



Impacts of Trauma

Face-to-face; 90 minutes

This presentation provides a broad introductory overview of trauma relevant to working with adult and adolescent clients who have experienced emotional trauma in their lives.

Topic areas

- Key points about trauma
- Neurobiological impacts of trauma
- Impacts of trauma on memory, thinking & learning
- The impacts of adverse childhood experiences
- Understanding triggers, dissociation, flashbacks and hypervigilance
- Understanding behaviours of trauma survivors
- Trauma responses- the 5 Fs
- Considerations for diversity
- Strategies for working with trauma survivors.

Details

- 90 minutes face-to-face (online option available)
- Tuesdays or Wednesdays
- Minimum of 12 participants, maximum 40
- Facilitated by senior SARC counsellor.

Please note that content may be triggering for some people who have been impacted by trauma

Enquiries and bookings

Contact SARC's Education team to request a presentation for your team: SARCTraining@health.wa.gov.au

The Sexual Assault Resource Centre (SARC)

- **24-hour crisis** 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 crisis line for recent sexual assault

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

Crisis telephone support

8.30am - 11.00pm daily

Telephone (08) 6458 1828