

TRAUMA INFORMED PRACTICE

Short Course for Professionals in the Community Housing Sector

Trauma Informed Practice (2 Half Day Workshops)

Overview

As a Community Housing Provider, you are working everyday with people who have experienced trauma. This session gives you the opportunity to understand trauma and complexities, examine what impact trauma has on your work, and offers you some tools and strategies to improve and validate your current practice.

Learning Outcomes

- Understand the principles of Trauma Informed Practice.
- Identify the impact of trauma on behaviour.
- Manage behaviour of clients who have experienced trauma.
- Implement trauma informed practice in your workplace.
- Understand vicarious trauma and self-care.

Course Outline

- Defining trauma.
- How trauma affects the brain.
- Impact of trauma.
- Trauma Informed Practice.
- Work in a trauma informed way.
- Vicarious trauma and self-care.

Who Should Attend

- Frontline workers
- Managers

Delivery Method

The course is delivered via online Zoom workshops. Two sessions of three and a half hours each are delivered on consecutive days.

Resources

Participants will receive an infographic for their workplace outlining practical information and processes related to Trauma Informed Practice.

Key Facts

| Dates

10 - 11 March 2022
1 - 2 June 2022

| Duration

2 consecutive half days from
9:00am - 12:30pm

| Cost

Free

| Delivery Method

Online via Zoom

| Class Size

18 participants
Group bookings by enquiry