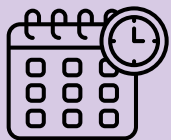


# FAMILY FOCUSED APPROACHES TO HEALING VIOLENCE

Family Focused Approaches to Healing Violence aims to provide an understanding of the context of violence, making sense of the prevalence and nature of violence; and importantly, to explore ways to keep First Nations communities, families, and individuals safe. The importance of culturally congruent ways of healing for First Nations communities and families will be explored and addressed



**1-DAY  
WORKSHOP**



**IN-PERSON**



**CPD HOURS**



**LEARN MORE**

## WHAT WILL YOU LEARN?

By attending this workshop, you will:

- Gain a systemic understanding of the nature and impacts of colonisation
- Assess how the impacts of trauma may prevent people from engaging with the healing processes, including understanding culturally congruent healing methods
- Develop appropriate systemic ways of working based on a trauma-informed mindfulness
- Create and maintain engagement with clients while addressing difficult issues
- Utilise Single Session principles as they can apply to trauma-informed practice

## WHO SHOULD ATTEND

This workshop will be most useful for those with a healing role in working with communities and families impacted by effects of colonisation. It will be helpful for workers attempting to run groups for parents, children and adolescents who are disconnected from family and community. It will also be helpful for workers attempting to create safe pathways for children, adolescents and adults needing to heal from past traumas, make connections with family and community and make safe and healthy choices in life.

## WORKSHOP STYLE

The workshop includes theoretical ideas from trauma theories and practical components to build integration of theory and skill. Your work contexts will inform the clinical material used in discussion and roleplay demonstration (i.e. alcohol and other drugs, family violence, mental health). 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, along with implementation guides, will help you put your knowledge into practice.