



# Professional Development Training

2016  
Jan-Jun

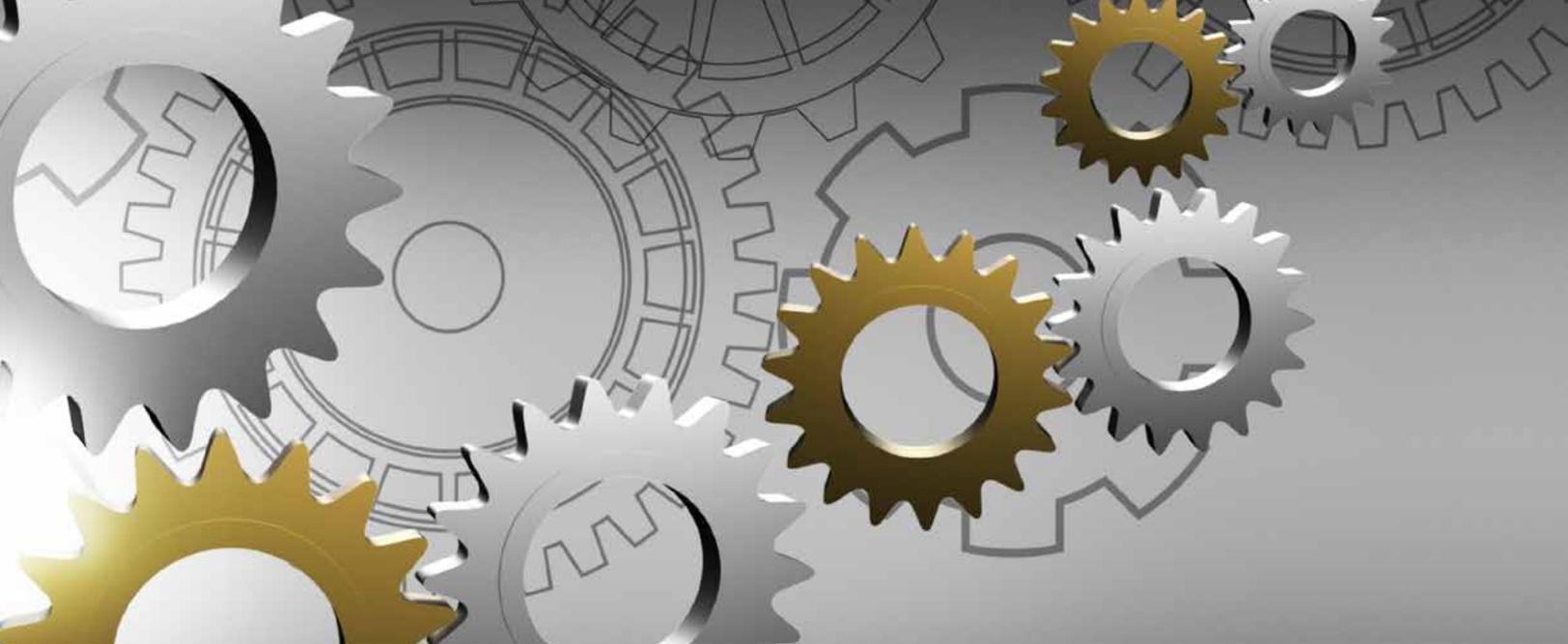




## Content

Why train with ASCA	<b>3</b>
Let us come to you	<b>4</b>
What you need to know	<b>5</b>
<hr/>	
ASCA's core professional development workshops	
• Trauma-Informed Care and Practice	<b>6</b>
• Safeguarding Yourself - Recognising and Responding to Vicarious Trauma	<b>7</b>
• Principles in Practice - Supporting Adult Survivors of Complex Trauma	<b>8</b>
• Working Therapeutically with People who have Complex Trauma Histories	<b>9</b>
<hr/>	
ASCA 2016 (Jan-Jun) Training Calendar	<b>10-11</b>





**A**SCA is a policy and practice leader in the fields of complex trauma and trauma-informed practice.

Led by prominent advocate Dr Cathy Kezelman AM (right), ASCA delivers its renowned education and training programs across Australia. ASCA also provides professional telephone counselling, information, resources, supervision and consultancy to improve the lives of adults traumatised and abused as children.



