



ETS VIRTUAL WORKSHOPS

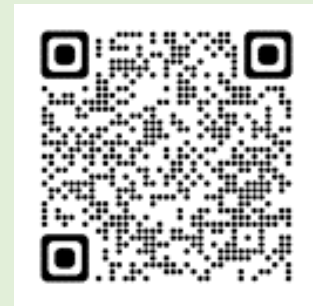
Evolve Therapeutic Services (ETS) from across the state are continuing to combine forces to bring you ETS Virtual Workshops! From the isolated comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience!

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 1, January – March 2024

UNDERSTANDING IMPACTS OF TRAUMA ON CHILDREN AND YOUNG PEOPLE

Tuesday 30th January 2024

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.



January 2024



WORKING WITH SHAME

Tuesday 30th January 2024

12pm – 1pm

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 will give a brief introduction to Shame. It will look at how shame looks in typical development and how it is different for young people who have experienced trauma. The session will provide some ideas on how to understand and respond to shame based behaviours.

February 2024



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

Thursday 8th February 2024

3.15pm – 4.45pm

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.



PACE – AN INTRODUCTION

Monday 19th February 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

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.



February 2024



SUPPORTING LGBTQIA+ YOUNG PEOPLE

Wednesday 23rd February 2024

3.30pm – 5.00pm

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

Host: Evolve Therapeutic Service, Gold Coast, Ph (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.

No need to register, just

[click here](#) to join at the time of the workshop!!

SHAME BASED BEHAVIOURS EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

Friday 23rd February 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

This presentation will provide a comprehensive understanding of Shame and how it impacts on the behaviour of young people particularly those who have trauma histories. This presentation will discuss Shields to Shame and other barriers to addressing shame as well as evidence-based strategies to decrease a shame response and improve a child's self-worth.

ANXIETY DISORDERS IN CHILDREN AND YOUNG PEOPLE

Monday 26th February 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

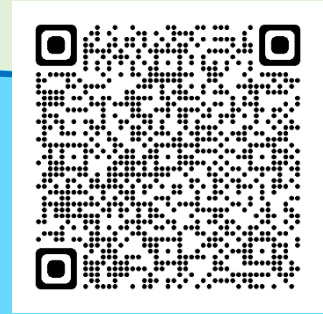


Experiencing anxiety is part of life, as we experience new things, stretch ourselves, and navigate the many challenges we face on a daily basis. It is expected that as children grow and develop, they will experience anxiety and learn to manage it so they can continue to function in life. So when does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



February 2024



ETS NURTURING AND PROTECTING POSITIVE CHILDHOOD EXPERIENCE FRAMEWORK

Tuesday 27th February 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, 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.

RECOGNISING AND SUPPORTING COMMUNICATION CHALLENGES IN YOUNG PEOPLE

Tuesday 27th February 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



Communication challenges are common for young people with a history of trauma. Communication issues affect how young people make friends, solve problems, learn and even make sense of their emotions. It's important for adults to be aware of how communication challenges impact young people so they can recognise signs of difficulty and offer support. This workshop will help participants to notice communication challenges and identify some helpful strategies to respond and support the young person.



March 2024

TRAUMA AND SENSORY BASED INTERVENTIONS IN THE CLASSROOM

Thursday 7th March 2024

3.15pm – 4.45pm

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



Sensory approaches and sensory-based interventions are increasingly being used to support children and young people to regulate, promote attachment behaviours and ultimately increase participation in daily activities. There is an emerging evidence base and increasing understanding of the link between trauma and sensory processing.

This presentation is aimed at education professionals to increase awareness of applying sensory-based interventions with children who have a trauma background and are consequentially facing challenges attending and participating in the school environment. Although this is developed for education workers, other professionals and foster carers are welcome to join.

THE IMPACT OF TRAUMA ON TEAMS

Friday 8th March 2024

10am – 11.30am

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.



March 2024

TRAUMA-INFORMED RESPONSES TO HARMFUL SEXUAL BEHAVIOUR

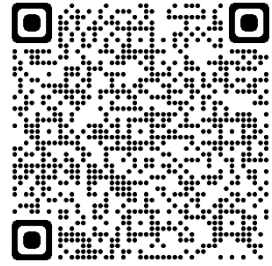
Thursday 21st March 2024

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.

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.

IMPACT OF TRAUMA ON BRAIN DEVELOPMENT EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

Friday 22nd March 2024

9am – 11am

No registration required – click the link below 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 focus on what trauma is and then discuss how this trauma can impact on a child's cognitive development. It will discuss how it can change the way a brain prioritises threat information and how this can look like inattention and hyperactivity. The presentation will conclude with how to improve a child's outcomes including sensory strategies that can help regulate and develop the brain.

To join this workshop, click [here](#) at the time specified above

No need to register, just

[click here](#) to join at the time of the workshop!!



March 2024

VICARIOUS TRAUMA: SURVIVING, THRIVING AND REVIVING

Friday 22nd March 2024

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'.

Please note: Documents saved in the 'files' folder connected to this Microsoft Team 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.

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

Monday 25th March 2024

10am to 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 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.