

BREAKING FREE

Newsletter of the Blue Knot Foundation | ISSN 1836-6899 | October 2016



Blue Knot Day 2016

Sydney Opera House shines a light on childhood trauma

Blue Knot Day was held this year on October 24th and was a very special day – not only because it was our national day but because it was also our 21st anniversary, and our very first Blue Knot Day as the Blue Knot Foundation!

The organisation has come a long way from its humble beginnings as a volunteer-run support group for adult survivors of childhood abuse, to a leading national voice advocating for the needs of adult survivors of childhood trauma; an internationally recognised leader in complex trauma research, training and trauma-informed practice; and Australia's only specialist Helpline providing complex trauma counselling, information and referral services for adult survivors of childhood trauma.

Around 30 events took place across the country in support of Blue Knot Day, including morning teas, barbecues, trauma sensitive yoga classes, interfaith prayer services, market stalls and community walks. We would like to thank all our Blue Knot Day Ambassadors, our community volunteers, as well as all our other supporters and volunteers who have helped us raise awareness across Australia. In particular, this year we were lucky enough to illuminate the iconic building of the Opera House blue! None

of this could have been possible if not for the generosity of our Blue Knot Day 2016 sponsors, Shine Lawyers and blueshyft.

"The colour blue in 'Blue Knot Foundation' represents the clear blue sky of possibilities which are there for us all, and as adults, we can recover and live healthier, more connected and participating lives, no matter how many years ago and how devastating our trauma was," said Dr Cathy Kezelman AM, President of Blue Knot Foundation.

This year, an opening event was held at the Royal Automobile Club of Australia with 80 guests from corporate, government and community sectors mingling with Blue Knot Foundation staff, Board, Advisory Panel members and Ambassadors. The event was opened by NSW Mental Health Commissioner, John Feneley.

Shine Lawyers, one of our Blue Knot Day sponsors, National Abuse Law Partner Lisa Flynn said,

"It's essential that we work together to ensure survivors of trauma and abuse have a voice and that they are adequately supported along their journeys to rebuild. Blue Knot Foundation is paving the way in this quest and we are privileged to be playing some small role in this journey."

Other speakers included Dr Cathy Kezelman AM along with survivor activist, Manny Waks, who recently launched his autobiography 'Who gave you permission?' Manny has spoken out about child sexual abuse within the Jewish community, at a great cost to himself and his family; Manny has now taken his advocacy onto the world stage. This year we were delighted to present the Blue Knot Day Award 2016 to Manny Waks.

The Award was established in 2012 to recognise those who uphold the principles of Blue Knot Day and further represent the needs of adult survivors of childhood trauma. The recipient is someone whose work and efforts inspire communities to unite in support of survivors.

The 2016 Blue Knot Day Award was presented to Manny Waks for shattering the secrecy of abusive silence and doggedly pursuing truth and justice for survivors at home and abroad.

Blue Knot Foundation would also like to thank Copabella Trust who donated the venue and catering for the Royal Automobile Club event and our sponsors who generously donated prizes for the raffle – Muru Mittigar, Gai Waterhouse Racing, TFE Hotels, Joh Bailey and Rockpool Foundation.

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Donations can be made online at blueknot.org.au/donate. Donations to Blue Knot Foundation of \$2 and over are tax deductible.

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Have your contact details changed?

If you are a member of Blue Knot Foundation, you can update your details at www.blueknot.org.au/Join-Us/Login (log in with your member ID as username, click Retrieve Password if you have forgotten your password). For non-members, please contact Blue Knot Foundation on (02) 8920 3611 or admin@blueknot.org.au to update your details.

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Disclaimer

The views expressed in this newsletter have been included to allow our members to consider a variety of therapeutic options and spiritual views. Blue Knot Foundation does not support any particular spiritual stance over another; nor does it uphold any particular therapy as superior. The Editorial Team accepts responsibility for all editorial comment.

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Welcome to the October 2016 edition of *Breaking Free*.

On Blue Knot Day, Blue Knot Foundation asks all Australians to unite in support of the 5 million survivors of childhood trauma and abuse. This month we review some of the Blue Knot Day events held across the week beginning Monday 24 October.

