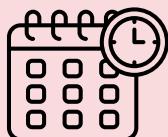


# FAMILIES AND TRAUMA WORK

## INTEGRATING KEY IDEAS FROM INDIVIDUAL AND SYSTEMIC PRACTICE

Enhance your practical skills in applying systemic, trauma-informed approaches in your therapeutic work. Learn to identify appropriate interventions, foster trust and openness in challenging family conversations, and integrate single-session principles for impactful outcomes.



2-DAY  
WORKSHOP



IN-PERSON  
OR ONLINE



CPD HOURS



LEARN MORE  
AND REGISTER

This two-day workshop presents an integration of theoretical and practical ideas from both individually oriented and systemic approaches, including:

- Systems theory
- Neurophysiology
- Attachment theory
- Internal family systems

### WHAT WILL YOU LEARN?

By attending this two-day workshop, you will be able to:

- Articulate important and useful features of systemic approaches to therapeutic work.
- Identify systemic interventions – based on a trauma-informed assessment – appropriate to your role and context
- Foster strong connections with family members when navigating challenging conversations by creating and maintaining a space that encourages openness, trust, and respectful dialogue.
- Utilise single session principles as they apply to trauma-informed practice.

### WHO SHOULD ATTEND

This workshop will be most useful for a wide range of therapeutic professionals including those in Lived Experience/Peer roles working with families where there has been trauma.

### WORKSHOP STYLE

- The workshop includes teaching and experiential components that build integration of theory and skill.
- Small group activities will ensure the workshop material is relevant to you and your specific work context. Discussions of case examples and a collection of relevant readings, will help you put your knowledge into practice.