

Primary Care Webinar Invitation



An Australian Government Initiative



National Centre of Excellence
for Complex Trauma

Dates & Registration links Thursday, 22 April 2021

Register now by clicking this link:

<https://asca.memnet.com.au/MemberSelfService/EventBooking.aspx?selectedEventId=1809>

Wednesday, 28 April 2021

Register now by clicking this link:

<https://asca.memnet.com.au/MemberSelfService/EventBooking.aspx?selectedEventId=1810>

Wednesday, 26 May 2021

Register now by clicking this link:

<https://asca.memnet.com.au/MemberSelfService/EventBooking.aspx?selectedEventId=1811>

Wednesday, 16 June 2021

Register now by clicking this link:

<https://asca.memnet.com.au/MemberSelfService/EventBooking.aspx?selectedEventId=1812>

(Note: 6 more sessions to follow - dates TBC shortly)

Time

8.45am login to 2.00pm AEST

Target audience

This webinar is a building block for Western NSW professionals wishing to learn about the foundations for supporting clients and patients with complex trauma and to maintain their own health and wellbeing.

Contact

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Mobile: 0428 311 887

Format



This is a **FREE Zoom** webinar
A webinar link will be emailed to participants prior to the webinar

Note: This webinar is not RACGP CPD or ACRRM PDP accredited (self-report attendance)

Funded by

The Federal Department of Health
"Empowering our Communities"
Drought Relief Program

Building Trauma Awareness

Presented by Blue Knot Foundation trainers

The Building Trauma Awareness webinar has been designed to provide information on understanding trauma and its impacts, to offer space for professionals to self-reflect on wellbeing, remember the importance of relationships in healing and provide knowledge and space for reflection.

Program

8.45am Login

9.00am Trauma Awareness

Learn about the impacts of complex trauma, understand more about trauma and the brain, learn about the Window of Tolerance and discuss regulation strategies

10.00am Break

10.30am Safety and Connection

Learn about the dimensions of safety, understand the role of attachment when working with trauma and discuss how healing occurs within relationships

11.30pm Break

12.30pm Wellbeing

Learn about the different stress responses when working with complex trauma, understand the impacts of working with trauma material, learn about the vicarious resilience and compassion satisfaction, undertake a mindfulness exercise and reflect on strategies for self-care

2.00pm Evaluation and Close

Terms & Conditions

- Registration is strictly for **ONE webinar only** (interchange between other webinar dates is not possible)
- All three sessions must be completed
- Participants must log-in on **individual workstations** to enable interactive engagement
- Cameras and mics must work
- An evaluation must be completed for reporting and quality improvement purposes
- Webinar numbers are **strictly limited to 20/workshop** - priority will be given to the **Western NSW workforce**
- Photography is not permitted during the webinars
- Webinar recording is not permitted
- Please ensure this event suits your level of interest, experience and qualifications