



ETS VIRTUAL WORKSHOPS

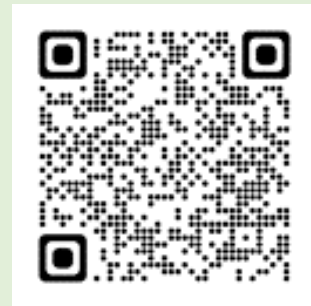
Evolve Therapeutic Services (ETS) from across the state are continuing to combine forces to bring you ETS Virtual Workshops! From the isolated comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience!

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 2, April - June 2024

SURVIVING AND THRIVING AS A CARER WHEN THE GOING GETS TOUGH

Tuesday 16th April 2024

10am – 11.30am

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 the home, lots of people to look after and keep happy, and multiple opinions about how you should do things... and then comes the call 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 strategise for the next part of the race. We will focus on the critical role you play – as looking after yourself is looking after the children and young people in your care.



April 2024

UNDERSTANDING AND RESPONDING TO SUICIDAL BEHAVIOURS IN YOUNG PEOPLE

Monday 22nd April 2024

3.15pm – 4.45pm

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

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

This webinar will discuss myths about suicide, thinking about what contributes to young people feeling suicidal, and what reduces the risk of young people becoming suicidal. The webinar will also provide practical information on how to ask a young person if they are suicidal, what to include in a safety plan with the young person, when to call mental health and emergency services, and information that a mental health clinician will be gathering for their risk assessment.

The training is offered at a time that is convenient for education staff, however, the content will be discussed broadly and thus will be relevant to any professional and/or foster carer. For foster carers that wish to join, you may want to invite your foster carer support worker for support and to help think about application of the learning.



UNDERSTANDING PSYCHOSIS THROUGH A TRAUMA LENS EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

Friday 26th April 2024

9am - 11am

No registration required – click the link at the time of the workshop.

Host: Evolve Therapeutic Service Townsville P 07 4433 9004 E TSV-MH-EVOLVE-PDC@health.qld.gov.au

Presenter: Candice Covey – Mental Health Clinician – Social Worker – yPEIT Townsville

The Young Peoples Early Intervention Team (yPEIT) is a clinical mental health service for young people aged 15 – 24. Sometimes the symptoms of psychosis can be difficult to explain and can impact your life in many ways.

The yPEIT Team offer early intervention, assessment and treatment services for young people experiencing their First Episode of Psychosis, or those who are at risk of developing a psychosis. This presentation will look at trauma and psychosis as this can be very complex to assess. What may appear as a First Episode of Psychosis can be incorrectly diagnosed without a thorough assessment. While it may be true childhood trauma may result in higher rates of psychosis or psychotic symptoms, this requires thorough investigation of symptoms with a trauma focused lens to explore/differentiate the two to ensure accurate diagnosis. This will be illustrated through a case presentation of a 22-year-old female.

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



April 2024

UNDERSTANDING THE IMPACTS OF TRAUMA ON CHILDREN AND YOUNG PEOPLE

Tuesday 30th April

9am -12pm

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

Host: Evolve Therapeutic Services, Ipswich P 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 of children and young people. Strategies to increase a child's sense of felt safety to facilitate their healing will also be discussed.

May 2024

PACE – AN INTRODUCTION

Tuesday 7th May

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



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.

POLYVAGAL THEORY: WHAT IS IT AND THERAPEUTIC IMPLICATIONS/STRATEGIES

Friday 10th May 2024

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



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.

Please note: Registration closes 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.



May 2024

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

Friday 17th May 2024

10am – 2pm

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

Host: Evolve Therapeutic Service, Logan P 3412 1500 E MSAMHS_Evolve_Logan@health.qld.gov.au



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."

FIBS: LANGUAGE OF LYING

Monday 20th May 2024

12pm – 1.30pm

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

Host: Evolve Therapeutic Service, Toowoomba, P 07 4616 5365 E Candice.Collard@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.

ANXIETY DISORDERS IN CHILDREN AND YOUNG PEOPLE

Tuesday 21st May 2024

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



Experiencing anxiety is part of life, as we experience new things, stretch ourselves, and navigate the many challenges we face daily. It is expected that as children grow and develop, they will experience anxiety and learn to manage it so they can continue to function in life. So, when does it become a 'problem' that needs a little more attention?

This session will discuss the symptoms of anxiety disorders and how they may present in children and young people. It will also discuss treatment options and how to support young people in managing their symptoms and continuing to function in their day-to-day activities.