On page 3, we hear from Kristen, a former social worker about the experience of vicarious trauma, a real risk when working with trauma on a daily basis. We hear her story of recovery, as well as her call for greater support for health professionals who work with people with trauma to enable them to stay safe.

On Page 5, Dr Cathy Kezelman describes the Interfaith service held at Pitt St. Uniting Church, Sydney. We announce the winners for Blue Knot Day's 2016 photography competition and also interview Kallena Kucers, who judged this year's competition.

On page 8, we announce the schedule for our professional development training in 2017. Please keep an eye out for a brand new training package - A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients. This training workshops the three phases of complex trauma treatment – safety and stabilisation; processing; and integration – for practitioners working in therapeutic relationships with adults who have complex trauma histories.

Please be aware the next two issues of *Breaking Free* will be double issues. The November/December issue will be published in mid-December and the January/February issue in February.

If you have comments about what you have read in this issue or suggestions for future editions, please contact me at newsletter@blueknot.org.au.

Warm Regards, Sarah

Sarah Creely | Editor

The Big Picture



What an amazing month we have had, culminating in Blue Knot Day on Monday 24th of October! Sponsored by Shine lawyers and blueshyft, Blue Knot Day 2016 reached many new and varied communities around the country. We were delighted to present this year's Blue Knot Day Award to a most deserving recipient, Manny Waks, whose tireless efforts have contributed to a safer world for our children.

The illumination of the Opera House, an iconic Australian building has brought the stigmatised and taboo issue of childhood trauma into the light. This is a cause that Blue Knot Foundation

will continue to champion. As the Royal Commission into Institutional Responses to Child Sexual Abuse enters its final year in 2017, we must work together to ensure the good work of the Commission lives on and that all survivors, regardless of their experiences, can access the right services at the right time to create pathways to justice and recovery.

Dr Cathy Kezelman AM | President

By Kristen

Selfless: a social worker's own story of trauma and recovery

In 2003, I was a social worker employed as a caseworker in a large 'frontline' department. It took nine months to reduce me into a perpetually tearful wreck with sweaty palms, a panicky heartbeat and recurring difficulties turning off from work at the end of the day. My clients terrified me.

Eventually, my supervisor recommended me for a transfer into a more administrative role and, less than a year later, I successfully applied for a role as an Intake Worker. The intake area within this department was located a few precious metres back from the frontline. Nonetheless, it was a fast-paced role, requiring the ability to make heady decisions in tight timeframes.

Importantly, as an Intake Worker, I no longer carried a caseload. Not a single client would have to be allocated to me as their caseworker. I believed myself to be a lousy caseworker (surely I'd already demonstrated this!) and was profoundly grateful that my only ongoing contact with clients would be via telephone or email. In contrast to face-to-face casework, this felt so much safer. For everybody.

Happily, I immersed myself in the intake role for several years, working my way up through more than one promotion. Despite the chronically busy environment, neither I nor my colleagues received any formal supervision. When I asked why this was so, I was told there 'wasn't time'. Supervision was a luxury that could be stretched to include caseworkers, but not intake workers.

By the time I self-combusted in October 2006, I hadn't received supervision for one, perhaps two, years. On 17 Oct 2006, my supervisor informed me I was being transferred back into a casework role.

"They're short-staffed," she said. "They need you."

For years, I'd told my supervisor I couldn't ever return to casework. We'd often joked about it. On this day, I again told her again that I'd consider resignation as an alternative to casework.

"It doesn't matter," she said. I was going, whether I liked it or not.

Two weeks later, I'd lost ten kilograms. After pleading with the Accident & Injury Prevention Officer, I was told I could remain an Intake Worker for three more months and, if I 'kept my head down' this period may be extended.

One year later, I was still keeping my head down, too scared to eat.

Two years later, the danger of being transferred into casework was omnipresent. Restrictive eating had become my new norm and, at the age of 29, I was admitted to hospital for the treatment of Anorexia Nervosa.

