

## Positive approaches to behaviour support advanced skills: Relational safety, trauma informed practice

This course is for Cerebral Palsy Alliance employees

### Who is this course for?

This training is for Behaviour Support Specialists, Allied Health Professionals, Client Service Consultants, Team Leaders and Managers who support clients who may have experienced past trauma.

If this course is relevant to your role, please discuss with and get approval from your manager.

### What content does the course cover?

In this training session you will learn about trauma informed practice and how to create environments that promote internal, external, and relational safety for clients and develop your knowledge and skills around:

- Attachment theory: An evolving theory
- Trauma types
- Polyvagal theory: The autonomic nervous system (ANS) and regulation
- Trauma informed practice and care
- Trauma informed care in action
- Becoming a trauma informed organisation
- Preventing and dealing with vicarious trauma

You will have the opportunity to apply the concepts using solution focused conversations, case studies and structured activities.

### Does the course have prerequisites or specific requirements?

The following pre-reading must be completed before attending and will be emailed to you once you have registered:

- Hansson, A. (2011). Understanding and responding to challenging behaviour: Valuable contributions from attachment theory. In D. Dossetor, D. White, & L. Watson (Eds.) Mental Health of Children and Adolescents with Intellectual and Developmental Disabilities. Victoria: IP Communications. (book chapter)
- Dana, D. (2020). Polyvagal exercises for safety and connection. NY: Norton. (chapter 1)

### What other details do I need to know?

**Attendance type:** In person (face to face)

**Duration:** 4 hrs

**Times:** Please select a course date below or if there are no dates, please click Enquire

**Refreshments:** Please bring your own lunch (as required)

If you need to cancel: Cancellation guidelines

### Where can I get more information?

**Contact:** The Training Alliance team

**Email:** [training@cerebralpalsy.org.au](mailto:training@cerebralpalsy.org.au)

**Phone:** +61 2 9975 8715

Please enquire regarding available dates.