



# ETS VIRTUAL WORKSHOPS

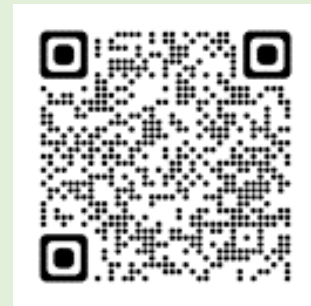
Evolve Therapeutic Services (ETS) from across the state are continuing to combine forces to bring you ETS Virtual Workshops! From the isolated comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience!

Please follow the steps below:

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.
4. Approximately 2 days prior to the workshop, you will be sent a link via email.
5. At the time of the workshop, click the link! **Please ensure your microphone is muted.**

*To access, at no cost, current recorded ETS professional development workshops you can either click the URL below or scan the QR Code*

<https://vimeo.com/evolvetherapeuticservice/videos>



ETS Workshop Recordings

## Term 3, July – September 2023

### A BRIEF INTRODUCTION TO NARRATIVE THERAPY

Thursday 20<sup>th</sup> July 2023

10.30am – 12pm

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Ipswich, Ph 07 3813 6270



Narrative therapy is a respectful, collaborative, and non-blaming approach that separates problems from people. A core tenet of narrative therapy is 'the person is not the problem; the problem is the problem'. By separating problems from people, we can help individuals, families and communities tell their stories in ways that make them stronger (Wingard, 2001). This session will introduce key concepts in Narrative Therapy, including an introduction to the narrative metaphor and to the practice of externalising. You can expect to leave with a better understanding of Narrative Therapy and some ideas of how you might utilise these concepts in your own life and work.



## July 2023

### UNDERSTANDING THE IMPACT OF TRAUMA AND NEGLECT ON CHILDREN IN CARE

Friday 21<sup>st</sup> July 2023

10am – 12pm

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Brisbane South, Ph 07 3087 2200

This workshop will provide an introduction on the impact of trauma and neglect on children’s emotional and behavioural functioning, and brain development. The concept of attachment will also be briefly discussed, along with practical suggestions to increase our children’s sense of safety and facilitate their healing.



### THE IMPACT OF TRAUMA ON TEAMS

Wednesday 26<sup>th</sup> July 2023

9.30am – 11am

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300

This presentation will cover how Trauma affects our thinking and about how this thinking affects our teams (whether in families, groups, residentials, or any other team). We will talk about triangulation, blame cycles and other impacts of trauma on team dynamics. We will explore strategies for resisting the impact of trauma within our relationship with the young people within teams and between services and discuss optimal team and household functioning.



### POLYVAGAL THEORY: WHAT IS IT AND THERAPEUTIC IMPLICATIONS/STRATEGIES

Thursday 27<sup>th</sup> July 2023

9am – 11am

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999

This session will unpack the role of Polyvagal Theory in our understanding of how we respond to the world around us and trauma. Implications for carer providers/support works/therapist will be explored. Further practical Polyvagal-informed strategies/resources will be discussed.





## August 2023

### CHALLENGING BEHAVIOURS ON THE GROUND. POSITIVE BEHAVIOUR SUPPORT IN THE NDIS – EVOLVE FRIDAY ESCAPE SERIES

Friday 28<sup>th</sup> July 2023

9am - 11am

Host: Evolve Therapeutic Service, Townsville, Ph 07 4433 9004

Presenter: Melissa Leddin - Managing Director Behaviour Support Journey Connect

This presentation will provide information in regard to gaining a comprehensive understanding of how disability and trauma interact, and their impact on a child's behaviour, emotional well-being, and overall development. It will explore the specific challenges faced by children with a disability and a trauma background within the NDIS framework. It will also assist to discover the setting events and environments that young people can thrive in and discuss environmental strategies that reduce challenging behaviours and how proactive and reactive strategies can be effectively implemented. It will also highlight trauma-informed strategies and techniques to effectively address the unique needs of children with disability and trauma and how behavioural therapy can be tailored to their specific circumstances, fostering healing, growth, and improved quality of life. Finally it will show how to develop individualized intervention plans that align with NDIS supports and cater to the diverse needs of children with disability and trauma and explore behaviour management strategies, sensory integration techniques, and positive reinforcement methods to support their progress and well-being.

Please send an email to [TSV-MH-EVOLVE-PDC@health.qld.gov.au](mailto:TSV-MH-EVOLVE-PDC@health.qld.gov.au) to be updated on upcoming topics and Evolve Townsville events.

No need to register, just [click here](#) to join at the time of the workshop!!

