



# Trauma-Informed Support in the Mental Health Contexts

## Strategies to effectively support people living with the impact of complex trauma.

The purpose of this one-day workshop is to provide participants with a greater understanding of the impact of trauma on people living with mental health conditions.

The workshop aims to highlight the principles underpinning trauma-informed practice. As well, the workshop will focus on a range of skills for assessing and responding to the needs of people living with complex trauma.

The workshop will be structured around a handout which will include up-to-date resources as well as tools for assessing and responding to recovery needs and supporting wellness.

### Learning objectives of this training:

1. Understanding the impact of trauma and complex trauma
2. Tools for assessing the impact of trauma
3. Principles underpinning trauma-informed practice
4. Strategies for working effectively with people living with complex trauma
5. Trauma-informed support for family and carers
6. Self-care strategies when working with people living with complex trauma.



**Alison Bell** has been facilitating training for the past 30 years on topics including Motivational Interviewing, mental health, addictions and gambling. She has a background in Nursing and Psychology and has worked in the alcohol and other drug and mental health fields since 1987. Alison is an enthusiastic and engaging trainer with a passion for providing participants with an opportunity to reflect on their work practices and to enhance their skills for supporting people to change. With over 35 years of experience working in mental health, Alison currently works in acute mental health care settings and volunteers for Lifeline.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**We'll bring this training to your team at your workplace anywhere in Australia or New Zealand. We can also deliver to your team by live webcast no matter where you and they are located.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

### **Morning Session**

- Defining trauma
- Impact of trauma on individuals and families
- Trauma-related presentations
- Assessment of trauma

### **Afternoon Session**

- Strategies for engaging people to address trauma
- Evidence-based approaches for supporting people to change
- Supporting families and care network impacted by trauma
- Self-care for professionals
- Evaluation and closing.

***“Working effectively with people impacted by trauma requires confidence and skill and self-care in practitioners.”*** Alison Bell

### **How will you benefit from attending this training?**

- Gain a greater understanding of the impact of trauma
- Identify the core principles for working with people impacted by trauma
- Increase confidence in assessing the needs of people living with the impact of trauma
- Build an awareness of strategies for supporting wellness

### **Booking process:**

1. Choose face-to-face or online delivery.
2. Request a quotation.
3. Agree upon a date and venue.
4. Finalise booking with payment.
5. Let us make it easy for you!

### **We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This seminar has been designed to extend the clinical knowledge and applied skill of Professionals working in Mental Health contexts.

### **Feedback form Alison’s recent presentations for PDP:**

*“Fun, educational and engaging.”*

*“Alison has a warm engaging and respectful style. I really liked the mix of theory, video, personal stories and practical application”*

*“Fantastic presentation and very worthwhile training. “Excellent application of theories to a wide range of disciplines.”*

*“Highly enjoyable and beneficial course for anybody who works in a counselling role”*

*“Thank you for your insights and experiences which enhanced the learning”*

*“Very happy with this seminar - very useful and I gained a new awareness of key elements in therapy that I can apply immediately- wonderful presenter”*

*“Alison was delightful and enjoyable. The training was relevant and engaging- related theory well to practice”*

*“I have recommended this seminar to colleagues as I have learned so much.”*

*“Great workshop and presenter!”*

*“This seminar provided an excellent opportunity for a new graduate and new community corrections officer to learn ways to motivate behaviour change for offenders. The discussion with other participants was especially useful to think of different ways to apply skills to different social cohorts in the community.”*