



Full day SARC Workshop Trauma Counselling Skills – 9 November 2022

This interactive workshop provides an introduction to the counselling process when working with adolescent and adult clients who have a history of trauma. A selection of practical counselling strategies and resources will be provided to participants.

Suitable for people working in generic counselling roles.

Participants are required to have an understanding of trauma. It is highly recommended that participants attend SARC's 'Overview of Trauma' workshop prior to attending this workshop.

Topic Areas

- The therapeutic relationship
- Establishing safety and attending to risk
- Stabilisation and regulation
- The importance of psychoeducation
- Using validation skills
- Managing shame
- Working with distress tolerance
- Restoring self-compassion
- Culturally responsive therapy
- Tools for trauma work
- Best practice and referral
- Counselling demonstrations

Details

- Full day, Wednesday 9 November 2022
- 9am start; 4.30pm finish
- Delivered in Wembley (details will be provided to registered participants)
- Facilitated by senior SARC counsellors
- To register, complete the SARC Registration Form

Fee

The cost of this workshop is \$132 including GST

Morning tea, lunch and afternoon tea will be provided.

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/SARCPProf

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

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