## July 2023

### SURVIVING AND THRIVING THROUGH ADOLESCENCE: WHAT DOES YOUR TEEN NEED FROM YOU?

Tuesday 1<sup>st</sup> August

9.30am – 1.30pm

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Logan, Ph 3412 1500



Adolescence = Identity crisis, puberty, relationship issues, mood swings, a strong desire for independence and a strong need to be cared for...what a rollercoaster! For adolescents in care, there are additional layers affecting all these areas based on past experiences of trauma, attachment disruption, and displacement from family. To make things more difficult, adolescents are not always great at communicating what they need – so how are carers supposed to know what to do?!

This workshop will explore the big question: What does my young person need from me? The answer to this question will cover 5 areas from the young person's perspective: "I need you to understand me, enjoy me, empower me, protect me, and release me."



## July 2023

### UNDERSTANDING CONCEPTS IN ALCOHOL AND OTHER DRUG TOPICS AND HARM REDUCTION STRATEGIES FOR YOUNG PEOPLE

**Tuesday 8<sup>th</sup> August 2023**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Ipswich, Ph 3813 6270**



Presented by Agnes Maskalans Dual Diagnosis Co-Ordinator, RRPT, MHSS, WM

This training session is for those working with young people and will be a broad overview of understanding the key concepts in alcohol and other drug use as well as understanding the importance of the harm reduction framework to underpin strategies for dealing with young people and their AOD use.

### RESPONDING TO YOUNG PEOPLE IN OUT OF HOME CARE COMMITTING CRIMES: A DISCUSSION WITH CHILD AND YOUTH FORENSIC SPECIALISTS

**Wednesday 9<sup>th</sup> August**

**10am – 1.30pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300**



This presentation will cover some of the statistics on offending behaviours for children and young people in out of home care. There will be a discussion of theory about what drives young people to commit crimes and the risk factors for offending behaviour. Ideas will be proposed for supporting our children to minimise the risk of committing offences. Finally, an overview of interventions targeted at reducing criminal behaviour will be provided. This will include those offered through Youth Justice and the court process, and how relationships can be preserved if the decision is made to involve police.

Target audience: Presentation targeted towards residential care but open to all.

### VICARIOUS TRAUMA: SURVIVING, THRIVING & REVIVING

**Thursday 10<sup>th</sup> August 2023**

**9am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service**

**Statewide Program Manager, Ph 3355 8999**



This session will explore the concepts of compassion fatigue and compassion satisfaction and provide some helpful ideas on how to ensure we look after ourselves while we are looking after others.



## August 2023

### RESPONDING TO BEHAVIOUR AS A MEANS OF COMMUNICATION

**Monday 14<sup>th</sup> August 2023**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Ipswich, Ph 07 3813 6270**



This presentation will assist in understanding the link between communication and behaviour. Practical strategies will be explored from a Speech Pathologist perspective, to assist in your work with children with language difficulties and trauma backgrounds.

### WORKING WITH LGBTQIA+ YOUNG PEOPLE

**Wednesday 16<sup>th</sup> August 2023**

**9.30am - 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365**



This presentation will provide an overview of things to consider and approaches when working with children and young people who identify as LGBTQIA+. Information covered will include understanding the difference between sex, gender and sexuality, the importance of inclusion, safety and allyship, pronouns and mental health for LGBTQIA+ young people. The session will also provide suggestions for resources and practical tips to work more effectively with LGBTQIA+ young people.

This workshop is open to all participants, with a focus on Child Protection workers, foster carers, kinship carers, residential carers, and school personnel.

### INTRODUCTION TO PACE (REPEAT SESSION)

**Monday 21<sup>st</sup> August 2023**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Ipswich, Ph 07 3813 6270**



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 explore this model and its application with children living in out of home care.





## August 2023

### RESPONDING TO SUICIDE ATTEMPTS AND SELF HARM

**Monday 21/8/23**

**11:30am - 1pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300**



This presentation will discuss myths about suicide, understanding why people self-harm, discussing a needs led approach to self-harm and suicide including Coping/ Survival Strategies, using The -PACE Attitude Removing Access To Lethal Means and when to call mental health and emergency services.

### RACIAL TRAUMA AND ITS IMPACT ON CHILD AND ADOLESCENT MENTAL HEALTH

**Wednesday 23<sup>rd</sup> August 2023**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Brisbane South, Ph 07 3087 2200**



This presentation will address Racial trauma as it refers to the emotional impact of stress related to racism, racial discrimination, and race-related stressors on children and adolescents. Symptoms resulting from racial trauma is similar to the symptoms of PTSD. After experiencing racial discrimination, children and young people may have unwanted memories and may avoid thoughts, feelings, and reminders of racial trauma. In addition, racial trauma can lead to negative thoughts about oneself, others, and the world, and contribute to negative moods. Finally, children and young people may feel on guard and on high alert, and have trouble with concentration, sleep, or irritability due to racial trauma. Consequently, when working with Aboriginal and Torres Strait Islander and Culturally Linguistically Diverse children and young people, understanding how racism has impacted their lives is vital to understanding their current mental health presentations.

