

## ETS Virtual Training Workshops - Term 3 (2025)

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.

### 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.

### July

22 <sup>nd</sup>	Thinkuknow: Cyber safety
23 <sup>rd</sup>	Integrated Youth Health Hub
23 <sup>rd</sup>	Understanding the impacts of trauma on children and young people
23 <sup>rd</sup>	Understanding & responding to suicide attempts & deliberate self-harm
25 <sup>th</sup>	Working with shame
29 <sup>th</sup>	Sensory based regulation
29 <sup>th</sup>	Let's Talk – understanding the communication needs of young people in care
29 <sup>th</sup>	Working with shame
31 <sup>st</sup>	Supporting young people with eating disorders and Trauma

### August





4 <sup>th</sup>	Buffering ACEs
6 <sup>th</sup>	Thinking about 'Circle of Security' and adolescents
6 <sup>th</sup>	Trauma, the refugee experience and children in out of home care
8 <sup>th</sup>	Polyvagal Theory: Applications in the school setting
11 <sup>th</sup>	An introduction to PACE
12 <sup>th</sup>	Quick tips: Back to basics for mental health
14 <sup>th</sup>	Quick tips: Back to basics for mental health
15 <sup>th</sup>	Quick tips: Back to basics for mental health
29 <sup>th</sup>	Culture






### September

2 <sup>nd</sup>	Am I making a difference? Overcoming self-doubt while working with childhood trauma
4 <sup>th</sup>	Trauma-informed responses to harmful sexual behaviours
4 <sup>th</sup>	Dissociation – Dissociative children as little Houdinis
4 <sup>th</sup>	Understanding and supporting grief through art expression
4 <sup>th</sup>	Quick tips: Back to basics for mental health
8 <sup>th</sup>	Careful Caring - Working with trauma without being traumatised
16 <sup>th</sup>	Overdose - Recognise, respond, reduce risk - Keeping young people safe: Overdose prevention and substance use support
18 <sup>th</sup>	Working with shame
24 <sup>th</sup>	Medication




**Please note:** Training Workshops are not to be recorded / transcribed in any format, including the use of AI bots.

## July






Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Tuesday 22 <sup>nd</sup> 12.30 – 2.00	<b>Thinkuknow: Cyber safety</b>  Rachel Lister (Australian Federal Police)  Nicole McAlister (PDC, ETS Gold Coast)	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: <ul style="list-style-type: none"> <li>• What young people see, say and do online.</li> <li>• Online safety risks and challenges.</li> <li>• How parents and carers can take action.</li> <li>• How to get help and report online child sexual exploitation.</li> </ul>	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 23 <sup>rd</sup> 9.00-11.00	<b>Integrated Youth Health Hub</b>  Matt Shanks (The Integrated Youth Health Hub)	The Integrated Youth Health Hub (IYHH) is a new and exciting Queensland Health pilot initiative to address the health needs of a high-risk subset of vulnerable young people in contact with the Youth Justice System in Townsville. Team Leader Matt Shanks will discussing what services the IYHH provides and how they work.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 23 <sup>rd</sup> 9.00 – 12.00	<b>Understanding the impacts of trauma on children and young people</b>  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 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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 23 <sup>rd</sup> 3.15 – 4.45	<b>Understanding and responding to suicide attempts &amp; deliberate self-harm</b>  Nicole Mcalister (PDC, ETS Gold Coast)	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.	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 


Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Friday 25 <sup>th</sup> 9:30 – 11:00	<b>Working with shame</b>  Tess Reeve (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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 29 <sup>th</sup> 10.00-11.30	<b>Sensory based regulation</b>  Anika Shakespeare (Mental Health Clinician, ETS Gold Coast)	This presentation will cover understanding our sensory system and how everyone has unique sensory preferences. Overview of trauma on the body and in turn sensory processing. Finally sensory-based regulation strategies to help utilise the body in order to stay more regulated.	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 29 <sup>th</sup> 12.30 – 2.00	<b>Let's Talk – understanding the communication needs of young people in care</b>  Bridget Lewis (Mental Health Speech Pathologist, ETS FNQ)	This session will highlight the communication and language needs of young people who have experienced trauma. Participants will be able to identify red flags for language disorders and ways to modify communication to support young people to understand others and express themselves.	ETS Cairns Ph: 4226 2701 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 29 <sup>th</sup> 3:30 – 5:00	<b>Working with shame</b>  Tess Reeve (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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 31 <sup>st</sup> 10.00-12.00	<b>Supporting young people with eating disorders and trauma</b>  Renee Calligeros and Dr Daniel Royce Wilson (Clinical Psychologists, 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: <a href="#">Click here</a>	<a href="#">Click here</a> 

