



Trauma Overview- an Introduction

Full day workshop

This interactive workshop provides a broad introductory overview of trauma relevant to working with adult and adolescent clients who have experienced emotional trauma in their lives.

Workshop available to whole teams, at your workplace.

Topics

- The impacts of emotional trauma during childhood
- The 5 F's
- The effects of trauma on behavior and memory
- Role of the vagus nerve and epigenetics
- Safety and risk when working with trauma
- Applying trauma knowledge to practice
- Responding to trauma behaviours
- Facilitating healing and recovery.

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