



QPASTT

Queensland program of assistance
to survivors of torture and trauma

2018 Professional Development Training Calendar

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 2018 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 (see from page 3 for further details about each session)
Thursday 22 nd March	10am – 11:30am	Information session about QPASTT.
Thursday 5 th April	9:30am – 12:30pm	Introduction to the Refugee and Settlement Experience - the Impact of Trauma. <i>(This training will be available for online purchase and viewing from around June as it is a prerequisite for trainings later in the calendar)</i>
Thursday 3 rd May	9:30am – 4:30pm	Vicarious Trauma, Burnout & Self-Care.
Thursday 24 th May	9:30am - 2:30pm	Understanding the Asylum Seeker Experience in the Current Context.
Thursday 14 th June	9:30am - 4:30pm	Incidental Counselling with People from Refugee Backgrounds.
Thursday 26 th July	5:30pm – 6:30pm	Information Session about QPASTT.
Thursday 30 th August	9:30am - 4:30pm	Working with Families from Refugee Backgrounds. *
Thursday 6 th September	9:30am - 2:30pm	Responding to and Managing Challenging and High Risk Behaviour in Young People from Refugee Backgrounds.*
Thursday 20 th September	9:30am – 4:30pm	Supporting Trauma Recovery with Children from Refugee Backgrounds.*
Thursday 25 th October	TBA	Information session about QPASTT.
Tuesday 30 th & Wednesday 31 st Oct	9:30am – 4:30pm	Engaging with the Imaginal: The use of Sand-tray, Metaphor and Story in Complex Trauma Therapy.*
Thursday 15 th November	9:30am - 2:30pm	Working with Communities from Refugee Backgrounds*

The “Introduction to the Refugee and Settlement Experience - the Impact of Trauma” training will be available to purchase and view online. This workshop is a prerequisite for a number of other trainings in the calendar. The online video will cost \$15.00 (plus online booking fees) to purchase and you can register for the link around June at - <https://register.eventarc.com/39999/online-introduction-to-the-refugee-and-settlement-experience-the-impact-of-trauma>

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, so public transport is recommended.

QPASTT Main Office
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Cost

Information sessions	Free of charge.
Introductory Workshop (9:30am – 12:30pm)	\$60 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$80 all other registrations. (Plus online booking fees) <i>Costs include morning tea and hand-outs.</i>
Half Day Workshop (9:30am – 2:30pm)	\$80 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$100 all other registrations. (Plus online booking fees) <i>Costs include morning tea, light lunch and hand-outs.</i>
Full Day Workshop (9:30am – 4:30pm)	\$150 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$200 all other registrations. (Plus online booking fees) <i>Costs include morning tea, lunch, afternoon tea and hand-outs.</i>
Two day workshop	\$300 students, volunteers, unwaged and QPASTT members. (Plus online booking fees) \$400 all other registrations. (Plus online booking fees) <i>Costs include morning tea, lunch, afternoon tea, resources and hand-outs.</i>

Those registering and paying for **two or more** professional development workshops in the year 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 on 3391 6677.

Registration:

To register for sessions from the 2018 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 also 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 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.

The "Introduction to the Refugee and Settlement Experience - the Impact of Trauma" training will be available to purchase and view online after the first face to face session. This workshop is a prerequisite for a number of other trainings in the calendar. The online video will cost \$15.00 (plus online booking fees) to purchase and you can register for the link around May at -

<https://register.eventarc.com/39999/online-introduction-to-the-refugee-and-settlement-experience-the-impact-of-trauma>

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.

Understanding the Asylum Seeker Experience in the Current Context.

This introductory workshop has been developed to give participants an understanding of the asylum seeker experience and the impact of torture, trauma, detention and ongoing uncertainty on individuals. The workshop will include discussion around the impact of current application processes and strategies to support people seeking asylum during this period.

The training will provide tips and strategies to deal with disclosures of asylum seeker related torture and trauma, and how to support in the difficult and uncertain context for this client group.

