

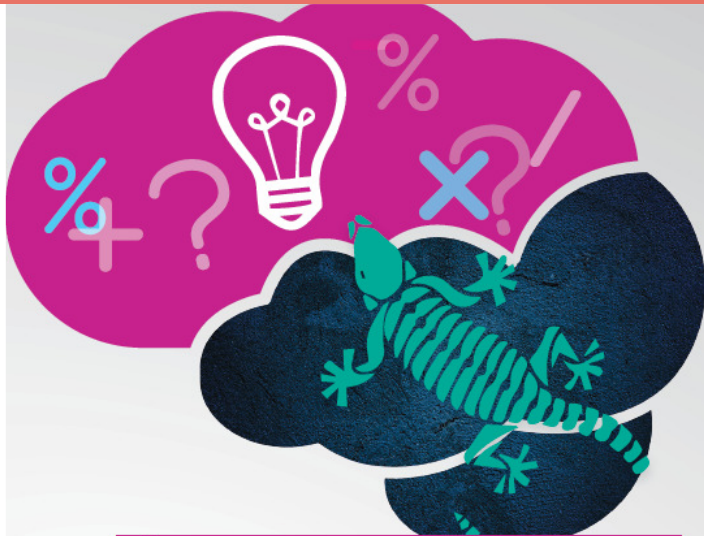
# Carer KaFÉ Training

FREE training for Victorian kinship and foster carers



australian  
childhood  
trauma  
group

## THINKING MIND, REPTILIAN BRAIN



A mindful approach to  
behaviour change  
and healing



Presented by Gregory Nicolau, The Australian Childhood Trauma Group

Gregory Nicolau is a Melbourne based Consultant Psychologist and entrepreneur. He is the Founder/

CEO of Australian Childhood Trauma Group and the Tech Startup Ripple™ with 35 years experience working with executives, managers and staff in the Out of Home Care, Youth Justice, Education and Refugee Sectors. He is also well respected within the indigenous community for his work in partnership with ATSI organisations. As CEO of Australian Childhood Trauma Group he guides the organisation which specialises in consulting, training and program development in the area of trauma providing therapeutic programs and support services to government and non-government agencies, schools, individuals and families. He has an exceptional reputation for managing complex cases and situations in a compassionate and focused manner and is highly sought as a trainer and conference speaker.

This workshop explores the importance of staying present in your thinking mind when the children you care for are struggling to do so. When we don't accurately assess what is happening in the internal world of the child or young person, our reaction may add to the trauma and sense they are not good enough. Practical interventions will be shared and demonstrated.

During this session you will:

- understand the inner working model of those who have experienced abuse and broken attachments that lead to challenging behaviours
- recognise how to gauge the emotional maturity of a child or young person
- learn how to assess when a child is switched on to what you have to say
- appreciate the impact of stress on the ability to make good choices

WHEN: Tuesday 30 October 2018  
Registration: 9:30am  
Training: 9:45am - 3:00pm

WHERE: Bridges on Argyle Motel  
84/90 Argyle St,  
Traralgon VIC 3844

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