All of ASCA's training is based on research from its nationally and internationally acclaimed [\*Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery\*](#).

This booklet presents the current Jan-Jun 2016 schedule for ASCA's four core trainings from its extensive suite of packages. The calendar will be updated throughout 2016 as more trainings are scheduled. ASCA can also come to you to deliver a range of standard or tailored programs.

For more information on ASCA scheduled or in-house training, please visit [asca.org.au/training](http://asca.org.au/training)

*"The workshop was outstanding - could be used for all practitioners no matter what their discipline."*

- Anne, QLD

*"Fantastic workshop! Has made me even more aware of how to approach and interact with the people I see at work."*

- Robyn, Wagga



## Let us come to you

**W**ant the convenience of having ASCA training come to you?

ASCA offers a suite of training packages that can be tailored to suit the particular strengths, challenges and needs of your organisation and its staff.

All training sessions are interactive, based on adult learning principles and facilitated by skilled and experienced trainers in complex trauma and trauma-informed practice.



*"We were very satisfied with the service provided by the team at ASCA. From initial contact through to workshop delivery, the staff at ASCA were accommodating and eager to provide training that suited our requirements. Feedback regarding all aspects of the workshop was extremely positive."*

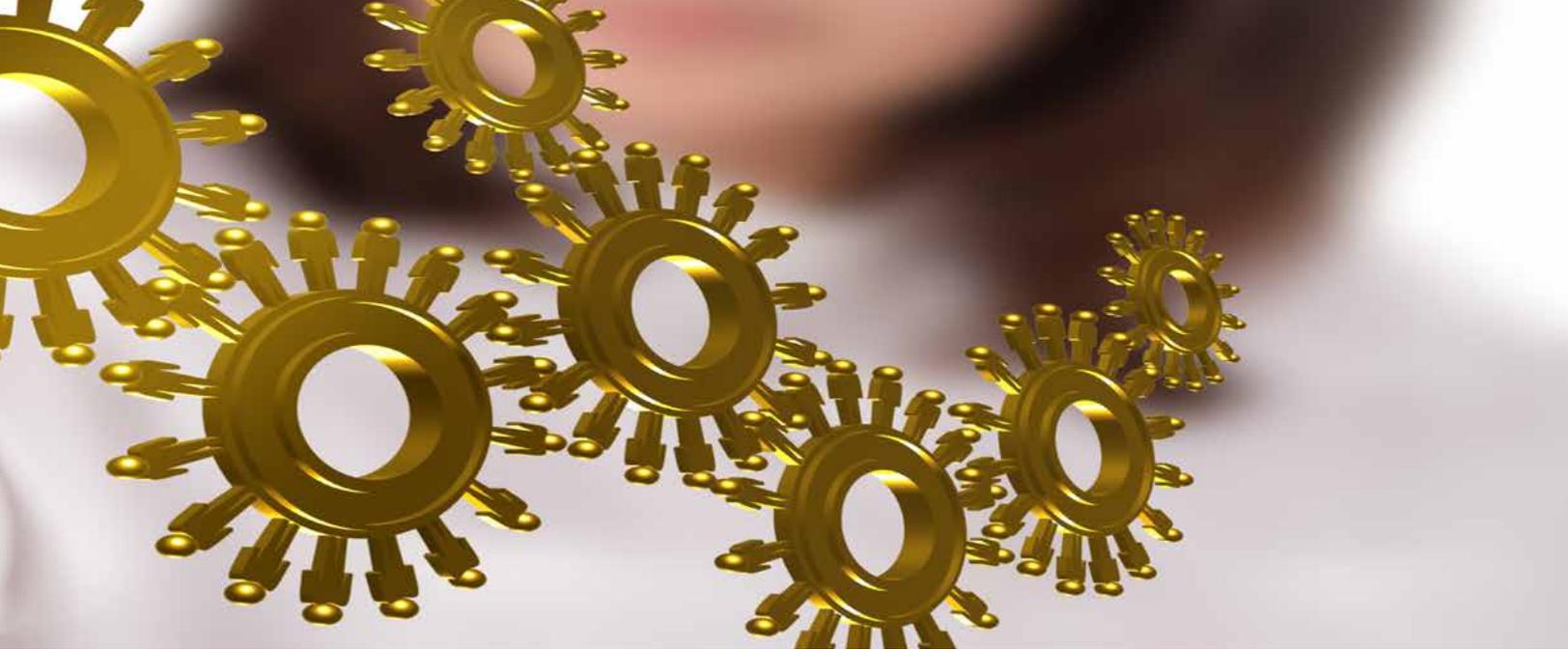
- Anonymous, Young NSW

Staff working in diverse roles, levels and sectors, across varying organisations can benefit from ASCA's evidence-based clinical and trauma-informed training.

Educational workshops for survivors and/or family, friends, partners and loved ones can also be delivered in-house.

Whether you're based in a major city or a small outback town, we have professional trainers across Australia who can come to you.

For more information on ASCA's in-house training, please visit [asca.org.au/training](https://asca.org.au/training)



## What you need to know

### FOOD

A full lunch, morning tea and afternoon tea are provided on each day of training. Any special dietary requirements can be made at the time of registration (only guaranteed if provided more than 7 days ahead of training date).

### CONTINUING PROFESSIONAL DEVELOPMENT

Professionals may claim CPD hours/credits/points for their participation in ASCA training, either as a pre-approved or self-directed learning activity. For more information, please refer to your professional association or the [AHPRA website](#).

