

Looking at Loss and Grief

Professional Development Training by The Grief Centre

Trauma

The nature and impact of trauma and ways to provide support

14th May 2019 - Wellington

Presented by Tricia Hendry

This day workshop is designed for anyone working with and supporting those who have experienced trauma in their lives, of any kind. It will highlight key knowledge, latest research, core skills, and resources to help participants provide compassionate, appropriate support.

This workshop will cover and overview of:

- What trauma is and its effects on the brain and body
- What does neuroscience research now tell us?
- Common, and not so common responses
- Trauma in infants, children, and teens
- The demands of multiple trauma
- Vicarious/second hand trauma
- When the 'grief factor' is in the mix
- When families, groups, workplaces, or communities all experience trauma
- Possible longer-term effects of trauma
- Complex trauma - PTSD
- Culture's influence on the trauma experience
- Maximising trauma-informed care - practical tools and approaches for effective support
- Accessing extra help for recovery/healing - What does the research say?
- Minimising re-traumatisation in a trauma-informed environment
- Basic de-escalation, grounding, and calming skills
- Helping to build up resilience
- What is post traumatic growth
- Resources and links
- The imperative of professional self-care - reducing your own risk of vicarious trauma

Further Information

- Date:** Tuesday 14th May 2019
Time: 9.30am - 3pm
Venue: All Saints Church and Conference Centre,
90 Hamilton Rd, Hataitai, Wellington
Cost: \$150 plus GST



To register please email events@griefcentre.org.nz

www.griefcentre.org.nz

Transformative support through loss and grief