Today, I am 39 years old. Following several long and gruelling years, I've physically recovered and written a book about my experiences. No longer able to work as a social worker, I've turned my focus to ameliorating the effects of burnout,



compassion fatigue and trauma. I've done this while creating a small pet-sitting business and am relishing the animal therapy that comes with this completely different line of work.

'Selfless: a social worker's own story of trauma and recovery' took four agonising years to write and my research was extensive. Mostly, I learned of the strong links between eating disorders and widespread presence of trauma amongst our helping professionals.

My experience did not seem to be unusual, with many helpers reporting that they received poor quality or irregular supervision. Those that did have access to supervision were not confident enough to advocate for themselves or were fearful of doing so.

In her 2003 book, 'Burnout' (Malor Books), Christine Maslach tells us:

"Professional helpers are among the people least likely to seek help for themselves... Mental health workers may avoid needed therapy because it would imply that they themselves are not mentally healthy – and they, after all, are the ones who should be. People who are supposed to have all the answers and be able to help everyone else may view their own difficulties as a sign of incompetence or failure." (2003: 129)

Our helping professionals deserve more and there is so much more we can do to support them. I describe my own experiences in the hope that they are used to begin a conversation about burnout, compassion fatigue and trauma. I hope to support helping professionals as they perform their essential and demanding work every day. I hope to encourage organisations to use more proactive ways of supporting their employees and providing workplaces that are both physically and psychologically safe.

Blue Knot Foundation delivers professional development training: Safeguarding yourself: Recognising and Responding to Vicarious Trauma to help support practitioners and other personnel in the work with clients who have experienced trauma.

Photography Competition

Interview with the judge of this year's Blue Knot Day photography competition, Kallena Kucers

I understand you are an artist and photographer, can you tell us more about yourself?

"I've been many things over the years. An artist working primarily with ceramics, then a social worker and an academic. I began working in photomedia to help work through my own history of childhood abuse, after I was no longer able to work in my previous career due to the extent of symptoms I was experiencing. Initially only for my own pleasure, and then I began sharing my work online. The positive responses I was gaining grew, and eventually I worked up the courage to show what I was doing to the directors of a gallery and professional fine art photographic printers. They invited me to exhibit and my artwork grew from that."

What role can art and/or photography play in healing from childhood abuse and trauma?

"My own photo work was definitely a large part of my own healing process. So often much of what we feel as a result of childhood trauma can't be expressed in words. Artistic expression can help a lot in comprehending and processing our feelings on the road to being able to find the words to express what was and is. It doesn't matter at all what kind of artistic media anyone might use."

What was it like to be the judge for Blue Knot Foundation's photography competition this year?

"Judging Blue Knot Foundation's photography competition was much harder than I expected. It was very different to 'just a photography competition', as every single image was a very valid expression of that person's experience and their healing process and as such, one couldn't really be judged as 'better' than another. I found it very tough trying to balance the different approaches between images I might have considered most accomplished photographically, images that might impress me most artistically, the obvious personal emotional meaning I

felt in each image, together with meeting the set theme of the competition and technical restrictions. Because of this, choosing any one image ahead of another was very difficult and it took a lot of time and thought to settle on the finalists and eventual winners."

What advice would you give to any adult survivor of childhood abuse and trauma who wishes to express their lived experience through the creative arts?

"Just have a go, and then have another go, and another. It doesn't matter at all what media you use or what your end result looks like. Simply using colour and form to help yourself express what you feel can be healing of itself. It's a way of expressing feelings that is physical, so it can overcome the dissociative barriers to being able to express trauma in words and it's constructive rather than destructive. You can decide later whether you keep what you produce for yourself (and maybe your therapist), or if you want to show the works to a wider audience."

Is there anything else you would like to add?

