

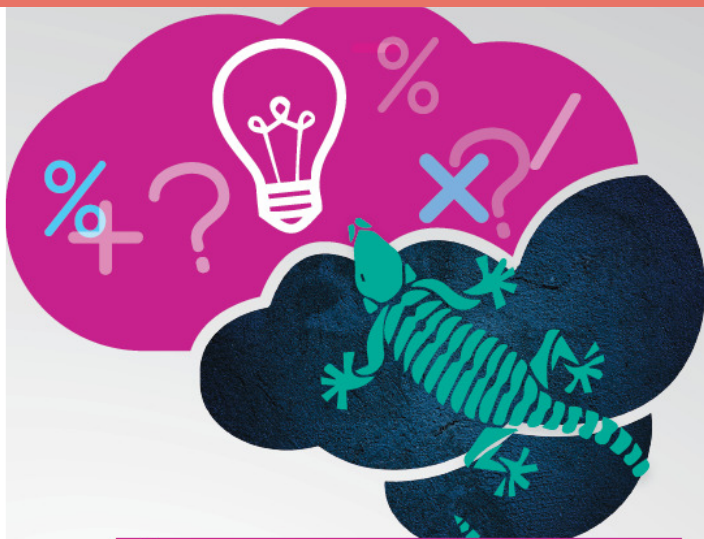
Carer KaFÉ Training

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 Nick Grainger, The Australian Childhood Trauma Group

Nick Grainger is a Senior Consultant/Social Worker at Australian Childhood Trauma Group. Nick has a 15-year background of working with vulnerable and high risk; children, young people and families in a range of support contexts. His experience includes having worked in the education and not for profit sector managing home based care programs and implementing therapeutic responses to care. Nick is recognised for his very calm, friendly and compassionate approach. He has a particular interest and experience in the educating, supporting and skilling of people.

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: Wednesday 5 September 2018
Registration: 9:30am
Training: 9:45am - 3:00pm

WHERE: Ballarat and District Aboriginal Co-operative
109 Lydiard Street
Ballarat VIC 3350

TO BOOK: www.carerkafe.org.au
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