

ETS Virtual Training Workshops - Term 1 (2026)

Evolve Therapeutic Services (ETS) teams from across Queensland are continuing to combine forces to bring you free Virtual Training Workshops. From the comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience.

February

3 rd	Blocked care/Blocked trust
9 th	Understanding the impacts of trauma on children and young people
9 th	QUICK TIPS: Back to basics in mental health
12 th	Trying so hard and still getting pushed away? Making sense of blocked trust and blocked care
13 th	QUICK TIPS: Rupture and repair
16 ^t	Understanding non-suicidal self-injury
16 th	Working with shame
17 th	De-coding difficult behaviour: Understanding the brain for you and your child
23 rd	Introduction to developmental trauma
23 rd	An Introduction to PACE
23 rd	Tall Tales: Language & lying behaviour in children
25 th	Acute response and youth mental health

March

2 nd	Trauma vs ADHD
11 th	Building high performing teams for the best outcomes for young people
12 th	QUICK TIPS: Back to basics in mental health
16 th	Understanding non-suicidal self-injury
16 th	Working with shame
19 th	Supporting young people with eating disorders and trauma
23 rd	QUICK TIPS: Rupture and repair
25 th	Introduction to Dyadic Developmental Practice
25 th	ASD vs Trauma

Please note:

The recording / transcribing of sessions is **not** permitted in any format.





To register:

1. Scan the QR Code or click the link for the workshops of your choice.
2. Complete the online registration form. Please ensure all your details are entered correctly, as this is how we will provide you with the registration link.
3. Download Microsoft Teams on your favourite device or computer.




At the time of the workshop, click the link you were provided when you registered. Please ensure your microphone is muted.

Registration close - 5pm two workdays prior to session. Those registered at that time will receive an email with the event details and any associated material. Those who register 1-2 days before the event will not receive associated material required for the session.


February






Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Tuesday 3 rd 10:00 – 11:00	Blocked care / Blocked trust Nicole Guse (PDC, ETS Ipswich)	Children may develop a blocked capacity to trust adults as a response to their previous experiences of trauma, neglect and attachment difficulties with caregivers. Therefore, they learn to keep future carers at a distance, rebuff carer's efforts to help and support them, and may respond with conflicting or aggressive behaviours, in order to feel safe. This "blocked trust" may led to "blocked care" in caregivers. With carers may finding themselves feeling exhausted, confused, saddened and defended against the pain of rejection by the child. We will explore how carers can understand when they are experiencing blocked care, then enhance their ability to be open and engaged within the relationship, supporting the child to develop trust.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Monday 9 th 9:00 – 12:00	Understanding the impacts of trauma on children and young people Sarah O'Regan (PDC, ETS Ipswich)	This session will include an introduction to the impact of trauma and adverse relational experiences on the emotional and behavioural development and functioning of children and young people. Strategies to increase a child's sense of felt safety to facilitate their healing will also be discussed.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Monday 9 th 12:00 – 12:30	QUICK TIPS: Back to basics in mental health Tess Reeve (A/PDC, ETS Toowoomba)	Queensland Health promotes 6 Building Blocks to Improve Mental Health. These simple, practical building blocks can be easily incorporated into the daily routines of children and young people in care. This session emphasizes the importance of getting back to basics—because often, the foundational elements needed for good mental health are missing, which can be a root cause of many mental health challenges. Join us for a quick session to learn how we enhance overall well-being and support positive mental health outcomes.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Thursday 12 th 11:30 – 1:30	Trying so hard and still getting pushed away? Making sense of blocked trust & blocked care Eden Baras (PDC, ETS Brisbane South)	Sometimes it feels like children in out of home care are on a mission to test every single boundary and push every button – but children who are aggressive, keeping pushing you away, and rebuffing your efforts to show care may be experiencing “Blocked Trust”. But what is “Blocked Trust” and why is it so exhausting caring for child like this? In this session, we will figure out why this happens and how to build trust and break the cycle.	ETS Brisbane South Ph: 3087 2200 Email: Click here	Click here 




Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Friday 13 th 12:00 – 12:30	QUICK TIPS: Rupture and repair Tess Reeve (A/PDC, ETS Toowoomba)	For children in care the most important work we do is in the relationship we have with them. In any relationship there are moments of rupture, and we need to assist young people to experience healthy relationships where the connection is repaired and trust rebuilt. Join us for this quick session to learn about rupture and repair.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Monday 16 th 10:00 – 12:00	Understanding non-suicidal self-injury Nicole Guse (PDC, ETS Ipswich)	Working with or caring for a young person who engages in self-harm can be confronting and difficult. This session hopes to support through exploring self-harm, the underpinning reasons young people may engage in self-harm and how we can support a young person engaging in self-harm. It will include when to seek support, forming safety plans and what may happen at the Emergency Department.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Monday 16 th 11:00 – 12:30	Working with shame Tess Reeve (A/PDC, ETS Toowoomba)	Shame develops when a person relates negative responses to their own worth rather than their behaviour. Many children in care may have an experience of toxic shame and this results in a range of maladaptive behaviours. After this session you will understand more about toxic shame and how your responses can either continue toxic shame or support real behaviour change.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Tuesday 17 th 10:00 – 12:00	De-coding difficult behaviour: Understanding the brain for you and your child Fiona Leo & Jen Eustace (Senior Mental Health Clinician, ETS Cairns)	“All behaviour Makes Sense – Even the most difficult and disturbing behaviours.” This is the virtual workshop to attend if you care for, teach, or offer support to a child or young person who demonstrates the most confusing and bewildering behaviours! Based on the work of Robyn Gobbel, in this 2-hour workshop we will step you through how to <i>de-code</i> your child and how to help your child to better understand their own behaviour too! We will also offer you some guidance, based on science, to then support you to start <i>de-coding</i> what your child’s brain might need; and how to look after your own brain in the process!	ETS Cairns Ph: 42262701 Email: Click here	Click here 
Monday 23 rd 9:30 – 11:30	Introduction to developmental trauma Warren Bergh (ETS Statewide Program Coordinator)	This workshop offers a comprehensive exploration of developmental trauma and its profound effects on children and young people. Drawing on neuroscience, attachment theory, and the ACEs framework, it unpacks how early relational disruptions shape brain development, behaviour, emotional regulation, and long-term wellbeing. The session highlights the importance of safety, connection, and relational repair in supporting recovery and resilience.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Monday 23 rd 10:00 – 12:00	An Introduction to PACE Sarah O'Regan (PDC, ETS Ipswich)	PACE (Playfulness, Acceptance, Curiosity and Empathy) is a model developed by clinical psychologist Dr Dan Hughes to support caregivers to connect with their young people, and help young people learn to feel safe in relationships with others. Join us as we take an introductory look at this model and its application with children living in out of home care.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Monday 23 rd 12:30 – 2:00	Tall tales: Language and lying behaviour in children Bridget Lewis (Team Leader, ETS Cairns)	This session will explore lying behaviour: understanding the purpose, function and development of lying. Offering practical suggestions to address and respond to tall tales.	ETS Cairns Ph: 42262701 Email: Click here	Click here 
Wednesday 25 th 9:00 – 11:00	Acute response and youth mental health Dave Scalia (Social Worker, Townsville Acute Response Care Team) Nadine Patane (PDC, ETS Townsville)	This presentation will discuss Townsville Youth Mental Health crisis response in the community and the role of the Acute Response Care Team.	ETS Townsville Ph: 44339002 Email: Click here	Click here 

