

Engaging with Trauma

AN INTERACTIVE SKILLS BASED WORKSHOP



ABOUT THE WORKSHOP

Engaging with Trauma is a practical, interactive workshop that uses a range of awareness and sensory modulation tools to aid in the development of resilience, emotional processing skills and safe grounding when working with people who have experienced trauma.

Led by Dr Janine Joyce, social worker and lecturer at Otago Polytechnic, this is a skills-development workshop that builds on Nicola Atwool's popular series of seminars on trauma-informed practice.

This all-day workshop consists of short power-point presentation, group work, pair discussion and individual assessment. Key learning outcomes are:

- ◆ Understand the importance of self knowledge when engaging with people suffering the effects of trauma.
- ◆ Practice three grounding techniques and learn the importance of emotional safety
- ◆ Learn practical calming skills for client work.

If you and your organisation work with children, young people and adults who have experienced trauma, this training is not to be missed. To make the most of the workshop, participants are encouraged to do some preparation. Either you will have attended a "Child-centred and Trauma-informed Practice" workshop by Dr Nicola Atwool, or complete free modules from the Werry Centre. Further details will be sent once you've registered.

DATE AND VENUE

1 June 2018, 9.00am—4.00pm
Butterfly Creek, Papillon Room
10 Tom Pearce Drive, AUCKLAND

FEES

\$100 SSPA members / \$120 Non-SSPA members (including GST)

TO REGISTER

<http://sspa.org.nz/events/sspa-workshops>

Registration queries—events@sspa.org.nz or 027 510 1517



FACILITATOR

Dr Janine Joyce, Otago Polytechnic

Dr Janine Joyce is a Counsellor and registered Social Worker, with over thirty years' working with those who have experienced trauma, mental distress and relationship problems. As a clinician she works with all ages and integrates a range of mindfulness, emotional regulation and sensory modulation skills/ techniques. A recent Commonwealth Scholarship (2013) enabled her to deepen her engagement with mindfulness, yoga therapy and meditation techniques by studying at post graduate level in India. She is a published author and researcher in the fields of health and wellness (mindfulness techniques), community activism, community engagement in response to climate change, and peace education.