## August


Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Monday 4 <sup>th</sup> 9.30 – 12.30	<b>Buffering ACEs</b>  Warren Bergh (ETS Statewide Program Coordinator)	Adverse Childhood Experiences (ACEs) can have enduring effects across all stages of life. However, ACEs represent only part of an individual's journey. Positive Childhood Experiences (PCEs) and protective factors play a critical role in shaping development, resilience, and long-term wellbeing. These experiences can be fostered across various environments. The ETS Nurturing Protective and PCE Framework offers practical guidance for mitigating the impact of childhood adversity by promoting key protective factors and PCEs. Designed to support caregivers, service providers, and stakeholders, the framework outlines five core, action-oriented behaviours that reinforce essential messages young people need to hear and internalise to support healing and resilience.	ETS Statewide Program Management Ph: 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 6 <sup>th</sup> 9.00 – 10.30	<b>Thinking about 'Circle of Security' and adolescents</b>  Amy Webb (Senior Mental Health Clinician, ETS Gold Coast)	This session will look at what happens when a child's behaviours and relational needs change as they become adolescents and their circle becomes bigger. It will include a brief overview of Circle of Security, the "under construction" adolescent brain, the impact of trauma and relationship disruptions, how their attachment needs look different and the continuing importance of the secure base and safe haven. Although previous training in Circle of Security is not required, it will be helpful to have a general understanding of the model coming into this presentation.	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 6 <sup>th</sup> 3.30 – 5.00	<b>Trauma, the refugee experience and children in out of home care</b>  Saina Avesta (QPASTT Training Co-ordinator)  Vikki Routledge (Intake and Connection Practitioner, QPASTT)  Romina Bahrami (Cultural Consultant, ETS Brisbane South)	Australia is a multicultural society, and our diversity continues to grow. This training will focus on children in out of home care who have experienced being a Refugee or their family has come to Australia from a Refugee background. This training will support its participants to explore attachment, developmental and intergenerational trauma by considering the refugee context.	ETS Brisbane South Ph: 3087 2200 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 









Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Friday 8 <sup>th</sup> 9.30-11.30	<b>Polyvagal Theory: Applications in the school setting</b>  Warren Bergh (ETS Statewide Program Coordinator)	Polyvagal Theory was developed by Dr. Stephen Porges, a neuroscientist and psychologist, in 1994. This session will unpack the role of Polyvagal Theory in our understanding of how we respond to the world around us and trauma. Implications of children and young people will be explored. Further practical Polyvagal-informed strategies/resources will be discussed.	ETS Statewide Program Management Ph: (07) 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Monday 11 <sup>th</sup> 10.00 – 12.00	<b>An introduction to PACE</b>  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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 12 <sup>th</sup> 4:30 – 5:00	<b>Quick tips: Back to basics for mental health</b>  Tess Reeve (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, informative session to learn about the 6 building blocks that can enhance overall well-being and support positive mental health outcomes.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 14 <sup>th</sup> 8:00 – 8:30	<b>Quick tips: Back to basics for mental health</b>  Tess Reeve (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, informative session to learn about the 6 building blocks that can enhance overall well-being and support positive mental health outcomes.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Friday 15 <sup>th</sup> 12:00 – 12:30	<b>Quick tips: Back to basics for mental health</b>  Tess Reeve (PDC, ETS Toowoomba)	As outlined directly above.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Friday 29 <sup>th</sup> 9.00-11.00	<b>Culture</b>  Uruba Cedar (IPC ETS Townsville)	When working with First Nations young people, their families/carers, and the community, we need to be aware of cultural consideration for all First Nations people and not put everyone in one category as we come from many different cultural beliefs and backgrounds. We would like to share our thoughts and experience as Mental Health, Health Worker around what you may see or need to be aware of when working with our First Nations youth, families/carers, and the community.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 



