



Trauma Counselling Skills- an Introduction

Full day workshop

Suitable for people working in generic counselling roles, this workshop provides an overview of trauma counselling skills. Participants are required to have a solid understanding of trauma or have attended SARC's 'Trauma Overview' workshop prior to attending this workshop.

Workshop available to whole teams, at your workplace.

Topics

- Safety, stabilisation and regulation
- The therapeutic relationship
- Culturally responsive therapy
- Widening the window of tolerance
- Genograms, ecograms, timelines
- Tools for trauma work
- Assessments, formulations, treatment plans and goal setting
- The importance of psychoeducation
- Restoring self-compassion.

Details

- Full day
- Tuesdays
- Delivered at your workplace or a suitable venue
- Maximum 40 participants
- Facilitated by senior SARC counsellors

Please note that content may be triggering for some people who have been impacted by trauma

Cost

- \$1200 including gst
- Venue, registrations, record of attendance, catering (optional) to be arranged and funded by you

Reservations and queries

Contact SARCTraining@health.wa.gov.au

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 landlines only)

Crisis telephone support

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