



# Trauma Counselling Skills- an Introduction

## Perth 2023

**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 'Trauma Overview' workshop prior to attending this workshop.**

### Topic areas

- Counselling demonstrations
- Culturally responsive therapy
- Establishing safety
- Stabilisation and regulation
- Resources for EMDR work
- Restoring self-compassion
- The therapeutic relationship
- Tools for trauma work
- The importance of psychoeducation
- Widening the window of tolerance

### Delivery

The workshop involves a verbal presentation, PowerPoint display, discussions, video clips, case examples, pair and group activities.

### Details

- Full day, **5 May** OR **10 November** 2023
- 9am start; 4.30pm finish
- Delivered in Wembley or Subiaco (details will be provided to registered participants)
- Facilitated by senior SARC counsellors
- To register, complete the SARC Registration Form and return to [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### Cost

The cost of this workshop is \$132 including GST. Morning tea, lunch and afternoon tea will be provided.

### Queries

Queries can be directed to [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

### SARC Education and Training

Email training enquiries and requests to: [SARCTraining@health.wa.gov.au](mailto:SARCTraining@health.wa.gov.au)

Further information and resources: SARC website