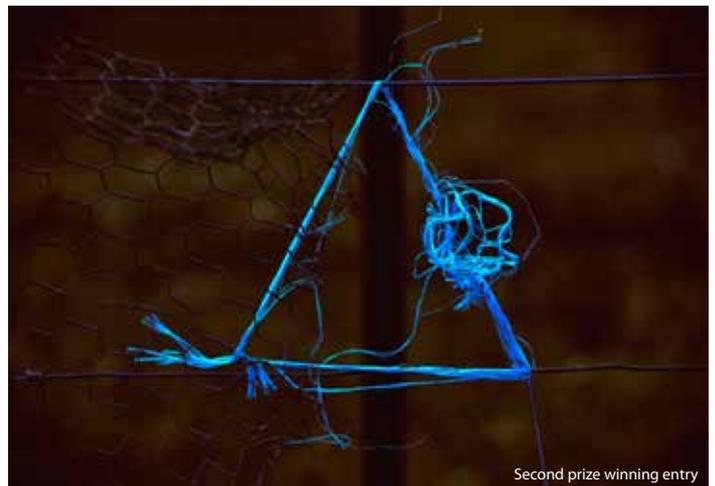
"I would like to thank Blue Knot Foundation for the work it does. There is far too little awareness in our society of the devastating effects of childhood trauma and the enormous impact traumatic childhood experiences have on subsequent mental health in adulthood. Raising awareness, especially with such well-researched and presented documentation, is crucial to the work toward advocating for the provision of the services survivors need to be able to help themselves. I am very grateful for the opportunity to be a part of this work."

Thank you for taking the time to speak with me today and to share your experience and knowledge with the Blue Knot Foundation community.

To visit Kallena's website and see examples of her artwork click here: www.kallenakucers.com



First prize winning entry



Second prize winning entry

Interfaith Service at Pitt St Uniting Church, Sydney

On Sunday 23rd of October, a powerful and moving interfaith service was held at Pitt St. Uniting Church. Supported by South Sydney Uniting Church, the service brought together representatives from the Buddhist, Bahá'í, Moslem, Hindu, Jewish and Christian traditions and communities, uniting in support of adult survivors of childhood trauma.

The service was opened by Tim Gray, a Gumbaynggir man, lead singer and keyboard player for Indigenous reggae band, Green Hand Band. They performed Welcome to Country, then Tim sang his highly poignant original song and lit the first candle, representing dreamtime spirituality. Each faith-based representative and Dr Cathy Kezelman AM, representing survivors, then lit a candle and spoke of what the lighting of their candle represented. After a reading of two survivor stories, the interfaith representatives joined in prayer with their hands resting in a bowl of water, symbolising tears of mourning.

The service was filled with music and silent reflection, as well as prayers that transcended particular traditions to unite people across faiths in solidarity. There was weaving of blue ribbon, reflectively and in silence, followed by the beautiful tones of the Bahá'í choir, honouring the presence of all survivors who joined us in community on the day.

The recovery story told by our board member, Simon, was intensely moving and a testament to the challenges and possibilities of recovery.

On behalf of Blue Knot Foundation, we would like to thank all who supported the service, from the wonderful planning group to those leading the service and those taking part. It was a wonderful testament to recovery.



Winners of Blue Knot Day 2016 photo competition

The team at Blue Knot Foundation would like to thank everybody who participated in Blue Knot Day's 2016 photography competition. We received over 200 entrants, of which 16 finalists were selected for exhibition on Blue Knot Day.

We would like to congratulate Maryla Juchnowski and Steve Noller who jointly won first prize with \$1,000 for their award-winning efforts (see image on page 4). When asked about the story behind their image, Maryla said "mother and child are together, holding on, feeling secure with the knowledge that with Blue Knot Foundation they can make a difference."

The judge for the competition Kallena Kucers praised this photo for the many ways it could be interpreted by the viewer,

"The winning image is an emotional one to me. The infant's hand being held by that of an adult was very well composed... To me it was possible to read this image several ways: as either the older hand holding a young child safely through the journey ahead or, as someone holding their own young infant self together with their stronger adult self, safely, through the journey of healing. I always like images that can be appreciated in varied ways, so the viewer can see and feel in them what fits for themselves" she said.

Blue Knot Foundation would also like to congratulate Dianne Gailbraith and Craig Opie who won second (see image on page 4) and third prize respectively. With thanks to our sponsors Shine Lawyers and blueshyft for donating the prize money to all the winners.

A special thank you to Kallena Kucers, the judge for this year's Blue Knot Day 2016 photography competition.

