

# Introduction to trauma and healing: supportive responses

## Purpose

This short course is part of a series of training programs designed to build knowledge on the impact of violence on individuals, families and communities. The introductory module explores: types of trauma and their incidence in the Australian context; the impact of trauma on the mind, body, social, emotional and cultural wellbeing; recognisable, trauma 'red flags', and; how to make trauma-informed responses that encourage healing. The course is designed for administrators, frontline staff such as housing, child protection, justice, health workers, volunteers and any member of the workforce, or community at-large. The session incorporates group activities and discussions.

## Delivery

2 hours face-to-face mode.

## Learning Outcomes

1. Learn about the types and prevalence of trauma in our community
2. Understand how trauma impacts all aspects of a person's wellbeing
3. Recognise the 'red flags of trauma'
4. Gain basic skills in how you can respond and encourage healing from trauma