



## **NT REDRESS COORDINATION TEAM**

# **TRAUMA INFORMED CARE TRAINING SERIES**

The NT Redress Coordination Team training series on trauma informed care provides staff access to important knowledge and training across the NT. The Team understands how busy workloads and budget constraints impact on staff gaining access to training, with this series providing short intensive sessions on the core information based on the latest research.

Sessions include:

- **Reducing Stress and Vicarious Trauma in the Workplace,**
- **Understanding and Building Resilience Through Positive Psychology,**
- **The National Redress Scheme for Institutional Child Sexual Abuse and**
- **Practicing Trauma Informed Care (TIC) in the Workplace**
- **Impacts of Child Sexual Abuse (CSA)**

Staff who work with people who have experienced trauma can come to individual sessions or attend the whole day, dependent on their learning interests and needs.

Focused attention, mindful engagement, follow up research and practice is encouraged.

### **TRAINING SESSIONS:**

#### **NHULUNBUY TRAINING**

**Wednesday, 28 October 2020**

**Thursday, 29 October 2020**

**Please RSVP by COB, Friday, 16  
October 2020**

**For more information contact the  
NT Redress Coordination Team at:**

**[Redress.coordination@nt.gov.au](mailto:Redress.coordination@nt.gov.au)  
or 08 8924 4018**

Applicant Information			
<b>First Name:</b>		<b>Last Name:</b>	
<b>AGS Number:</b> (*only applicable for NTPS employees)		<b>Position Title:</b>	
<b>Agency/Organisation:</b>		<b>Email:</b>	
<b>Telephone:</b>		<b>Mobile:</b>	

### Reducing Stress and Vicarious Trauma in the Workplace

#### Key Learning Outcomes

To gain an understanding into:

- What vicarious trauma is in the workplace and how it effects people differently;
- Methods to keep yourself and your team mates safe and healthy in the workplace; and
- Practical strategies that assist with reducing your risk of vicarious trauma.

**Please select your preferred session below:**

Location	Date and Time	Session Selection	Room Location	Cost
Nhulunbuy	Wednesday, 28 October 2020 8.30am – 10.00am	<input type="checkbox"/>	Gulf Room, Walkabout Lodge, 12 Westal Street, Nhulunbuy	\$25

### Understanding and Building Resilience Through Positive Psychology

#### Key Learning Outcomes

To gain an understanding into:

- Long and short term impacts of stress on the body and brain;
- The facts and figures on how people cope with stress;
- Good stress and how it motivates us;
- Positive psychology and the science of happiness;
- The power of sleep / risks associated with lack of sleep and strategies for better sleep behaviours; and
- Practical strategies to build resilience, evaluate where you are at in your life, and strive towards happiness.

**Please select your preferred session below:**

Location	Date and Time	Session Selection	Room Location	Cost
Nhulunbuy	Wednesday, 28 October 2020 10.15am – 12.15pm	<input type="checkbox"/>	Gulf Room, Walkabout Lodge, 12 Westal Street, Nhulunbuy	\$30

## The National Redress Scheme for Institutional Child Sexual Abuse

### Key Learning Outcomes

To gain an understanding into:

- The basic principles of the National Redress Scheme;
- Who can apply and how;
- What an institution is;
- Available Support Services; and
- The implementation of the Scheme in the NT.

Please select your preferred session below:

Location	Date and Time	Session Selection	Room Location	Cost
Nhulunbuy	Wednesday, 28 October 2020 1.15pm – 2.45pm	<input type="checkbox"/>	Gulf Room, Walkabout Lodge, 12 Westal Street, Nhulunbuy	Free

### Practicing Trauma Informed Care in the Workplace

### Key Learning Outcomes

To gain an understanding into:

- What is trauma and how it effects people differently;
- The key principles of TIC;
- Viewing clients through the trauma informed lenses;
- How TIC can be incorporated every day in the workplace;
- Practical methods to limit re-traumatisation of staff, clients and others.

Please select your preferred session below:

Location	Date and Time	Session Selection	Room Location	Cost
Nhulunbuy	Wednesday, 28 October 2020 3.00pm – 4.00pm	<input type="checkbox"/>	Gulf Room, Walkabout Lodge, 12 Westal Street, Nhulunbuy	\$25

### Impacts of Child Sexual Abuse (CSA)

### Key Learning Outcomes

To gain an understanding into:

- CSA and how it impacts individuals throughout their life span;
- The legislation regarding CSA in the Territory and beyond;
- The latest statistics relating to survivors and perpetrators;
- Findings from the Royal Commission into Institutional CSA; and
- Warning signs of abuse and mandatory reporting requirements.

Please select your preferred session below:

Location	Date and Time	Session Selection	Room Location	Cost
Nhulunbuy	Thursday, 29 October 2020 8.30am – 10.30am	<input type="checkbox"/>	Flinders University, Clinical Education Training Facility, Gove District Hospital	\$40

**Commitment to Attend**

By signing this form, I confirm that I agree and understand the following:

- I will attend all selected sessions
- If I do not attend or cancel attendance to a session after the RSVP date, the training cost will be charged to my agency/organisation for each session selected.

<b>Signature:</b>		<b>Date</b>	
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**Line Manager Endorsement**

I endorse this application and agree to support the applicant's participation in the session(s) they have selected.

I agree and understand that if the applicant does not attend the selected session(s), the agency/organisation will be charged where the applicant fails to attend or cancels after the RSVP date.

<b>Name:</b>		<b>Position Title:</b>	
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<b>Signature:</b>		<b>Date:</b>	
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**Payment Process**

Please provide the below details of the authorised financial delegate within your organisation for the purpose of processing and approving invoices issued for attending the selected training sessions.

<b>Name:</b>	
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<b>Contact Number:</b>	
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<b>Email Address:</b>	
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T: 08 8924 4018

E: [redress.coordination@nt.gov.au](mailto:redress.coordination@nt.gov.au)