### CANCELLATION POLICY

A refund can be provided if a cancellation is made more than 7 working days prior to the event. An administration fee of \$25 will be incurred for all cancellations and will be deducted from the refund. All cancellations must be made in writing via email. No refunds will be issued if cancelled within 7 working days of the event.

### CERTIFICATES

At the completion of each workshop, participants will receive Certificates of Attendance to assist with CPD requirements.

### FEEDBACK

ASCA is committed to an ongoing quality assurance process. At the conclusion of each workshop, participants are invited to provide feedback about the training. All feedback received is reviewed and considered to improve our services.

### ASCA PROFESSIONAL MEMBERSHIP

ASCA professional members enjoy a 10% discount on the cost of any of ASCA's scheduled workshops, receive our monthly *Breaking Free* newsletter and have voting rights at the ASCA Annual General Meeting – for an annual fee of \$60.

[Click here to sign up to receive the benefits.](#)



Workshop Price:  
 Full - \$245  
 Group (3+) - \$233  
 Professional Member - \$221  
 Student - \$195

**EARLYBIRD DISCOUNTS  
 AVAILABLE!!!**

[Click here to register](#)

## Trauma-Informed Care and Practice

At the session's completion, participants will be better able to:

- Demonstrate knowledge of the definition, prevalence, types and impacts of trauma on the mind and body including links to emotional and physical health problems
- Demonstrate knowledge of the 5 principles of trauma-informed practice and the essential role of a trauma-informed approach in services and practice
- Demonstrate knowledge of the neurobiological underpinnings of clients presenting emotional and behavioural difficulties and understand them as 'adaptive' responses to trauma
- Conduct an organisational/personal trauma-informed practice audit
- Demonstrate knowledge of the historical underpinnings of concepts of mental health, non- trauma informed practice and re-traumatisation prevention
- Acquire the skills to apply the 5 principle framework of trauma-informed practice in their organisational role or individual practice
- Use experiential learning to develop trauma-informed skills in responding to hyper-aroused and dissociative clients utilising an understanding of the 'window of tolerance'

***Do you work with clients who are likely to have experienced trauma or abuse in their childhoods?***

***Would you like to respond better to their everyday difficulties?***

***Do you want to apply practical trauma-informed strategies which enhance outcomes and minimise the risk of re-traumatisation?***

**T**his one day interactive professional development training provides the information and skills needed by workers in service settings, to assist people seeking help for their trauma-related daily difficulties.