### TRAUMA-INFORMED RESPONSES TO HARMFUL SEXUAL BEHAVIOUR

**Thursday 24<sup>th</sup> August 2023**

**9am – 12.30pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**



This session will explore the often-blurry line when healthy sexual behaviour becomes problematic and/or harmful, within the lens of complex developmental trauma. It will explore common reasons for harmful sexual behaviours and myths regarding such behaviours. Practical suggestions for responding to these behaviours will be discussed including support and supervision plans, responding effectively when observing problematic or harmful sexual behaviours, and responding when a young person discloses sexual abuse.



## August 2023

### THE 7L'S: A PRACTICAL TOOL FOR ASSISTING WORK WITH FIRST NATIONS CONSUMERS – EVOLVE FRIDAY ESCAPE SERIES

**Friday 25<sup>th</sup> August 2023**

**9am - 11am**

**Host: Evolve Therapeutic Service, Townsville, Ph 07 4433 9004**

Presenter: Neville Ethen Penny – Advanced Health Worker (Cultural)

The 7L's is a brief intervention resource, usually followed on from the "Stages of Change" resource that can be used to have discussions with our First Nations consumers around the effects and/or harms of substance use with their health (Liver), relationships (Lover), Money/budget/bills (Livelihood), Indigenous Law (LORE), Courts/Police/Law (Legal), Country/Home (Land) and Loss and Grief. You can adapt the 7L's resource to use with other challenges a young person may be facing, for example Mental Health concerns

Please send an email to [TSV-MH-EVOLVE-PDC@health.qld.gov.au](mailto:TSV-MH-EVOLVE-PDC@health.qld.gov.au) to be updated on upcoming topics and Evolve Townsville events.

No need to register, just [click here](#) to join at the time of the workshop!!

### HOW ENGAGING IN PLAY WITH CHILDREN CAN BUILD CONNECTION AND IMPROVE REGULATION

**Wednesday 30<sup>th</sup> August 2023**

**11.30am – 1pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Logan, Ph 3214 1500**

Play is the language of childhood, the method through which children explore, connect, collaborate and problem solve. In working therapeutically with children, it helps to connect with their world and to use their language. The use of play in therapeutic engagement with children is one of the most effective ways to do this. This workshop will offer a brief overview in how play can be helpful, and provide some practical, hands on (of course!) strategies for supporting children through play.



## September 2023

### TRAUMA V ADHD

**Monday 4<sup>th</sup> September 2023**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Ipswich, Ph 3813 6270**

This workshop 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 in assessment and diagnosis and determining the best approach to intervention.





## September 2023

### ENGAGING EFFECTIVELY WITH YOUNG PEOPLE WHO USE SUBSTANCES

Wednesday 6<sup>th</sup> September 2023

12.30pm – 2pm

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Logan, Ph 3214 1500



So you know an adolescent who uses substances, you're concerned and you're not really sure exactly how to discuss this with them. Is it a good idea? How should the topic be raised? When? By whom? What should be said? What resources might be helpful in having this conversation (or not!)? This workshop will provide some practical ideas in engaging with young people who use substances, and what the role of a support person might look like in helping them in their decision making.

### CAREFUL COMPASSION: HOW TO WORK WITH TRAUMA WITHOUT BEING TRAUMATISED

Friday 8<sup>th</sup> September 2023

11.30am – 1pm

Click [HERE](#) or use the QR Code to register

Host: Evolve Therapeutic Service, Logan, Ph 3214 1500



Being trauma-informed is a hot topic at the moment. How do we manage being trauma-informed without being traumatised? This workshop will explore the concepts of compassion fatigue and compassion satisfaction, providing some helpful ideas on how to ensure we look after ourselves while we are looking after others.

### INTRODUCTION TO POLYVAGAL THEORY AND FEELING SAFE INSIDE – EVOLVE FRIDAY ESCAPE SERIES

Friday 29<sup>th</sup> September 2023

9am - 11am

Host: Evolve Therapeutic Service, Townsville, Ph 07 4433 9004

Presenter: Timothy O'Donnell – Professional Development Coordinator (Psychologist) - Evolve Therapeutic Townsville

This presentation will give an introduction to Polyvagal theory and how it relates to a person experience of being safe. It will cover the development of the human safety systems, how they activate and how a persons scanning or "Neuroception" can be altered due to trauma causing them to get stuck in a state of safety seeking instead of connection seeking. The presentation will also cover some basic strategies to help address this.

Please send an email to [TSV-MH-EVOLVE-PDC@health.qld.gov.au](mailto:TSV-MH-EVOLVE-PDC@health.qld.gov.au) to be updated on upcoming topics and Evolve Townsville events.

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