March

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Monday 2 nd 10:00 - 12:00	Trauma vs ADHD Sarah O'Regan (PDC, ETS Ipswich)	This session will explore the similarities and differences between the presentation of ADHD and Complex PTSD in children and young people as well as the overlapping symptoms, challenges to assessment and diagnosis and determining the best approach to intervention.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Wednesday 11 th 10:00 – 12:00	Building high performing teams for the best outcomes for young people Warren Bergh (ETS Statewide Program Coordinator)	Working as a team is essential for the outcome of the young people we support. Each of us have unique gifts, talents, and skills. When we bring them to the table and share them for a common purpose, it can enhance the outcomes for the young person. But what does it mean to be part of a team? What are some tips of the trade to keep in mind/use to help ensure we can maximise outcomes. If have ask yourself these questions and/or interested in increasing team engagement, productivity, creativity in the best interest of the young people, this is the workshop for you.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Thursday 12 th 4:00 – 4:30	QUICK TIPS: Back to basics in mental health Tess Reeve (A/PDC, ETS Toowoomba)	Queensland Health promotes 6 Building Blocks to Improve Mental Health. These simple, practical building blocks can be easily incorporated into the daily routines of children and young people in care. This session emphasizes the importance of getting back to basics—because often, the foundational elements needed for good mental health are missing, which can be a root cause of many mental health challenges. Join us for a quick session to learn how we enhance overall well-being and support positive mental health outcomes.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Monday 16 th 10:00 – 12:00	Understanding non-suicidal self-injury Nicole Guse (PDC, ETS Ipswich)	Working with or caring for a young person who engages in self-harm can be confronting and difficult. This session hopes to support through exploring self-harm, the underpinning reasons young people may engage in self-harm and how we can support a young person engaging in self-harm. It will include when to seek support, forming safety plans and what may happen at the Emergency Department.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Monday 16 th 12:00 – 1:30	Working with shame Tess Reeve (A/PDC, ETS Toowoomba) Gemma Danahay (Social Worker, ETS Toowoomba)	Shame develops when a person relates negative responses to their own worth rather than their behaviour. Many children in care may have an experience of toxic shame and this results in a range of maladaptive behaviours. After this session you will understand more about toxic shame and how your responses can either continue toxic shame or support real behaviour change.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Thursday 19 th 10:00 – 12:00	Supporting young people with eating disorders and trauma Renee Calligeros & Dr Daniel Royce Wilson (CHQ CYMHS Eating Disorders Team)	This presentation will explore the intersection of eating disorders and trauma in young people, highlighting treatment considerations for managing both trauma symptoms and eating disorder behaviours. Practical skills for families and carers will also be covered, including distress tolerance, emotional coaching, and emotional regulation.	ETS Brisbane South Ph: 3087 2200 Email: Click here	Click here 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Monday 23 rd 11:00 – 11:30	QUICK TIPS: Rupture and repair Tess Reeve (A/PDC, ETS Toowoomba) Katie Castles (Social Worker, ETS Toowoomba)	For children in care the most important work we do is in the relationship we have with them. In any relationship there are moments of rupture, and we need to assist young people to experience healthy relationships where the connection is repaired and trust rebuilt. Join us for this quick session to learn about rupture and repair.	ETS Toowoomba Ph: 4616 5365 Email: Click Here	Click here 
Wednesday 25 th 9:00 – 11:00	Introduction to Dyadic Developmental Practice Brandon Vilaysack (Senior Mental Health Clinician, ETS Townsville) Nadine Patane (PDC, ETS Townsville)	This presentation will introduce Dyadic Developmental Practice (DDP). DDP interventions are foundationally based on the models of attachment theory and intersubjectivity and are consistent with the needs of children and young people who have experienced developmental trauma. It is an approach that: <ul style="list-style-type: none"> • Integrates the areas of neurobiology of trauma, early child development and attachment theory, to produce a therapeutic and parenting approach that assists professionals to understand and effectively support children with trauma- attachment problems, and their families. • Communicates playfulness, acceptance, curiosity and empathy (PACE) in order to help the child regulate their feelings (often fear, shame and anger) associated with past experiences and to create together new meanings to be integrated into the child's life story (autobiographical narrative). • Recognises the vital role which adoptive parents, foster carers and residential workers play in the recovery of traumatised, attachment-resistant children. Provides a set of principles that can support networks; inform and enrich parenting; and can support the child outside of the home.	ETS Townsville Ph: 44339002 Email: Click here	Click here 
Wednesday 25 th 12:00 – 1:00	ASD vs Trauma Elizabeth James (PDC, ETS Brisbane North)	This session will take a brief look at the similarities and differences between Autism Spectrum Disorders and trauma. It will be targeted at health professionals and educators who are trying to tease out different presentations of children and young people in out of home care and touch on some of the supports that may help.	ETS Brisbane North Ph: 3355 8999 Email: Click here	Click here 

"You don't understand anything until you learn it more than one way."
(Marvin Minsky)