**T**he training will delineate, as the ground breaking research into trauma-informed practice demonstrates, that many presenting emotional and behavioural difficulties are, in fact, adaptive or 'normal responses to abnormal situations' and will provide participants with the insights and tools to enhance client outcomes and minimise the risks of re-traumatisation.

### ***Who should attend?***

Workers across diverse service settings including: health, community, legal, justice, mental health, AOD, disability, housing and/or employment services, supported accommodation workers.

Workshop Price:

Full - \$290

Group (3+) - \$276

Professional Member - \$261

Student - \$230

**EARLYBIRD DISCOUNTS  
AVAILABLE!!!**

[Click here to register](#)



## Safeguarding Yourself – Recognising and Responding to Vicarious Trauma

***Do you work with people who have experienced trauma?***

***Do you worry about burn out, compassion fatigue and vicarious trauma?***

***Would you like practical strategies on ways to promote vicarious resilience?***

This one day interactive professional development training will support you to understand the dimensions and dynamics of vicarious trauma. By attending you'll be equipped with the knowledge, tools and insights to mediate the risks of vicarious trauma, enhance your health, safety and wellbeing and, most importantly, embrace possibilities for post-traumatic growth and vicarious resilience.

Just as post-traumatic stress disorder can be perceived as a normal reaction to an abnormal event, vicarious trauma can be perceived as a normal reaction to the repeated exposure to traumatic stories and material. Vicarious trauma can therefore be understood as an 'occupational hazard' for those working across diverse sectors including health, housing, mental health and family services with traumatized clients. This training will help you better recognise its early signs and engage a range of protective factors to maximise your post-traumatic growth and vicarious resilience.

At the session's completion, participants will be better able to:

- Define and differentiate between the various forms of trauma
- Define vicarious trauma and demonstrate knowledge of its protective factors and risks
- Recognise the importance of one's own subjective experience including transference and countertransference
- Demonstrate skills to reflect on post traumatic growth and vicarious resilience
- Identify the physical, emotional, cognitive, behavioural and attitudinal impacts of vicarious trauma
- Recognise the importance of quality supervision and self-care
- Take home tools to create a personal wellness plan

### ***Who should attend?***

Anybody working with and/or for people who have experienced past or current trauma including: health professionals, case workers, family support workers, domestic violence workers, disability workers, mental health workers, peer support workers, AOD workers, police, emergency workers, supported accommodation workers.



Workshop Price:  
Full - \$290  
Group (3+) - \$276  
Professional Member - \$261  
Student - \$230

**EARLYBIRD DISCOUNTS  
AVAILABLE!!!**

[Click here to register](#)

## Principles in Practice – Supporting Adult Survivors of Complex Trauma

At the session's completion, participants will be better able to:

- Demonstrate knowledge of prevalence, definitions, context, types of trauma and attachment dynamics
- Demonstrate an understanding of the different impacts of trauma across realms of functioning, 'adaptive' coping strategies and implications for models of treatment, practice and systems of care
- Demonstrate skills of the principles of trauma informed care, recovery and the phases of treatment for complex trauma
- Develop a plan, underpinned by the 5 principles of trauma informed care, for improved practice at the individual and organisational level
- Demonstrate knowledge of the 'window of tolerance' in terms of hyper-arousal and under-arousal and its relationship to re-traumatisation prevention
- Demonstrate understanding of the implications for treatment in the potential for the health professional to be seen as an 'attachment figure'
- Demonstrate skills of basic resource building to promote recovery and minimise affect dysregulation and dissociation

***Do you want to better understand the relationship between complex trauma research and practice?***

***Do you want to improve your skills in supporting clients through the three phases of treatment?***

***Would you like practical strategies to help manage dissociation and arousal?***

This one day interactive professional development training shares insights and learnings from current research and clinical best practice. It provides participants with new skills to utilise in their work with adult survivors of complex trauma.

