbeing;
- Greater confidence and practice wisdom in responding effectively to those who have been exposed to trauma; and,
- Higher levels of work satisfaction and wellbeing.

Our trainings are priced at \$675 inc GST and include a take home Trauma Aware Toolbox and Catering.

**Trauma
Aware
Toolbox**



Training Breakdown

DAY ONE

Understanding the Neuroscience of Trauma – Foundational Training. Learn about the brain from an evolutionary perspective, stress response, attachment, trauma and neuroplasticity.

DAY TWO

Responding to Trauma

In day two, we learn all about responding to trauma including but not limited to environment, boundaries, consequences and rupture and repair.

REFLECTIVE PRACTICE

Our two hour online reflective practice workshop will not only see you reflect on what you have learnt but reflect on your own actions as to engage in a process of continuous reflection.