

# WORKSHOP 1: WORKING THROUGH TRAUMA

## WORKING THROUGH TRAUMA WORKSHOP DETAILS

<b>COURSE OVERVIEW</b>	Trauma is the catastrophic curve ball that we all experience at some stage. Understanding the impact of trauma and building a trauma tool kit can help us to survive the storm and find new ways forward. In this half-day workshop you will gain insights that will empower you to help yourself and others to survive the trauma trails.
<b>LEARNING OUTCOMES</b>	<p>This workshop will provide participants with a deeper understanding of</p> <ul style="list-style-type: none"> <li>• the different types of trauma, including intergenerational trauma and post-traumatic stress disorder</li> <li>• the psychological effects of trauma</li> <li>• navigating the turbulence of trauma</li> <li>• models of trauma recovery</li> <li>• trauma tool kits for caring and healing</li> <li>• safety – when to seek outside help</li> </ul>
<b>RECOMMENDED AUDIENCE</b>	<ul style="list-style-type: none"> <li>• communities struggling to overcome trauma</li> <li>• 'at risk' groups of men, women, or youth</li> <li>• mental health workers and organisations working with people who are 'at risk'</li> </ul>
<b>FACILITATORS</b>	<p><b>Pamela Nathan</b> Clinical and Forensic Psychologist and Psychoanalytic Psychotherapist with over 30 years of experience in Central Australia.</p>
<b>WHAT IS PSYCHOLOGICALLY (ANALYTIC) INFORMED TRAINING?</b>	All CASSE's workshops are based in clinical psychology and include psychoanalytic paradigms. Psychoanalysis can be very practical. It is a body of knowledge and method of therapy which helps to deepen understanding and change one's mind and heart. In these workshops, we bring a mindful analytic perspective, and apply it and use it in organisational and community settings. In this space, CASSE encourages interactive workshops which work with your stories and experiences.
<b>NO. OF PARTICIPANTS</b>	10-50
<b>COURSE FEE</b>	<p>CASSE delivers in-house workshops within your organisation (minimum 10 people).</p> <p><b>Cost of workshop is \$2500 (+GST)</b> <b>Please contact us for more information.</b></p>
<b>WORKSHOP DATES</b>	<b>Please contact us for more information.</b>

## TRAINING WORKSHOPS SUMMARY

Workshop		Audience	Type of workshop	Facilitator
EDUCATIONAL WORKSHOPS: PSYCHOLOGICALLY-INFORMED WORKSHOPS ON MENTAL HEALTH ISSUES				
1	<b>WORKING THROUGH TRAUMA</b> Understanding trauma and building a tool kit to heal traumatic experiences.	Mental Health workers and people and communities 'at risk' or in conflict or crisis	Psychologically-informed	Pamela Nathan
2	<b>TRANSFORMATIVE TOOLS</b> A practical psychoanalytic tool box.	Mental Health workers and people and communities 'at risk' or in conflict or crisis	Psychologically-informed	Pamela Nathan
3	<b>MENTALISING VIOLENCE</b> Using the psychoanalytic tool of mentalisation to break the cycle of violence. We also offer this workshop with more focus on cultural violence.	Mental Health workers and communities at risk	Psychologically-informed & can be culturally informed	Pamela Nathan
4	<b>SAVING LIVES - SUICIDE PREVENTION</b> Using the psychoanalytic tool of mentalisation to understand suicide.	Mental Health workers	Psychologically-informed	Pamela Nathan
APPLIED WORKSHOPS: CULTURALLY-INFORMED WORKSHOPS APPLIED TO AT-RISK ABORIGINAL COMMUNITIES				
5	<b>MEN'S TJILIRRA TOOLS</b> Reviving an ancient cultural practice to restore mental health.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Jamie Millier Tjupurrula Ken Lechleitner Pamela Nathan
6	<b>TRANSGENERATIONAL TRAUMA</b> Understanding historical trauma in the present – opening up the hard conversations about trauma, both historical and present, in Aboriginal communities using film.	Members of at-risk Aboriginal communities Mental Health workers	Culturally-informed Psychologically-informed	Pamela Nathan Jamie Millier Tjupurrula Ken Lechleitner