



QPASTT

Queensland program of assistance
to survivors of torture and trauma

2017 Professional Development Training Calendar

(Amended April 2017)

QPASTT is a specialist, state wide service supporting the recovery of people who have survived torture and trauma as part of their refugee experience. We offer a range of psychological, physical, advocacy and capacity building services to provide a holistic approach to health and wellbeing. We work alongside people who come to us for support, as well as their families and communities.

Our 2017 Professional Development Workshops and Information Sessions are a key part of our capacity building service and aim to offer an opportunity for new learning, information and skills sharing, as well as expanded service and support options for the people and communities we support.

Date	Time	Topic <i>(see from page 3 for further details about each session)</i>
Thursday 2 nd March	10 – 11:30	Information session about QPASTT.
Thursday 9 th March	9:30 – 2:00	Workshop: Introduction to the Refugee and Settlement Experience - the Impact of Trauma.
Thursday 23 rd March	9:30 – 4:30	Workshop: Incidental Counselling with People from Refugee Backgrounds.
Thursday 11 th May	10 – 11:30	Information Session about QPASTT.
Thursday 18 th May	9:30 - 4:30	Workshop: Trauma Recovery Models I: Frameworks. *
Thursday 25 th May	9:30 - 4:30	Workshop: Trauma Recovery Models II: Therapeutic Interventions. #
Thursday 15 th June	9:30 – 2:00	Workshop: Incidental Counselling and Self-care when Working with Asylum Seekers.
Thursday 20 th July	10 – 11:30	Information Session about QPASTT.
Thursday 10 th August	9:30 - 4:30	Workshop: Supporting Trauma Recovery with Children from Refugee Backgrounds.*
Thursday 24 th August	9:30 - 4:30	Workshop: Working with Young People from Refugee Backgrounds.*
Tuesday 12 th September	9:30 – 4:30	Workshop: Working with Dreams and Nightmares in Complex Trauma Recovery.
Thursday 12 th October	10 - 11:30	Information session about QPASTT.
Thursday 19 th October	9:30 – 4:30	Workshop: Working with Families from Refugee Backgrounds. *
Thursday 2 nd November	9:30- 4:30	Workshop: Competence in Working with Difference in the Context of Trauma Recovery.
Thursday 16 th November	9:30 – 4:30	Workshop: Vicarious Trauma, Burnout & Self-Care. *

Workshops/sessions will be held at QPASTT at the Brisbane Multicultural Centre at 28 Dibley St, Woolloongabba in rooms 5 & 6. Parking in this area is 2 hour restricted.

Cost

Information sessions	Free of charge.
Half day workshop	\$50 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$75 all other registrations. (Plus online booking fees) Costs include morning tea, light lunch and hand-outs.
Full day workshop	\$100 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$150 all other registrations. (Plus online booking fees) Costs include morning tea, lunch, afternoon tea and hand-outs.

Those registering and paying for **two or more** professional development workshops in the one transaction can use the promotional code "**2ormore**" in order to receive a **10% discount** on each session registered. For any other queries related to this calendar you can contact the Training Coordinator directly on 3120 1529.

Registration:

To register for sessions from the 2017 Professional Development Calendar please go to the QPASTT website www.qpastt.org.au and follow the links on the training page to the session/s you are interested in attending. Complete the application process and payment to receive your confirmation and then reminder information closer to the event.

Payment method:

Payment for each session is all done electronically through the registration process on the QPASTT website.

Terms and Conditions:

Required documentation:

For those seeking to register and pay as a student, volunteer or QPASTT member: a photocopy or pdf of a valid full-time student card and/or a letter from the manager of the organisation at which you are volunteering must be forwarded with this registration form. Participants seeking to register for a workshop marked on this training calendar with * or # must include a QPASTT Certificate of Attendance for the relevant pre-requisite training, or a letter from an employer which demonstrates more than one year's paid work or volunteering experience in the sector.

Payment:

QPASTT requires payment on registration. The workshops are capped at a maximum number of participants. Registration closes 24 hours prior to the workshop/session depending on availability of places. A receipt will be sent when payment has been received.

Cancellations:

A full refund will only be granted for cancellations received up to 14 working days prior to the day of the event. Cancellations received less than 14 working days prior to the day of the event will incur a 30% cancellation fee to cover administration costs. Fees will not be refunded for cancellations received the day before or on the day of the event. QPASTT reserves the right to cancel workshops and sessions where a minimum number of participants have not been reached. Where QPASTT has cancelled a workshop or session, registered participants for those workshops or sessions may transfer to another workshop/session or request a refund.