By attending this training, you'll be better equipped with the knowledge, skills, tools and insights to understand complex trauma and to minimise the risk of re-traumatisation. In turn, clients are more likely to be engaged in a therapeutic relationship in which trust, safety, empowerment and hope enhance possibilities for their recovery.

### ***Who should attend?***

Psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists and other health professionals working directly with adult survivors of complex trauma.

Workshop Price:

Full - \$290

Group (3+) - \$276

Professional Member - \$261

Student - \$230

**EARLYBIRD DISCOUNTS  
AVAILABLE!!!**

[Click here to register](#)



## Working Therapeutically with People who have Complex Trauma Histories

*Do you want to expand your understanding, knowledge and skills in working therapeutically with clients who have complex trauma histories?*

*Would an evidence-based phased framework for working with people towards recovery enhance your practice?*

*Would you benefit from learning about effective approaches and trialling them with peers in a safe and supportive training environment?*

**T**his two day interactive professional development training shares the knowledge and practice framework to better support clients on their recovery from attachment trauma, abuse and/or neglect.

**W**orking therapeutically with survivors of complex trauma is strenuous work, which demands a range of capabilities. This professional development training integrates advances in neuroscience, lived experience and clinical wisdom to build the capabilities of those attending to work more compassionately and effectively with this client group.

At the session's completion, participants will be better able to:

- Define complex trauma – its prevalence, impacts and dynamics including protective and risk factors and attachment traumas
- Demonstrate knowledge of Phase 1 – utilising an enhanced understanding of assessment essentials, centrality of safety and awareness of body
- Demonstrate knowledge of insights into the neuroscience of trauma and attachment
- Demonstrate knowledge of Phase 2 Processing – working within therapeutic window and with transference, countertransference, enactments and challenging presentations
- Work with dissociation and an understanding of trauma and memory including explicit, implicit and somatic memory
- Demonstrate an understanding of the 3 phases of the trauma treatment framework
- Demonstrate knowledge of Phase 3 Integration – including mentalising, mindfulness, and ability to experience pleasure

### **Who should attend?**

Psychologists, counsellors, psychotherapists, mental health nurses, social workers, general practitioners, psychiatrists and other health professionals working directly with adult survivors of complex trauma.



# ASCA Training Calendar

 <p>This calendar has been scheduled as of 1/12/15. Please use this calendar in conjunction with the ASCA website <a href="http://asca.org.au/training">asca.org.au/training</a> for updates, additional content information, trainer profiles and registration.</p> <p>The calendar is displayed by alphabetical order of locations around Australia, then by order of training dates in each location.</p> <p>Lunch, morning tea and afternoon tea are provided at every workshop.</p> <p>Early bird prices (10% discount) start from*:          One day Student - \$176 Standard - \$221          Two day Student - \$405 Standard - \$518</p> <p>*Regular prices apply within 8 weeks of the workshop date. Further discounts available for <a href="#">ASCA professional members</a> or groups of 3 or more.</p> <p><b>We can also come to you</b>          ASCA's full suite of training packages is available in-house on request.</p> <p>All programs are grounded in research from ASCA's <a href="#">Practice Guidelines</a>, follow adult learning principles and are delivered by experienced trainers with complex trauma and trauma-informed expertise. Whether you work directly or indirectly with people of complex trauma backgrounds, we have training to suit your needs. Visit <a href="http://asca.org.au/training">asca.org.au/training</a> to find out more.</p>	<p><b>Adelaide</b>          Mercure Grosvenor Adelaide          125 North Terrace, Adelaide</p>	<p><b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b>          For health professionals May 5</p>
	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b>          For anyone working in trauma Apr 8</p>	<p><b>Cairns</b>          Rydges Plaza Cairns          Cnr Spence &amp; Grafton Streets, Cairns</p>
	<p><b>Educational Workshop for Adult Survivors of Childhood Trauma and Abuse (free)</b>          Adult survivors of child trauma Apr 9</p>	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b>          For anyone working in trauma Mar 16</p>
	<p><b>Brisbane</b>          2 locations: Adina Apartment Hotel Brisbane and Rendezvous on George</p>	<p><b>Canberra</b>          Adina Apartment Hotel          33 Mounts Bay Road, Perth</p>
	<p><b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b>          For health professionals Jan 28</p>	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b>          For anyone working in trauma Feb 24</p>
	<p><b>Working Therapeutically with People who have Complex Trauma Histories</b>          For health professionals Feb 17&amp;18</p>	<p><b>Working Therapeutically with People who have Complex Trauma Histories</b>          For health professionals Jun 16&amp;17</p>
	<p><b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b>          For anyone working in trauma Jun 9</p>	<p><b>Geelong</b>          Mercure Gellong          Cnr Gheringhap &amp; Myers Street, Geelong</p>
	<p><b>Bunbury</b>          Quality Hotel Lord Forrest          20 Symmons Street, Bunbury</p>	<p><b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b>          For health professionals Jun 14</p>