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This workshop will also provide an understanding of the concepts of Vicarious Trauma (VT), Compassion Fatigue and Burnout. Participants will learn to identify the warning signs 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 and discussions.

This workshop has been developed for volunteers and support workers who are not trained as counsellors or advocates working full time in the asylum seeker space.

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. 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.

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.

Responding to and Managing Challenging and Risky Behaviour in Young People from Refugee Backgrounds *

This NEW workshop has been developed to give participants a greater understanding of ways to appropriately support young people from a refugee background who are displaying complex behaviours, such as suicidal ideation and self-harm, risky sexual behaviour, aggressive behaviour and/or use of alcohol and other drugs, including self-medicating etc.

Throughout this workshop we will focus on the recognition of trauma and its impact on young people. Techniques and frameworks around suicide prevention, modified DBT, mindfulness and relaxation specifically with young people from refugee backgrounds will be explored. Participants will be given the opportunity to unpack the neurobiological impact, as well as safety planning, risk management and harm minimisation approaches when working with young people. This workshop aims to be interactive and will include small group discussion and reflection.

This workshop is appropriate for anyone who is involved in supporting young people from a refugee background, particularly clinicians, child safety workers, youth workers, Religious leaders and school staff - in particular support and EALD staff.

Supporting Trauma Recovery with Children from Refugee Backgrounds*

This one-day workshop will begin with concepts and theories that will help to explore the impact of trauma on children, including the impact of intergeneration trauma. It will include brief descriptions of key concepts such as child development, attachment, and emotional self-regulation. These will be discussed within a trauma recovery and attachment framework to aid children in the healing

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process. Participants will be able to identify behaviours in children which may indicate a trauma history, as well as understand how to foster a safe and supportive environment for the child and the family to aid recovery. This workshop will be experiential and full of practical approaches, with an opportunity to work through case studies, where skills learnt can be applied.

This workshop is relevant to people working with children from refugee backgrounds including case workers, counsellors, mental health professionals and EALD and other teachers.

Workshop: Engaging with the Imaginal. The Use of Sand-tray, Metaphor and Story in Complex Trauma Therapy

This **two-day** workshop will include: the origins, benefits and elements of sand-tray within a cross cultural trauma informed framework; Jung's psychological framework and its application to sand-tray; the trauma complexes; safety and contraindications for sand-tray; understanding and exploring symbols in the therapeutic context; directed and spontaneous styles of sand-tray in the trauma/cross cultural context; working with adults and children.

The workshop is intended for social workers, psychologists and counsellors engaged in therapeutic counselling and who would like to develop an understanding of the use of sand-tray, symbol and story in their work with those recovering from trauma and cultural dislocation.

The workshop will cover theory and practice with many opportunities for experiential practice.

Working with Communities from a Refugee Background*

QPASTT understands that recovery occurs in the individual, family and community space.

Therefore, meaningful connections with local communities is necessary for sustainable wellbeing outcomes, as well as to inform QPASTT on the way that we deliver our services. Recovery is best achieved when trauma effected communities are able to exercise a high degree of self-determination, as most communities have an inherent capacity to heal and it is this capacity we seek to support and adapt our services around as we work alongside them.

Many of QPASTT programs are community based with a strong emphasis of building on the existing resources and capabilities within those local communities to assist them to achieve the goals they identify to us through consultation and collaboration. We do this in a number of diverse ways, including providing information, education, advocacy support, partnership in projects, joint participation in events and celebrations, as well as targeted initiatives.

This training is aimed at building knowledge, skills and confidence in working with communities from refugee backgrounds. This will be done by exploring core competencies of working with communities and unpacking Community Development and Capacity Building models, stages of community development and how this integrates with our trauma informed recovery framework. The workshop will be experiential and include case study reviews and examples for discussion. Some pre-workshop reading may be required.

***Registrations for this training will only be accepted from those who have attended in person or viewed the online video "*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.**