## September

Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Tuesday 2 <sup>nd</sup> 9.00 – 10:30	<b>Am I making a difference? Overcoming self-doubt while working with childhood trauma</b>  Jodie Perkins (Social Worker, ETS Logan)	<p>If you've ever found yourself wondering whether you're making a positive impact on the young person you're supporting, this workshop is for you. Whether you're supporting a traumatised child at home or at school, it's natural that moments of self-doubt may arise, leaving you questioning whether you're doing enough or having a meaningful impact.</p> <p>In this workshop, we will explore how we conceptualise the journey of healing from childhood trauma, manage the expectations we place on ourselves, understand the vital role of connection with the child, and develop self-care strategies to support our own well-being.</p> <p>The goal of this workshop is to empower you to feel more confident in your role, more aware of the positive difference you make, and more inspired to nurture yourself—enabling you to continue offering hope and support to the young person you're supporting.</p>	ETS Logan Ph: 3412 1500 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Thursday 4 <sup>th</sup> 9.00 - 12.30	<b>Trauma-informed responses to harmful sexual behaviours</b>  Warren Bergh (ETS Statewide Program Coordinator)	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.	ETS Statewide Program Management Ph: 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 4 <sup>th</sup> 9.30-11.30	<b>Dissociation – Dissociative children as little Houdinis</b>  Dr Annelies Lamote (Consultant Psychiatrist, ETS Cairns)	This session will provide an introduction to dissociation and why young people who have experienced complex trauma may dissociate. Participants will be able to understand the symptoms of dissociation and have some practical strategies to support a young person who is dissociative.	ETS Cairns Ph: 4226 2701 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 4 <sup>th</sup> 10.00 - 11.00	<b>Understanding and supporting grief through art expression</b>  Jessica Spooner (Art Therapist, Jacaranda Place, Childrens Health Queensland)	Grief and bereavement are complex and individual process for everyone, which sometimes words can be hard to find to express, process or share. Alternatives to talk based modalities such as Art therapy support individuals in these processes. This session will touch briefly on the complexity of grief and bereavement with children and young people and an explanation of Art therapy compared to engaging in Art as a therapeutic tool will be provided. While focusing on how professionals/carers can support a young person through their individual grief process using art-based activities. There will be an experiential component, please have paper and pens/pencils with you.	ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 4 <sup>th</sup> 11:00 – 11:30	<b>Quick tips: Back to basics for mental health</b>  Tess Reeve (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, informative session to learn about the 6 building blocks that can enhance overall well-being and support positive mental health outcomes.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Monday 8 <sup>th</sup> 11.00 - 1.00	<b>Careful Caring - Working with trauma without being traumatised</b>  Claire Walsh (PDC, ETS Logan)	<p>Being trauma-informed and trauma-sensitive is hot topic at the moment. Each day you are exposed to the impacts of trauma on children – through their behaviour, how they respond to authority, and how they engage in social relationships. One of the biggest risks for educators and practitioners working with children impacted by trauma is that trauma can be ‘contagious’. The chaos that a child experiences in their world can start to impact on your wellbeing, including your motivation to show up to work and continue the vital role you have in helping these children do well in life. So how do we manage being trauma-informed and trauma aware, without being traumatised? This workshop 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.</p>	ETS Logan Ph: 3412 1500 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 16 <sup>th</sup> 11.00 - 1.00	<b>Overdose - Recognise, respond, reduce risk - Keeping young people safe: Overdose prevention and substance use support.</b>  Brodie Geleijn (Youth Yth AOD CLC, Mater/Headspace)  Hosted by Claire Walsh (PDC, ETS Logan)	<p>This vital training focuses on how to keep young people safe who use substances, recognizing the complex role trauma often plays in their coping strategies. Participants will learn how to identify, respond to, and reduce the risk of overdose among youth, drawing on the latest research around substance use disorders and overdose risk factors.</p> <p>Designed for youth workers, healthcare providers, social workers, and public health professionals, this session offers a holistic approach to intervention, emphasizing harm reduction, crisis management, and long-term recovery support. Attendees will gain practical tools for recognizing and responding to overdoses related to opioids, stimulants, depressants, and hallucinogens, all within a safe and compassionate framework.</p> <p>Key topics include:</p> <ul style="list-style-type: none"> <li>• Understanding how different drug types affect the nervous system</li> <li>• Recognizing and responding to opioid, stimulant, depressant, and hallucinogen overdoses</li> <li>• Identifying high-risk drug trends among young people</li> <li>• Strategies to reduce harm and improve alcohol and other drug (AOD) education.</li> </ul> <p>Join us to build the skills and knowledge necessary to support young people in making safer choices and accessing the care they need.</p>	ETS Logan Ph: 3412 1500 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 



Date / Time	Title and Presenter	Training Summary	Hosting team	How to register
Thursday 18 <sup>th</sup> 8:00 – 9:30	<b>Working with shame</b>  Tess Reeve (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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 24 <sup>th</sup> 9.00-11.00	<b>Medication</b>  Mark Gingell, (Nurse Practitioner)	This session will focus on exploring the role of medication in treatment.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

*It is what we think we know already that often prevents us from learning.*

(Claude Bernard)

*Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.*

(Henry Ford)