



ETS VIRTUAL WORKSHOPS

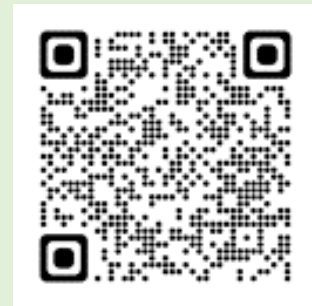
Evolve Therapeutic Services (ETS) from across the state are continuing to combine forces to bring you ETS Virtual Workshops! From the isolated comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience!

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 4, October – December 2023

UNDERSTANDING AND RESPONDING TO NON-SUICIDAL SELF INJURY (NSSI) AND SUICIDAL BEHAVIOURS

Thursday 12th October 2023

10am – 12.30pm

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

Host: Evolve Therapeutic Service, Brisbane South, P 07 3087 2200 E CHQ-CYMHS-EvolveSouth@health.qld.gov.au



Supporting children and young people in care with self-harming and suicidal behaviours can be very stressful and confronting. This seminar will discuss the possible reasons for these behaviours and offer suggestions on how to support children and young people with self-harming behaviours and suicidal ideation.

The training will be pitched for professionals, but foster and kinship carers are welcome to attend and will also benefit from the content. However, carers may wish to attend with their foster carer support worker for support and to help think about application of learning.



October 2023

THINKUKNOW: CYBER SAFETY

Monday 16th October 2023

12pm – 1.30pm

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

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E GCEvolveTS@health.qld.gov.au



Presented by Queensland Police Service Senior Constable Ethan Sorby

ThinkUKnow is an evidence-based education initiative led by the Australian Federal Police (AFP), delivered nationally to prevent online child sexual exploitation.

ThinkUKnow presentations cover:

- What young people see, say and do online
- Online safety risks and challenges
- How parents and carers can take action
- How to get help and report online child sexual exploitation

UNDERSTANDING IMPACTS OF TRAUMA ON CHILDREN AND YOUNG PEOPLE

Wednesday 18th October 2023

9am – 12pm

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

Host: Evolve Therapeutic Service, Ipswich, Ph 07 3813 6270 E WM_MHSS_EvolveTraining@health.qld.gov.au



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.

WORKING WITH SHAME IN CHILDREN AND YOUNG PEOPLE

Monday 30th October 2023

10.30am – 12.30pm

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

Host: Evolve Therapeutic Service, Ipswich, Ph 07 3813 6270 E WM_MHSS_EvolveTraining@health.qld.gov.au



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.



November 2023



ETS NURTURING AND PROTECTING POSITIVE CHILDHOOD EXPERIENCE FRAMEWORK

Tuesday 7th November 2023

9.30am – 11.30am

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

**Host: Evolve Therapeutic Service Statewide Program Manager,
P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au**

Exposure to Adverse Childhood Experiences (ACEs) can have long lasting impact on infants, children, young people and adults. ACEs are only part of a person life journey and who they are. Positive Childhood Experiences (PCEs) are the activities and experiences that shape a young person's life, development and future health. They are experiences that can buffer against the negative lifelong health effects caused by exposure to ACEs. Protective factors, and PCEs, are experiences that can be implemented in multiple environments and settings, and the types of experiences that have the most healing are not ones that can be bought nor need to cost a lot of money.

The ETS Nurturing Protective and PCE Framework, provides tangible steps to buffering the negative impact of prevent childhood adversity by implementing several protective factors and PCEs. The framework can assist caregivers, support agencies and stakeholders in developing a plan of action. At the centre are several core messages young people need to hear, and integrate, in order to increase ACE protection and recovery. These messages can be developed, and reinforced, by implementing five (5) core action-oriented protective and PCE actions/behaviours.

Please note: Documents saved in the 'files' folder connected to this Microsoft Teams invitation will need to be printed prior to the event. This will help to enhance your learning. Material will be uploaded one week prior to the event.