Update on Professional Development Training for 2016/17

This year has been a very successful year for Blue Knot Foundation's professional development training. Since January, we have trained more than 4,000 personnel in the health, legal and community sectors around trauma-informed practice, vicarious trauma and working with adult survivors of childhood trauma.

We have scheduled 20% more training sessions in 2017 across Australia and are going to new regional areas, including Tamworth in NSW and Mount Gambier in SA. We are also releasing a new 2-day training in 2017 called A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients. This training workshops the three phases of complex trauma treatment – safety and stabilisation; processing; and integration – for practitioners working in therapeutic relationships with adults who have complex trauma histories.

For more information, please see the training calendar on page 8.

How one brave survivor overcame childhood trauma

SBS | Oct 10

Warning: This article may contain content that may disturb some readers. If reading this story causes you distress and you need help, please call the Blue Knot Helpline on 1300 657 380 (9am-5pm ADST, 7 days). Calls that cannot be answered directly will be returned as soon as possible, so please, when leaving a message, provide a telephone number including an area code.

Kallena is a 52-year-old survivor of childhood sexual abuse who still lives with the effects of the trauma she experienced in her younger years.

Kallena's parents were Latvian refugees who came to Australia after World War Two under the White Australia Policy. Her mother, she says, was also abused as a child by her parents. "My parents grew up through war and that's very traumatic in itself. That was a very difficult experience for them. But it's not why they behaved the way they did to their children. There are an awful lot of people who are refugees who I know are nothing like my father and mother."

Kallena says it has taken her almost half her life to talk about the trauma. "I was so totally ashamed, I was able to black it out and deny to myself that this exists."

But in 2001, Kallena's daughter turned four years old; the age that her childhood abuse

began. It was only then that the reality of the trauma she had endured hit home. "It sounds like a cliché but I saw myself in my daughter."

Her mental health deteriorated, she experienced an emotional break-down and she quit her job.

"I really couldn't function at all anymore. I ended up a total recluse. I couldn't talk, the flashbacks and everything was so totally overwhelming."

After 15 years of therapy, Kallena says she is now able to talk openly about her experience and is starting to heal. She has also begun looking for work again.

"People [who have experienced childhood trauma] are able to be helped but only if they recognise the root cause of the issue.

"...I now know I have the capacity to be a very high functioning person who can contribute a fair bit and do well in society."

Kallena's personal story of childhood trauma is not rare. A new report released by the Blue Knot Foundation estimates that five million Australian adults have been affected by childhood trauma, including those who have experienced emotional and physical abuse, and neglect.

Read more at <http://bit.ly/2de4KjC>

Almost all survivors of childhood abuse experience health and wellbeing consequences as adults, Australian data shows

Sight Magazine | Oct 14

As many as 83 per cent of Australian adults who suffered abuse as a child say they have experienced multiple health and wellbeing consequences as a result, according to a data from the Blue Knot Foundation.

The data, released ahead of Blue Knot Day on 24th October, was based on calls made to the Blue Knot helpline, established to help adult survivors of childhood trauma, including abuse. The helpline responds to more than 5,000 calls a year but the foundation says, due to resourcing restrictions, it misses more than 350 calls a month.

Based in information from close to 3,500 unidentified callers over an eight month period, the data shows that 88 per cent of callers disclosed having at least one adverse mental health impact associated with their childhood trauma with 34 per cent of those reporting complex post-traumatic stress disorder, 30 per cent reporting anxiety and 23 per cent depression.

Fifty-eight per cent of callers said childhood trauma has had substantial negative impacts on relationships - 34 per cent of those on their relationships with their families of origin, 22 per cent on partners and nine per cent on their immediate family. Forty-three per cent of callers said they had also experienced detrimental impacts to their emotional health.

Dr Cathy Kezelman AM, president of Blue Knot Foundation - formerly known as Adults Surviving Child Abuse (ASCA), said the statistics show the "human cost" of childhood trauma "is significant for a massive number of Australians".

"These impacts are severe, affecting a person's health, wellbeing, relationships, their careers, and their quality of life," she said. "We know that people can and do recover with the right support but that support is often not affordable, accessible or available."

