

# Informed, sensitive and responsive trauma practices within your educational setting and community.

This two-day conference will focus on supporting you in creating an environment that is trauma informed, responsive and sensitive for the children and young people in your care.

It is suitable for educators, teachers, support workers and other professionals who work with children and young people. This NESAs approved conference will contribute **11 hours of NESAs registered PD addressing 6.2.2 and 7.4.2** from the Australian Professional Standards for teachers towards maintaining Proficient Teacher Accreditation in NSW.

## Day one: 11 June 2020

**Speaker:** Mary Jo McVeigh, director and founder of Cara House

**Topics:** 'Small steps and moments in time' and 'Ordinary magic in everyday opportunities'

During the morning session, we will deconstruct the socio-ecological model of trauma in relation to both the education and the support environment. We will look at how to recognise children's behaviours as the signposts of their suffering and how the trauma experienced by children and young people affects the way they relate to others. We will discuss how small, but important steps, you as educators, teachers and support workers can make (e.g. changing the physical environment) and the importance of crucial moments in time (ways of talking to and with children) can be utilised in responding effectively to children who have or are experiencing trauma.

During the afternoon session, we will examine the concepts of resilience and resistance in trauma-informed practice. Together we will explore the latest evidence on resilience factors and how children resist the totality of trauma in their lives. Our discussions will look at the practical application of resilience factors and how to harness the potential for survival that occurs in resistance. We will celebrate the healing power of the ordinary magic that can happen in the day-to-day lives of children who have or are currently suffering trauma.

## Day two: 12 June 2020

**Speaker:** Heather Irvine-Rundle, clinical psychologist and director of the READ Clinic

**Topics:** 'The resilient teacher – finding the balance' and 'Causes, impact and intervention'

During this session, we will explore and discuss unhelpful and traumatic family systems and attachment disruptions. We will look at the impact they both have on the biology and brain function of the children and young people within your care, support and educational organisations.

We will explore ways that you can use this knowledge to ensure that the best intervention and support systems are implemented. These informed systems will aid the recovery of the children and young people within your care, support and educational organisation, who are or have experienced trauma.

In the afternoon, will focus on the importance of your health and wellbeing. Teachers, educators and support workers, who work with children and young people affected by trauma and challenges, often experience compassionate fatigue and symptoms of secondary trauma. During this presentation and workshop, we will help you understand how to be at your healthiest and how to create a supportive community. This includes how to promote and create health and wellbeing practices for all staff within your educational and support community who work with and support children affected by trauma.

## Event details

**Date:** Thursday, 11 June and Friday, 12 June 2020

**Time:** 9am – 3:15pm both days

**Price:** \$375 including GST

**Location:** City Diggers, 82 Church Street, Wollongong

**Book tickets:** <https://committedtochildcareconferences.com/june-2020-wollongong>