



Aboriginal Medical Services  
Alliance Northern Territory

*Social & Emotional Wellbeing*

## CULTURALLY RESPONSIVE TRAUMA INFORMED PRACTICE WORKSHOP

Trauma changes people. When we improve our understanding of trauma and its effects, it improves how we work with people who have experienced them. This workshop combines Western understandings of trauma with how Aboriginal people see it. It provides skills and information that are foundational for working in more culturally responsive and trauma informed ways. The workshop provides opportunity for reflection, discussion and scope for action planning and review processes.

### TOPICS INCLUDE

- The background of CRTIP
- Learning and unlearning
- The 6 R's of CRTIP
- Different types of trauma
- Trauma story
- How trauma affects the brain
- Stress survival states
- The automatic nervous system
- Unconnected behaviors
- Young people and trauma
- Healing pathways
- Reducing re-traumatisation
- Aboriginal models of wellness
- Self-care

### UPON COMPLETION OF THIS WORKSHOP, PARTICIPANTS WILL BE ABLE TO

- Understand the historic and ongoing issues faced by Aboriginal people as a result of trauma.
- Learning ways to incorporate culturally responsive trauma informed approaches in the workplace.
- Learning to recognise the things inside ourselves that have been shaped by our own defense and survival patterns.
- Understanding the brain and how trauma affect us and our emotions.

### DELIVERY METHOD

CRTIP has been designed for delivery over a two-day intensive workshop. We offer a flexible approach to delivery, with each workshop being tailored to meet unique organisational needs. These workshops will include elements of personal and professional development as well as potential action planning activities that can contribute to an organisational review process.

### TARGET AUDIENCE

- All staff working in Aboriginal Community Controlled Health Services.
- All staff working in an Aboriginal Community Controlled Organisation.

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