Read more at <http://bit.ly/2daPS7f>

Recognising the Impacts of Childhood trauma

Geelong Business News | Oct 19

As the leading national organisation working to advance the needs of the estimated five million Australian adult survivors of childhood trauma, including abuse, the Foundation's Blue Knot Helpline, provides specialist short-term trauma counselling, support and information to help survivors find a path to recovery. The Helpline responds to over 5,000 calls per annum, but also misses over 350 calls per month due to resourcing constraints.

Blue Knot Foundation gathers data revealed by callers, including on the types of childhood trauma or abuse experienced and their impacts. Callers often choose to remain anonymous and all data is de-identified. The most significant impact revealed by close to 3,500 callers over an eight-month period is on their mental health, with 88 per cent of callers disclosing at least one adverse mental health impact associated with their childhood trauma, with most survivors disclosing more than one mental health impact.

"These statistics show the devastating impacts of childhood trauma, even in adults. With one in four Australian adults affected by childhood trauma, the human cost is significant for a massive number of Australians. These impacts are severe, affecting a person's health, wellbeing, relationships, their careers, and their quality of life. We know that people can and do recover with the right support but that support is often not affordable, accessible or available."

Dr Kezelman said the statistics demonstrate the critical need for investment in more support services, with the Blue Knot Foundation estimating the annual cost of unresolved childhood trauma in adults to be \$9.1 billion. With so many cases of childhood trauma remaining unreported, that figure is likely to be a conservative one.

Read more at <http://bit.ly/2dWzRCg>

Abuse Prevention

Children's views on keeping safe in institutions

A recent report by the Royal Commission into Institutional Responses to Child Sexual Abuse found the most significant factor in helping children and young people feel safe in an institution was when adults paid attention to them when a concern or worry was raised. Having an adult believe them and take charge when concerns are raised, and knowing what to do or are also essential for increasing safety in institutions.

Royal Commission Acting CEO Marianne Christmann said understanding how children perceive safety and institution's responses to safety concerns is vital to develop strategies to support children and young people, and to protect them from harm.

"The report provides new insights into ways children prefer to seek help, and in particular the important role that friends and families play in preventing, identifying and responding to child sexual abuse – including grooming behaviours," she said.

The report also identifies barriers to children and young people seeking help.

It notes the most significant barrier to seeking support at school was feeling uncomfortable talking to adults about sensitive issues. The report states that children and young people were also concerned that things would get worse if they told an adult about their situation.

Two-thirds of participants said they would turn to a peer if they encountered an unsafe situation, while 55 per cent said they would turn to their mother and 35 per cent to their father. Participants were unlikely to seek support from an adult at school, with only one-quarter identifying a teacher as someone they would turn to.

Children and young people's discomfort with talking to adults about safety issues, and their

view that things would get worse if they told, are prevalent, meaning strategies are needed to minimise barriers to disclosure within institutional contexts.

The research will help inform the Royal Commission's recommendations to be finalised in a report to government in December 2017.

Read the full report here <http://bit.ly/2foNxa8>



Responding to Trauma

Trauma-Informed Care and Practice in Nursing

Dr Cathy Kezelman AM is the author of the following article, which was published in the Australian Journal of Midwifery in August 2016.

It is impossible to venture through life without experiencing trauma. Trauma is common and often damaging. However, we now know both anecdotally and from research that people who have experienced trauma can and do recover. All nurses, not limited to mental health nurses, are in a unique position to provide the care and support which enables that recovery.

Trauma comes in many guises – from accidents, natural disasters (single incident trauma) to complex trauma such as child abuse and growing up with domestic violence. Illness, medical procedures, treatments and hospitalisation are themselves often traumatic, with recent traumas compounding those experienced previously.

In trauma, a person's usual coping mechanisms are often overwhelmed, in response to real or perceived threat. The experience of trauma and extremes of stress activate a 'normal' survival response- 'fight' or 'flight'. When the threat can't be escaped it leads to a 'freeze' or shut down response.

