

# Alan Webster Consultancies

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## Trauma, attachment and Life Story Work Training in Rockhampton

Tuesday 3<sup>rd</sup> and Wednesday 4<sup>th</sup> September 2013

Facilitator: Dr. Greta Galloway



### Introduction and who should attend

The attachment and trauma aspects of this training draw on the work of Daniel Siegel; Babette Rothschild; Judith Hermann; and Janina Fischer (from the Van der Kolk Institute). The life story component of this training is based on the work of Rose and Philpot (2005) and engages participants in learning how to help children or young people who have experienced trauma or major disruption in their life, develop a coherent, integrated story/picture of their life. This storying of self as a whole, contiguous person is essential to identity formation, self esteem and life meaning making.

This practice based training has therefore been developed for people working directly with children or young people who:

- Have experienced trauma in their life;
- Have experienced or continue to experience the results of change in their life (divorce or separation of parents; death of a parent etc.);
- Experience a life full of change (frequent moving of neighbourhoods, schools);
- Have been removed from their family of origin through statutory processes and placed in foster or other alternate care situations;
- Have difficulty finding meaning for their life and their place in the world.

### Objectives of this training

At the end of this training, participants will:

- Understand how the body remembers trauma (fight, flight, freeze, numb out/dissociative responses);
- Have insight into how the brain deals with trauma;
- Have engaged a range of therapeutic/counselling tools and support practices through which to help children and young people process trauma;
- Have practice frameworks and skills for helping children, young people and their parents build a wider 'window of tolerance' for dealing with life stressors;
- Have the skills and framework for engaging Life Story Work with children, young people and their protective adults.

This training is indicated for anyone who works with children in the human services sectors. This includes: guidance officers; child witness of domestic violence workers; school based social workers; special education teachers; foster carers; child safety officers; child therapists/counsellors; family counsellors; and family support workers.

### About the Facilitator

Dr. Greta Galloway is an experienced child and family therapist. Greta is the Clinical Director of Alan Webster Consultancies, where she engages training, supervision of staff and a clinical practice. In thirty years as a social worker, Greta has worked with the South Australian Education Department; the Children's Services Office in South Australia; a children's home and a Department of Community Welfare in South Africa. Greta has been a tenured academic in Australian and South African universities. She is an energetic facilitator, ensuring that workshops are practice based. Greta has experience working with Indigenous and non-Indigenous Australians.

### Attendance Certificates

Attendance certificates will be available to participants at the end of the two day training



### Registration Form

E-mail or fax to Alan Webster: [alan.webster@iig.com.au](mailto:alan.webster@iig.com.au) Fax: (07) 40581477

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Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Position at the organisation: \_\_\_\_\_

Complete the following (tick the boxes which apply to this registration):

I wish to register for the above training [  ]

I have enclosed a cheque or money order for the sum of \$330.00 payable to Alan Webster Consultancies [  ]

**Or**

I have made an EFT payment to Alan Webster Consultancies [  ]

All payments to be made by cheque to Alan Webster Consultancies **OR** by EFT to Alan Webster Consultancies Account no. 04-245686-9 Suncorp Bank BSB 484-799 (*Please provide reference of your name or your organisation's name to this payment so that your registration can be completed*). A tax invoice and receipt of payment will be provided to you.

My telephone number (for registration confirmation purposes only): \_\_\_\_\_

My e-mail (for registration confirmation purposes only): \_\_\_\_\_

*If your registration is not confirmed 10 working days after you have submitted your form, and payment, please contact Alan Webster at the above telephone number or e-mail address.*