



# Trauma Counselling Skills- an Introduction

## Perth 2026

Suitable for people working in generic counselling roles, this workshop provides an overview of trauma counselling skills. Participants are required to have a solid understanding of trauma or have attended SARC's 'Trauma Overview' workshop prior to attending this workshop.

### Topics

- Safety, stabilisation and regulation
- The therapeutic relationship
- Culturally responsive therapy
- Widening the window of tolerance
- Genograms, ecograms, timelines
- Tools for trauma work
- Assessments, formulations, treatment plans and goal setting
- The importance of psychoeducation
- Restoring self-compassion.

### Details

- Full day, 25 August 2026
- 9 am start; 4.30 pm finish
- Delivered in Subiaco
- Facilitated by senior SARC counsellors.

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

### Cost

\$180 including GST. Morning tea and lunch will be provided (please note, if you have coeliac disease or strict dietary requirements, self-catering is recommended).

### Registrations and queries

Register [here](#)

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