FACTORS TO CONSIDER IN CROSS-CULTURAL PRACTICE: CULTURAL IDENTITY FORMATION, ACCULTURATION STRESS AND CULTURE BOUND SYNDROMES

Wednesday 8th November 2023

10am – 12pm

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

Host: Evolve Therapeutic Service, Brisbane South, P 07 3813 6270 E CHQ-CYMHS-EvolveSouth@health.qld.gov.au

In this presentation, Craig Heron and Juana Katzer will provide an overview of several factors that clinicians need to consider when practicing cross-culturally with Aboriginal Torres Strait Islander children and young people. Initially we will explore the different theories on cultural identity formation and the need to understand where a child or young person is in their journey to forming their cultural identity. Secondly, we will explore the topic of acculturation stress and how it impacts the mental health of children, young people, and their families. Lastly, we will talk briefly about culture bound syndromes and how they differ from mental health concerns. Although the focus of the presentation will be practice with Aboriginal and Torres Islander children and young people, we will also consider practice with children from Culturally and Linguistically Diverse backgrounds





November 2023



SURVIVING AND THRIVING: MAINTAINING WELLBEING IN TIMES OF INCREASED STRESS

Wednesday 8th November 2023

3.15pm – 4.45pm

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

Host: Evolve Therapeutic Service, Logan, P 07 3412 1500 E [MSAMHS Evolve Logan@health.qld.gov.au](mailto:MSAMHS_Evolve_Logan@health.qld.gov.au)

High pressure in your day-to-day commitments, lots of people to look after and keep happy, and multiple opinions about how you should do things... and then comes the call or email asking you to fit something else in! While thriving is a nice word, perhaps in this current context, survival is more realistic! We'll explore some practical survival strategies for your day-to-day challenges, and beyond. Take some time for yourself! Consider this like a pit stop. We will pause, refuel, and strategize for the next part of the race. We will focus on the critical role you play – as looking after yourself is looking after people you care for.



TRAUMA-INFORMED RESPONSES TO HARMFUL SEXUAL BEHAVIOUR

Thursday 9th November 2023

9am – 12.30pm

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

Host: Evolve Therapeutic Service Statewide Program Manager, P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au

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.



PACE – AN INTRODUCTION

Tuesday 14th November 2023

10am – 12pm

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

Host: Evolve Therapeutic Service, Ipswich, P 07 3813 6270 E [WM_MHSS EvolveTraining@health.qld.gov.au](mailto:WM_MHSS_EvolveTraining@health.qld.gov.au)

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.



November 2023



FAMILY CONTACT

Wednesday 15th November 2023

10am – 11.30am

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

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E GCEvolveTS@health.qld.gov.au

During this presentation we explore the complexities of family contact including what makes positive family contact how carers can support it and what is within our sphere of influence.



POLYVAGAL THEORY: WHAT IS IT AND THERAPEUTIC IMPLICATIONS/STRATEGIES

Thursday 16th November 2023

9am – 11am

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

Host: Evolve Therapeutic Service Statewide Program Manager,
P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au

Polyvagal Theory was developed by Dr. Stephen Porges, a neuroscientist and psychologist, in 1994. This session will unpack what is Polyvagal Theory and help explain the role of Polyvagal Theory has in understanding how we respond to different situations in 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.

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VICARIOUS TRAUMA: SURVIVING, THRIVING AND REVIVING

Friday 17th November 2023

9am – 12pm

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

Host: Evolve Therapeutic Service Statewide Program Manager
P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au

This session explores the concepts of compassion fatigue and compassion satisfaction, why we might experience compassion fatigue, and the impact compassion fatigue has upon us. We will also explore some practical strategies for your day-to-day challenges, and beyond. So take some time for yourself and learn what you and others can do to help 'Surviving, Thriving and Reviving'.

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November 2023

ROLING WITH RESISTANCE: PROMOTING THERAPEUTIC ENGAGEMENT WITH CHILDREN AND YOUNG PEOPLE

Monday 27th November

10.30am – 12.30pm

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

Host: Evolve Therapeutic Service, Ipswich, P 07 3813 6270 E WM_MHSS_EvolveTraining@health.qld.gov.au

This presentation will cover understanding key factors that can underly young people's reluctance to engage with services and explore individual and systemic strategies to promote engagement and connection. This presentation will include specific considerations for children and young people in the care of child safety.



FIBS: LANGUAGE & LYING BEHAVIOURS IN YOUNG PEOPLE

Tuesday 28th November 2023

12pm – 1.30pm

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

Host: Evolve Therapeutic Service, Cairns, P 4226 2701 E Evolve-FNQ@health.qld.gov.au

This session will explore lying behaviour: understanding the purpose, function and development of lying. Offering practical suggestions to address and respond to tall tales.



December 2023

RESTRICTIVE PRACTICES AND WHEN THEY APPLY

Wednesday 6th December 2023

10am – 11.30am

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

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E GCEvolveTS@health.qld.gov.au

This presentation will explore the Department of Child Safety, Seniors and Disability Services policy around restrictive practice, including what constitutes a restrictive practice, the circumstances under which they can be used, and how and when to phase out their use.

