Responding to Trauma – an integrated approach to assisting trauma survivors, utilising a social work framework

This workshop is the eclectic result of 30 years of clinical social work practice in the area of trauma. The integrated, systems approach, including evidence-based modalities, focuses on assisting the traumatised person in their context, rather than solely focusing on symptom management. It utilises a range of social work theories.

The workshop focuses on an integrated, evidence-based suite of treatment approaches, including:
- Psycho-social education about the impact of the trauma including changes in physical, neurological, emotional and behavioural responses
- Cognitive therapies to address how trauma links to everyday emotions and behaviours, so that preventative strategies can be developed
- Skills development to build emotional resilience and competency
- Regular physical activity to build and maintain emotional stability, and
- The development of strong relationship and support networks to limit emotional isolation.

**Learning Outcomes:**

The workshop will enable participants to:
- understand trauma and its impacts (physical, neurological, behaviour-al and psychological), and the implications for treatment
- appreciate the range of self management skills that are needed to build competency and resilience for survivors, and
- apply practical, evidence-based, recovery-focussed modalities for working with trauma survivors and their families.
- Participants will have the opportunity to apply new learnings (knowledge and skills) through case formulation and interactive exercises.

Spaces on this course are strictly limited so register now to avoid disappointment.

**Register Here**