

## Are we there yet? Understanding transgenerational trauma, cumulative trauma and mindful practices that improve outcomes for children and their families.

This conference will contribute 4.5 hours of teacher elective PD identified within the Australian Professional Standards for Teachers.

This professional learning is suitable for all educators, teachers and support staff who work with children, young people and families.

**Speaker:** Mel Brown, Ngunnawal Aboriginal woman and CEO of Spirit Dreaming Training & Education Solutions.

**Topic:** What's up with my mob?

**Presentation:** What's up with my mob? Is an Aboriginal and Torres Strait Islander educational resource, designed to help people better understand the effects of transgenerational trauma on Aboriginal Peoples as a result of colonisation.

This presentation will discuss cultural realities and challenge and test past perceptions of Aboriginal Peoples and their culture whilst encouraging participants to develop a more respectful understanding of Aboriginal children, young people, families and co-workers within educational organisations. It will address The Stolen Generations, reconciliation, past government policies, historical and social health factors, cultural transgenerational trauma and lateral violence.

**Speaker:** Heather Irvine-Rundle, senior clinical psychologist, Conjoint Professor of Practice, School of Psychology at the University of Newcastle and director of the READ Clinic.

**Topic:** Transgenerational trauma – how traumatic experiences impact both biology and behaviour. What we are seeing now and the implications on future generations who will attend our early learning, primary, high school and care facilities.

**Presentation:** Attendees will be provided with the latest psychological research regarding not only single traumatic events, but also more complex cumulative trauma and transgenerational trauma, the impact it has on the learning outcomes of children and young people and how these experiences impinge on the development of secure partnerships with the children, young people and families within your organisation. Unresolved trauma has an impact on forming trusting relationships, behaviour and secure attachment that can affect learning outcomes of children and young people.

Attendees will gain a greater understanding of helpful and practical ways of working and engaging with the children, young people and families within their community and care who are affected by transgenerational and cumulative trauma.

This is an important issue for all Australians, as it covers, not only our indigenous history, but also the impact of more common traumas. This includes the impact family violence, sexual assaults, motor vehicle accidents, serious illness and sudden death can have on generations of children and their families. It will also cover the ongoing traumatic experiences of refugees and asylum seekers.

### Event details

**Date:** Friday, 19 November 2021

**Time:** 9:15am to 2:30pm

**Price:** \$240 per person, including GST

**Location:** Club Macquarie, 458 Lake Road, Argenton, NSW

**How to book:** <https://committedtochildcareconferences.com/transgenerational-trauma-newcastle-november-2021/>