Transferring to another workshop/session:

A registration may only be transferred from one workshop/session to another if notice is received within 7 working days of the original workshop/session.

Workshop Information:

Information Session about QPASTT

These sessions will provide participants with a good understanding of QPASTT's services including information about our programs, referral pathways and client groups. Anyone who is supporting someone with a refugee experience or is interested in QPASTT's services - including students, agency and government staff, health professionals and the general public - will find these free of charge sessions informative and useful.

Introduction to the Refugee and Settlement Experience - the Impact of Trauma.

This half-day introductory workshop has been developed to give participants an understanding of the refugee experience, the impact of torture and trauma on individuals and how the resettlement process may impact on them. We will be defining and exploring key terms including trauma, torture, refugee, asylum seeker, migrant, etc. The participants will acquire a deeper understanding of the psychosocial impacts of refugee related torture and trauma, including key presenting behaviours. This is an interactive workshop that will include various activities such as case scenarios, watching videos and sharing experiences.

This workshop is relevant to anyone interested in having an understanding of the issues faced by people from refugee backgrounds and it is also a pre-requisite for attendance at any of the other workshops from the QPASTT Professional Development Calendar.

Incidental Counselling with People from Refugee Backgrounds*

This one day workshop has been developed for volunteers and workers who are not trained as counsellors. It provides some basic tips and strategies to deal with disclosures of refugee related torture and trauma, and how to manage difficult behaviours in this client group. Participants will gain an understanding of the different reactions that clients may exhibit due to trauma and the resettlement experience. Participants will also learn some tips and skills to deal with these issues. This is an interactive workshop that may include role plays, peer reflection, discussions and sharing work experiences.

This workshop is relevant for people working in a range of non-clinical settings such as case work, community development, bicultural support, youth work, advocacy and teaching.

Trauma Recovery Models I: Frameworks*

This one day workshop has been developed to give participants an understanding of the key frameworks used in trauma recovery work with people from refugee backgrounds. Throughout the day, we will be exploring key concepts including trauma, the core components of the trauma reaction, the recovery goals and ambiguous loss. Participants will have the space to reflect on the application of these frameworks to their current practices, to discuss and share ideas with others, and to look into a case study.

This workshop is relevant to people working in the field of trauma with clients from refugee backgrounds. It is also relevant for those who want to expand their understanding of the frameworks of trauma recovery.

Trauma Recovery Models II: Therapeutic Interventions #

This one day workshop is the second of the Trauma Recovery Model workshops. The first, Trauma Recovery Models I: Frameworks, held on Thursday 18th May, is a prerequisite to this workshop. In this workshop, participants will be provided with an overview of the recovery frameworks. The facilitators will then build on this, offering a range of therapeutic and supportive interventions that support the process of recovery. Interventions addressed will include both short and long term interventions; symptom management; stabilisation; identifying when it is safe to work through

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QPASTT Main Office

ABN: 50043097082

Address: 28 Dibley Street, Woolloongabba Qld 4102

Postal Address: PO Box 6254, Fairfield, Qld 4103

T: +61 (0)7 3391 6677 **F:** +61 (0)7 3391 6388 **E:** admin@qpastt.org.au

trauma; the importance and the role of the therapeutic relationship in recovery; and some of the modalities and intervention types that are effective for clients with complex trauma.

This is an interactive workshop that may include role plays, peer reflection, small group discussions and the sharing of work experiences.

This workshop is relevant to anyone involved in therapeutic work with people from refugee backgrounds with a history of trauma. It is also relevant to those in supportive roles with this client group, enhancing an understanding of recovery and the way therapy works which can assist in the facilitation of referrals where necessary, and the support of clients as they go through therapy.

Incidental Counselling and Self-care When Working with Asylum Seekers.

This one day workshop has been developed for volunteers and workers who are not trained as counsellors. It provides some basic tips and strategies to deal with disclosures of asylum seeker related torture and trauma, and how to manage the difficult and uncertain context for this client group. Participants will gain an understanding of the different reactions that clients may exhibit due to trauma and the asylum seeking experience. Participants will also learn some tips and skills to deal with these issues. This workshop will also provide an understanding of the concepts of Vicarious Trauma (VT), Compassion Fatigue and Burnout. Participants will learn to identify risk factors and the warning signs in themselves and colleagues; why and how work in the area of trauma can cause these responses; and ways to prevent and address Vicarious Trauma and Burnout. This is an interactive workshop that may include case scenarios, peer reflection, discussions and sharing work experiences.

This workshop is relevant for people working in a range of non-clinical settings such as case work, community development, bicultural support, youth work, advocacy and teaching.

