



Pilbara Complex Trauma Conference

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

Pilbara 2021 Calendar

For more information please go to www.complextrauma.net.au

The Trauma Puzzle Facilitator Training

14th & 15th October 9:30am - 3:30pm \$1500.00 plus GST Karratha, WA

This training program aims to prepare professionals by providing you with the 8 Training Packages that make up 'The Trauma Puzzle® A Trauma Aware Practice Model' so you can facilitate a range of complex trauma workshops. The target is workers and carers with foundation knowledge of trauma theory & experience working with clients who have experienced complex trauma.



Learning Outcomes:

- Explain the theoretical paradigms underpinning 'The Trauma Puzzle® : A Trauma Aware Practice Model'.
- Describe the content of the 8 workshops that make up 'The Trauma Puzzle®'.
- Use the materials provided to facilitate complex trauma training sessions such as: 1 or 2 day programs, short workshops, discussion groups, video conferences, book clubs, lunchbox learning, JITT (Just in Time Training) sessions etc.
- Participate in ongoing peer support sessions with other 'The Trauma Puzzle®' facilitators to ensure currency of materials and receive support to develop your own practice.

Price Includes:

8 sets of PowerPoint slides, 4 workbooks, handouts, case studies, activities and extensive additional reading on trauma-informed care. These are provided on USB. Tea, coffee, biscuits and a light sandwich and fruit lunch will be provided. Please email us if you have special dietary requirements.

Complex Trauma & Positive Psychology

16th November 9:00am - 12:00pm \$175.00 plus GST
Port Hedland, 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

16th November 1:00 - 4:00pm \$175.00 plus GST
Port Hedland, 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

17th November 9:00am - 12:00pm \$175.00 plus GST
Port Hedland, 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

17th November 1:00 - 4:00pm \$175.00 plus GST
Port Hedland, 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.



COMPLEX TRAUMA TRAINING WA

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