



**mareeba & communities**  
family healthcare

## Foundations for Building Trauma Awareness

Friday 25<sup>th</sup> March 2022 9am – 4.30pm

Training Room, Mulungu Aboriginal Corporation, Mareeba  
164 Walsh Street, Mareeba QLD 4880.

Mareeba and Communities Family Healthcare is pleased to be able to host training by the Blue Knot Foundation. This training is the foundation to all educational programs Blue Knot offers on complex trauma. (<https://professionals.blueknot.org.au/professional-development-training/training-programs/foundations-for-building-trauma-awareness/>)

This training program provides learners with a trauma informed lens to better understand the impacts and outcomes for people who experience complex trauma and utilises current research to provide an understanding of trauma, the impacts of trauma on all aspects of life and subsequently the coping mechanisms formed in response to trauma.

By participating in this training program, participants will:

- Develop understanding of the types, prevalence, and impacts of trauma
- Understand the neurobiology of trauma and the use of adaptive responses
- Apply the principles of trauma informed practice to develop strategies which enhance safety, minimise retraumatisation and support recovery

### Who should attend?

Anyone in the workplace from diverse sectors including, but not limited to, health, mental health, alcohol and other drugs services, community, legal, justice, domestic and family violence, child protection, emergency, disability, housing, settlement, and employment services.

This training is important for all staff to complete to create a strong foundational base as an individual and an organisation in the understanding of trauma and complex trauma.

To enrol please complete the registration form via the following link.

<https://blueknot.arlo.co/register?sgid=f29e5a0efd2a4aefafd6c04d3e27e398>

There is no cost for the training as funding has been provided by the Northern Queensland Primary Health Network. Morning tea and lunch are supplied. Please advise if you have any dietary requirements. If you require any additional information, please contact Louise on [louise@fsa.net.au](mailto:louise@fsa.net.au) or 0408 006 518.