



## SARC Presentation: Building on Trauma Knowledge

This presentation builds on the information from the 'Impact of Trauma' presentation to enhance workers' knowledge of working effectively with trauma survivors.

**Pre-requisite: the team must have attended SARC's Impact of Trauma presentation within 6 months of attending this presentation.**

### Topics

- Trauma responses and the five 'f's
- Explore the growing field of epigenetics
- Relational wealth and relational poverty
- The relevance of 'feel good' hormones
- Worker strategies for assisting trauma survivors to build healthy coping strategies

### Details

- 1 hour (can be combined with The Impact of Trauma workshop over 2 hours, 15 minutes)
- Delivered at your workplace
- Groups of 4 or more workers
- Facilitated by an experienced SARC trainer
- To reserve a presentation for your team, email: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### Metro Costing

#### Within Department of Health (DOH)

\$250 (incl GST)

#### External to DOH

\$260 (incl GST)

SARC Education and Training offers a range of professional development opportunities to people working or volunteering in government, non-government and private organisations.

[www.kemh.health.wa.gov.au/SARCProf](http://www.kemh.health.wa.gov.au/SARCProf)

### SARC Education and Training

Training enquiries and requests can be directed to SARC Education and Training

Telephone: (08) 6458 1820

Email: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### The Sexual Assault Resource Centre (SARC)

- 24-hour emergency medical, forensic and counselling support following a sexual assault
- Counselling for recent and past sexual assault and sexual abuse
- State-wide education and training

### 24 hour emergency line for recent sexual assault

Telephone (08) 6458 1828 or 1800 199 888 (free from land line only)

### Emergency telephone counselling

8.30am - 11.00pm daily  
Telephone (08) 6458 1828