Supporting Trauma Recovery with Children from Refugee Backgrounds*

This one day workshop will explore the impact of trauma on children. We will be looking into key concepts such as the impact of trauma on attachment and development, as well as some implications of intergenerational trauma and the importance of systemic thinking. These will be discussed within a trauma recovery and attachment framework to aid children in the healing process. Participants will be able to identify behaviours in children which may indicate a trauma history, as well as understand how to confidently foster a safe and supportive environment for the child and the family. In this workshop there will be an opportunity to work on a case study where skills learnt can be applied.

This workshop is relevant to people working with children from refugee backgrounds or for those interested in working with them in different settings including case workers, counsellors, mental health professionals and EALD and other teachers.

Working with Young People from Refugee Backgrounds*

This one day workshop has been developed to give participants a greater understanding of what it means working with young people from a refugee background.

Throughout this day workshop we will focus on the recognition of trauma and its impact. Participants will be able to identify physiological and somatic symptoms; the effects on emotions and cognition; and the psychological and social effects of trauma. Participants will receive a good understanding of how to confidently foster a safe and supportive environment when working with young people. This is an interactive workshop and will include small group reflection and a case study.

This workshop is appropriate for anyone who is involved in supporting young people from a refugee background.

Working With Dreams and Nightmares in Complex Trauma Recovery.

This one day workshop will include: the theoretical and cross cultural origins of therapeutic dream work, the central effect of dissociation in trauma and the integrative role that dreams, nightmares

and dream work offers. It will explore the cross cultural value in working with dreams and dream work and offer a psychological framework to understand the way the psyche uses image to promote inner healing. The cautions for dream work and the establishment of a safe therapeutic window will also be addressed.

The workshop is intended for social workers, psychologists and counsellors who would like to develop an understanding of the use of dream work in their work with those recovering from trauma and cultural dislocation. The workshop will cover theory and practice with many opportunities for experiential practice.

Competence in Working with Difference in the Context of Trauma Recovery.

This one day interactive workshop has been developed to give participants a greater understanding of the impact of trauma and resettlement on identity. This workshop will include self-reflection, peer reflection, discussions and sharing work experiences.

The frameworks that informed culturally competent practice will be explored throughout the day. Cultural competence requires workers to have a heightened awareness and understanding of the many aspects of their own identities, including but not limited to gender, ethnicity, social class, sexual orientation, indigenous heritage, immigration/ colonization experiences, disability, and spirituality, and to understand how those aspect/ sectors of their own identity combine impact on their work.

We will be discussing the key skills and competencies required, including cultural formulation skills. Application of the understanding and insights will be considered within the refugee context, particularly how they can be applied to supporting and working with traumatised individuals and communities in the process of resettlement.

The workshop will be useful for people working in a range of clinical and non-clinical settings such as counselling, case work, community development, bicultural support, youth work, advocacy and education.

NB. This is not a workshop describing specific cultures and their customs, beliefs, values and morals. Rather it is aimed at providing the tools with which you can understand and bridge cultural difference.

Working with Families from Refugee Backgrounds*

This one day workshop has been developed to give participants a greater understanding of the impact of trauma and resettlement on family roles and relationships. The frameworks that guide family counselling and support will be explored in particular trauma recovery models, family therapy and culturally appropriate practice.

Throughout the day we will be discussing the key skills and competencies of family work including establishing a therapeutic alliance; family psychosocial assessments; trauma recovery goals; safe points of intervention; reframing; and bringing new information into the family system. There will also be an opportunity to learn more about the QPASTT Parenting Groups.

This is an interactive workshop based on practice experience. There will be discussion of case examples, opportunities to find out how different organisations support families and share ideas about “best practice” in working with families from a refugee background.

Vicarious Trauma, Burnout & Self-Care*

This one day workshop will provide an understanding of the concepts of Vicarious Trauma (VT), Compassion Fatigue and Burnout. Participants will learn to identify risk factors and the warning signs in themselves and colleagues; why and how work in the area of trauma can cause these responses; and ways to prevent and address Vicarious Trauma and Burnout. This workshop is interactive and will include individual and small group reflection.

This workshop is appropriate for anyone who is involved in supporting traumatised people from refugee backgrounds.

***Registrations for this training will only be accepted from those who have attended “*Introduction to the Refugee and Settlement Experience - the Impact of Trauma*”, or those who have more than one year’s experience in working in the refugee and asylum seeker sector.**

Registrations for this training will only be accepted from those who have previously attended Trauma Recovery Models I: Frameworks.