



Trauma Overview- an Introduction

Full day workshop, Perth 2026

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

Topics

- The impacts of emotional trauma during childhood
- The 5 F's
- The effects of trauma on behavior and memory
- Role of the vagus nerve and epigenetics
- Safety and risk when working with trauma
- Applying trauma knowledge to practice
- Responding to trauma behaviours
- Facilitating healing and recovery.

Details

- Full day, 22 July 2026
- 9 am start; 4.30 pm finish
- Delivered in Subiaco (details will be provided to registered participants)
- 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

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