May 2024

TRAUMA-INFORMED RESPONSES TO HARMFUL SEXUAL BEHAVIOUR

Thursday 23rd May 2024
9:00am - 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.

Please note: Registration closes 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.



RESPONDING TO YOUNG PEOPLE AND SUBSTANCE USE

Thursday 23rd May 2024
12.30pm – 2pm

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

This webinar will be presented by Laura Quinlan, Social Worker at Dovetail, who has worked for many years as a clinician in both youth mental health and alcohol and other drug services. This presentation will discuss key features of adolescent substance use and recommend some practical tips on how to support young people who are using alcohol and other drugs.



UNDERSTANDING AND RESPONDING TO SUICIDE ATTEMPTS AND DELIBERATE SELF HARM

Monday 27th May 2024
1.00pm – 2.30pm

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

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. We will also explore using the PACE attitude, Removing Access to Lethal Means, and when to call mental health and emergency services.





June 2024

SUPPORTING LGBTQIAP+ YOUNG PEOPLE

Wednesday 29th May 2024

3.15pm – 4:45pm

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 include.

- Key Concepts
- Language and Terminology (LGBTQIA+)
- Inclusion and Affirmative Care
- How to support young people and parents/carers
- What does the legislation say?
- Resources and support

FEELING SAFE WITH YOUR POLYVAGAL SYSTEMS EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

Friday 31st May 2024

9-11 am

No registration required – click the link at the time of the workshop.

Host: Evolve Therapeutic Service Townsville P 07 4433 9004 E TSV-MH-EVOLVE-PDC@health.qld.gov.au

This presentation will introduce Polyvagal theory and how it relates to a person's experience of being safe. It will cover the development of the human safety systems, how they activate and how a person's 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.

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



June 2024

ETS NURTURING AND PROTECTING POSITIVE CHILDHOOD EXPERIENCE FRAMEWORK

Monday 3rd June 2024

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, 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: Registration closes 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.

TRAUMA VS ADHD

Tuesday 4th June

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



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.



June 2024

THINKUKNOW: CYBER SAFETY

Wednesday 5th June 2024

9.30am – 11am

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.

THE MAKING OF A WARRIOR: THE POWER OF CO-CONSTRUCTING MEANING THROUGH A THERAPEUTIC STORY FOR CHILDREN IN OUT OF HOME CARE

Friday 7th June 2024

10am – 11.30am

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

Host: Evolve Therapeutic Service, Logan, Ph 3412 1500



Different therapeutic approaches highlight the importance of co-constructing meaning with children in the context of a therapeutic relationship or carer-child dyad. Metaphors are often used as a tool to help children engage with and develop understanding of difficult or confronting topics. Tailoring metaphors to an individual child's strengths and interests can enhance effectiveness of this approach.

Drawing from attachment-based and narrative therapeutic approaches, an applied case example will be given of how a child in care can be supported in making sense of their behaviours and struggles through a creative story about their life using the metaphor of an emerging Warrior. The potential impact of creative storytelling on expanding a child's window of tolerance will be presented, and hypotheses generated regarding how this approach effects a child's neurobiology.



June 2024

NEUROBIOLOGY OF TRAUMA

Monday 10 June 2024

12.30pm – 2.30pm

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

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365 E Candice.Collard@health.qld.gov.au

This session provides information about the impacts of trauma on the brain. We will look at some of the clues we see in young people's behaviour and what the clues tell us about their underlying neurobiology. We will look at using theory of neurobiology to choose appropriate strategies to support young people.



SCHOOLS MAKING A DIFFERENCE WITH COMPLEX TRAUMA

Wednesday 12th June 2024

3.15pm – 4.45pm

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 in collaboration with Justine Looney, Ed LinQ Coordinator and Clinical Nurse Consultant.

This presentation will provide a brief overview of the impact of complex trauma on brain development and day to day functioning, including discussion of the Poly Vagal Theory. The impact on relationships with teachers will be explored, including exploring the concept of blocked trust. Some potentially helpful ideas will be proposed in identifying and responding to different brain states, including during and after critical incidents.

Target audience: **Education staff**





June 2024

DYADIC DEVELOPMENTAL PRACTICE EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

**28th June 2024
9-11 am**

No registration required – click the link at the time of the workshop.

Host: Evolve Therapeutic Service Townsville P 07 4433 9004 E TSV-MH-EVOLVE-PDC@health.qld.gov.au

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:

- 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) 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.

No need to register, just

click here to

join at the time of the workshop!!