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Trauma Informed Recovery for Social and Emotional Wellbeing: A Toolkit for Practitioners 2 DAY WORKSHOP

**“Traumatisation occurs when both internal and external resources are inadequate to cope with external threat”
(Van der Kolk, 1989)**

This TWO-DAY interactive workshop is about:

- Therapeutic alliance, supporting clients to feel safe in their daily interactions;
- Awareness of the issues encountered through Narrative and Gestalt practices and Motivational Interviewing;
- Understanding of the underpinning tenets and theoretical approaches of therapies used to support clients dealing with historical trauma enabling practitioners to support trauma survivors to achieve positive outcomes;
- Developing co-regulation skills supporting resilience and the development of self-regulation within safe environments, while reducing risks of retraumatization;
- Neurobiological understandings and intersubjective values that support practitioners to navigate: ‘[here and now](#)’ responses, and
- Tools to create safe situations in which people who experience complex interpersonal trauma can further navigate their recovery journey.

This evidence based, person-centred and recovery focused workshop is your opportunity to delve deeper into particular experiences and needs of trauma survivors

Facilitator: **Bradley Foxlewin**, MAppSC (Social Ecology), is an independent M.H. Consumer Consultant and inaugural Deputy Commissioner, Mental Health Commission, NSW. Bradley is a trainer, group-worker, researcher and psychotherapist. He takes a consumer first position and has an abiding interest in Trauma Informed Recovery Practice. Bradley has been a lead trainer over the past 10 years for Blue Knot Foundation and the Mental Health Coordinating Council.



Date

Tuesday and Wednesday
29 & 30 March 2022

Time

9.30 am to 4.00 pm

Venue

Atura Blacktown
32 Cricketers Arms Rd,
Prospect NSW 2148

Trainer

Bradley Foxlewin

Cost

Members: \$180 + GST
Non-Members: \$300 + GST
(includes registration for both days)

**Morning tea & lunch
Provided**

Enquiries

(02) 9620 6172
info@leadpda.org.au

Event Code: WS2316 & WS2317

Event Level

Introductory to intermediate

AN INITIATIVE
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