

This FREE event is for Kinship Carers



MAD, BAD OR SAD? A Pathway to Healing for Kinship Carers

The path of a Kinship Carer can often be isolating and fraught with difficulties, hardships and feelings of hopelessness. You are not alone! We understand the unique issues you face and will provide an environment of support and learning to help you on your journey.

February - June 2016

It's conclusive – childhood trauma caused by sexual, physical, emotional abuse or neglect 'changes the brain' in ways that impact a child's ability to form strong relationships and be the 'boss of their feelings'.

The objectives of this seminar are:

- To understand the impact of childhood trauma on our mind, body and spirit
- To learn how to read the behaviour 'signs' of childhood trauma and distress
- To understand how relationships and healthy functioning are impacted by experiences of childhood trauma
- To explore what to do and when to do it in order to ease the impacts of childhood trauma
- To understand how to build healthy relationships with children who have experienced trauma
- To investigate the way the brain of a traumatised child 'thinks'



Gregory Nicolau is the CEO and lead Consultant Psychologist of Australian Childhood Trauma Group. He has a 30 year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He enjoys supporting people to deliver the best outcomes for children and is an experienced trainer, facilitator and case supervisor.



Nick Grainger has a 10-year background of working with children, young people and families within the out of home care sector. Nick has considerable experience working with vulnerable and high-risk children and young people in residential and educational settings and is recognised for his calm and compassionate approach. Nick has a particular interest in the educating and skilling of people.



Mary Utter is a registered Art Therapist in, Australia, New Zealand (AThR) and, the United States of America (ATR). Having worked in Australia, USA and Samoa for 15 years Mary has a broad range of experience. The primary focus of Mary's work has been as a trauma specialist with children, young people, adults and families from a wide variety of cultures and communities. Mary is known for her exceptional skills in engaging vulnerable clients through the therapeutic process and supporting the professionals involved through reflective practice to achieve meaningful change. Given Mary's experience of; working with children and young people in out of home care, family conflict and family violence, education settings, and the refugee experience she brings valuable experience to her current role as Art Therapist/Consultant at Australian Childhood Trauma Group.

ENQUIRIES e info@theactgroup.com.au t 9415 6066 w theactgroup.com.au

REGISTRATION
9.30am

SEMINAR
10.00am - 3.00pm

COST
FREE

A limited number of kinship staff placements also available
Refreshments, morning tea and lunch provided

RSVP

Via our website (preferred) or complete registration form and post/fax.

Places are limited so please register early to avoid missing out

| REGION | DATE | VENUE |
|------------|--------------------|---|
| Geelong | Friday 19 February | Belmont Library 163 High St Geelong VIC 3216 |
| Shepparton | Thursday 14 April | Venue to be confirmed closer to the date |
| Preston | Thursday 2 June | Venue to be confirmed closer to the date |

You are welcome to attend any event, regardless of where you live.

Complete this form for manual registration and post or fax

Contact person for participants:

Role:

Contact number:

Contact email:

Name & Email Address of Each Participant:

| PARTICIPANT NAME | EMAIL ADDRESS | AGENCY | PHONE |
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- Participants will receive an email confirmation
- Please advise of any special requirements e.g dietary

Seminar Enquiries and Registrations to:

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group