



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 of 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.**

October 2022



Natural antidepressants

Wednesday 26th October

9.30am – 12.30pm

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

Host: ETS Brisbane South, Ph (07) 3087 2200

Our special guest, Associate Professor Dr Peter Parry, will share his passion and interest in the assessment and treatment of adolescent depression. He will explore some of the alternatives to medication in treating depression, termed “natural antidepressants”, including lifestyle changes for better mental health.

Music therapy - an introduction (Friday Escape Series)

Friday 28 October 2022

9am - 11am

Host: ETS Townsville, Ph (07) 4433 9004

Music therapy is increasingly being used as an intervention for stress reduction in both medical and mental healthcare settings. This presentation will provide an overview of what music therapy is, why it is used and it's appropriateness to be used with children with trauma histories. Presented by Senior Clinician (Psychologist) Rachel Jones.

Please send an email to 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!!



October 2022

Understanding and Managing the Impacts of Childhood Trauma (repeat session)

Monday 31st October

9am – 12pm

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

Host: ETS Ipswich, Ph (07) 3813 6270



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 2022

Trauma-informed responses to harmful sexual behaviour

Thursday 3rd November

9am – 12.30pm

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

Host: ETS Statewide Program Manager, Ph (07) 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.

Introduction to PACE (repeat session)

Monday 7th November

10am – 12pm

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

Host: ETS Brisbane North, Ph (07) 3355 8999



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 2022

Schools making a difference with complex trauma

Tuesday 8th November

3.15pm – 5pm

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

Host: ETS Gold Coast, Ph (07) 5687 9300



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: Recommended for education staff

Borderline Personality Disorder in Adolescence: An Introduction

Monday 21st November

10am - 12pm

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

Host: ETS Brisbane North, Ph (07) 3355 8999



Borderline Personality Disorder (BPD) is a mental health condition characterised by impulsivity and a pattern of instability in relationships, self-image and emotions, which often first emerges in adolescence. In this introductory session, we will discuss the factors which contribute to the development of BPD in young people (including its relationship to trauma and attachment), it's prevalence, and key symptoms. We will also discuss some first steps in responding to or seeking help for a young person who you might be presenting with symptoms of BPD.

Indigenous Adventure Therapy (Friday Escape Series)

Friday 26 November 2022

9am - 11am

Host: ETS Townsville, Ph (07) 4433 9004

Professor Derek Chong the first Indigenous Psychiatrist in QLD will present on indigenous adaptations to Adventure Therapy which is a style of therapy that uses challenging adventure activities the assist the healing process.

Please send an email to 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!!



November 2022

ADHD v Trauma

Monday 28th November

10am - 12pm

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

Host: ETS Ipswich, Ph (07) 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.

Family Contact

Tuesday 29th November

10am - 11.30am

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

Host: ETS Gold Coast, (07) 5687 9300



This presentation will explore why we do family contact, the benefits, the difficulties and how to best support the children and each other with the challenges.