# Calendar 2016 (Jan-Jun)

<b>Hobart</b> Rydges Hobart Cnr Argyle & Lewis Streets, Hobart	<b>Working Therapeutically with People who have Complex Trauma Histories</b> For health professionals      May 26&27	<b>Trauma-Informed Care and Practice</b> For anyone working in trauma      Feb 5
<b>Working Therapeutically with People who have Complex Trauma Histories</b> For health professionals      Apr 28&29	<b>Perth</b> Adina Apartment Hotel 33 Mounts Bay Road, Perth	<b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b> For health professionals      Apr 1
<b>Melbourne</b> Adina Apartment Hotel 189 Queen Street, Melbourne	<b>Working Therapeutically with People who have Complex Trauma Histories</b> For health professionals      Mar 17&18	<b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b> For anyone working in trauma      May 30
<b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b> For health professionals      Feb 19	<b>Educational Workshop for Adult Survivors of Childhood Trauma and Abuse (free)</b> Adult survivors of child trauma      Mar 19	<b>Working Therapeutically with People who have Complex Trauma Histories</b> For health professionals      Jun 29&30
<b>Trauma-Informed Care and Practice</b> For anyone working in trauma      Apr 12	<b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b> For anyone working in trauma      Jun 1	<b>Townsville</b> Rydges Southbank 23 Palmer Street, Townsville
<b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b> For anyone working in trauma      May 2	<b>Sunshine Coast</b> Mantra Mooloolaba Beach, Cnr Mooloolaba Esplanade & Venning Street, Mooloolaba	<b>Working Therapeutically with People who have Complex Trauma Histories</b> For health professionals      Mar 17&18
<b>Newcastle</b> Noah's on the Beach Cnr Shortland Esp & Zaara St, Newcastle	<b>Safeguarding yourself - Recognising and Responding to Vicarious Trauma</b> For anyone working in trauma      Apr 20	<b>Wollongong</b> Adina Apartment Hotel 19 Market Street, Wollongong
<b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b> For health professionals      Mar 15	<b>Sydney</b> 2 locations: Adina Apartment Hotel Sydney and Rydges Parramatta	<b>Principles in Practice - Supporting Adult Survivors of Complex Trauma</b> For health professionals      May 5



©2016 Adults Surviving  
Child Abuse (ASCA)

[asca.org.au](http://asca.org.au)

### **Contact ASCA:**

General enquiries

[admin@asca.org.au](mailto:admin@asca.org.au)

In-house training enquiries

[coordinator@asca.org.au](mailto:coordinator@asca.org.au)

Supervision/consultancy enquiries

[nbisogni@asca.org.au](mailto:nbisogni@asca.org.au)

Website: [www.asca.org.au](http://www.asca.org.au)

Phone: (02) 8920 3611

Office Hours: Mon-Fri, 9am-5pm AEST

Professional Support Line: 1300 657 380

Line Hours: Mon-Sun, 9am-5pm AEST