



# Online Presentation: Building on Trauma Knowledge

This presentation builds on the information from the 'Impact of Trauma' presentation to enhance workers' knowledge of working effectively with trauma survivors.

**Pre-requisite:** the team must have completed SARC's Impact of Trauma presentation within 3 months of attending this presentation. The 2 workshops can be delivered together over 2 hours, 15 minutes.

Please note, the content may be triggering for some participants.

## Topics

- Possible effects of trauma during childhood
- Trauma responses and the five 'f's
- The growing field of epigenetics
- Relational wealth and relational poverty
- Applying an understanding of trauma
- The relevance of 'feel good' hormones
- Worker strategies for assisting trauma survivors to build healthy coping strategies

## Details

- 1 hour
- Tuesday or Wednesday
- Delivered online (Microsoft Teams)
- Minimum 10 participants
- Facilitated by an experienced SARC trainer
- Free of charge for government and not for profit services

To reserve a presentation for your team, email [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

## SARC Education and Training

Email training enquiries and requests to: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

Further information and resources: SARC website



## The Sexual Assault Resource Centre (SARC)

- **24-hour crisis** medical, forensic and counselling support following a sexual assault
- **Counselling** for recent and past sexual assault and sexual abuse
- State-wide **education** and **training**

### 24-hour crisis line for recent sexual assault

Telephone (08) 6458 1828 or  
1800 199 888 (free from land line only)

### Crisis telephone support

8.30am - 11.00pm daily  
Telephone (08) 6458 1828