



# Great Southern Complex Trauma Conference

Professional development for anyone working with children,  
young people and adults who have experienced complex trauma

## Great Southern 2021 Calendar

For more information please go to [www.complextrauma.net.au](http://www.complextrauma.net.au)

### Complex Trauma & Positive Psychology

21st September 9:00am - 12:00pm \$150.00 plus GST  
Albany Youth Support Association  
12 Young Street, Albany, WA



Dr Martin Seligman is regarded as the founder of Positive Psychology. We will discuss the key messages for working with complex trauma survivors as outlined in two of his books, Learned Optimism and Flourish.

At the completion of this workshop participants will be able to:

1. Define 'Positive Psychology'.
2. Discuss Martin Seligman's PERMA model.
3. Describe Learned Helplessness V Learned Optimism.
4. Apply Positive Psychology strategies to support people to recover from Complex Trauma.

### Complex Trauma & Strengths Based Parenting

21st September 1:00 - 4:00pm \$150.00 plus GST  
Albany Youth Support Association  
12 Young Street, Albany, WA



Dr Lea Waters has used Positive Psychology & the strengths approach to work with children, teenagers and parents. We will discuss how The Strength Switch can support parents and carers of children who have experienced complex trauma.

At the completion of this workshop participants will be able to:

1. Describe 'The Strengths Approach', for working with people.
2. Discuss 'Strengths Based Parenting', as explained by Dr Lea Waters.
3. Apply strategies consistent with 'Strengths Based Parenting' to support children and young people who have experienced Complex Trauma.

### Complex Trauma & Addictions

22nd September 9:00am - 12:00pm \$150.00 plus GST  
Albany Youth Support Association  
12 Young Street, Albany, WA



During this session we will discuss the work of Dr Gabor Mate. He is an innovator in the field who widens the lens of addictions to include substance and behavioural addictions. Dr Gabor locates the source of addictions in the trauma of an emotionally empty childhood.

At the completion of this workshop participants will be able to:

1. Define complex trauma & its effects on people throughout the lifespan.
2. Discuss the link between complex trauma & addictions.
3. Explain the reward circuitry of the brain in relation to addiction.
4. Describe Dr Gabor Maté's approach to addictions.
5. Apply some 'Trauma-Informed' therapeutic methods, such as those recommended by Dr Peter Levine.

### Complex Trauma & Memory

22nd September 1:00 - 4:00pm \$150.00 plus GST  
Albany Youth Support Association  
12 Young Street, Albany, WA



Dr Peter Levine has contributed the Somatic Experiencing method. We will discuss his insights from his book Trauma & Memory to help us understand the relationship between complex trauma and the power of implicit memories.

At the completion of this workshop participants will be able to:

1. Discuss the neurobiology of memory.
2. Explain the impact Complex Trauma has on memory.
3. Describe strategies for healing trauma through memory integration.

CLICK  
HERE TO  
BOOK  
NOW



**COMPLEX TRAUMA TRAINING WA**

0400 510 441

[www.complextrauma.net.au](http://www.complextrauma.net.au)

[karenhulls@gmail.com](mailto:karenhulls@gmail.com)  [@karenhullssws](https://www.facebook.com/karenhullssws)