If these responses do not resolve following the event/s which precipitated them, the person can remain on 'high alert' and be easily triggered by seemingly minor stress in the future. That's because patterns of learning which are fear-based often become entrenched.

Triggers – thoughts, feelings, behaviours or a current event reminiscent of past trauma can readily precipitate such a stress response, even in the absence of current danger. The response often feels as if the trauma is occurring in the present.

Despite trauma being a major public health challenge it is frequently unrecognised, unacknowledged, and unaddressed within current systems. Many of those experiencing traumatic stress are inadvertently re-traumatised in systems of care which lack the requisite knowledge and training around the particular sensitivities, vulnerabilities and triggers trauma survivors experience.

Trauma-informed care and practice is a strengths-based framework which is founded on five core principles – safety, trustworthiness, choice, collaboration and empowerment as well as respect for diversity. Trauma-informed services do no harm i.e. they do not re-traumatise or blame victims for trying to manage their traumatic reactions, and they embrace a message of hope and optimism that recovery is possible. They focus on what happened to the person rather than what is wrong with them.

Trauma-informed care and practice is a win-win for patients, staff and services alike. Trauma-informed training and a process of cultural and philosophical change is highly recommended across all levels of any health or human service or system, and especially one so critical as nursing.

Education and Training

Blue Knot Foundation Training Calendar 2016-17 (Nov 16 – Apr 17)

This calendar has been scheduled as of 1/11/16. Please use this calendar in conjunction with the Blue Knot Foundation website www.blueknot.org.au/training for updates, additional content information, trainer profiles and registration.

The calendar is displayed by alphabetical order of locations around Australia, then by order of training dates in each location. Lunch, morning tea and afternoon tea are provided at every workshop.

Early bird prices (15% discount) start from*:
One day Student \$211 Standard \$264
Two day Student \$418 Standard \$523

*Regular prices apply within 8 weeks of the workshop date. Further discounts available for **Blue Knot Foundation professional members** or groups of 3 or more.

We can also come to you

Blue Knot Foundation's full suite of training packages is available in-house on request.

All programs are grounded in research from Blue Knot Foundation's **Practice Guidelines**, follow adult learning principles and are delivered by experienced trainers with complex trauma and trauma-informed expertise. Whether you work directly or indirectly with people of complex trauma backgrounds, we have training to suit your needs.

Visit blueknot.org.au/training to find out more.

To view the current public training booklet, visit <http://bit.ly/2f6MO9G>

To view the training calendar for the period of Feb-Jun 2017, visit <http://bit.ly/2egtPKU>

For more information on training delivered in-house to organisations, please view our in-house training booklet <http://bit.ly/2fyptB0>

"The workshops provided throughout our region by Blue Knot Foundation were administered with great professionalism and were extremely well received by the targeted participants. The quality of the speaker was outstanding and the administrative support was of the highest standard. We would highly recommend the training provided by Blue Knot to anyone seeking quality content and execution."

– Anonymous NSW, June 2016

Adelaide
St Mark's College
46 Pennington Tce, North Adelaide

Supporting Practice with Complex Trauma Clients
For health professionals – **Feb 3**

FREE: Educational Workshop for Adult Survivors of Childhood Trauma and Abuse
For adult survivors – **Feb 4**

Albury
Atura Albury
648 Dean Street, Albury

A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients
For health professionals – **Apr 6 & 7**

Brisbane
Velg Training
1/52 Jeffcott Street, Wavell Heights

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Feb 17**

Canberra
Mercure Canberra
Cnr Ainslie & Limestone Aves, Braddon

Supporting Practice with Complex Trauma Clients
For health professionals – **Nov 9**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Feb 22**

FREE: Educational Workshop for Adult Survivors of Childhood Trauma and Abuse
For adult survivors – **Apr 8**

A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients
For health professionals – **Apr 27 & 28**

Darwin
Travelodge Mirambeena Resort
64 Cavenagh Street, Darwin

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Mar 24**

FREE: Educational Workshop for Adult Survivors of Childhood Trauma and Abuse
For adult survivors – **Mar 25**

Geelong
Mercure Geelong
Cnr Gheringhap & Myers Street, Geelong

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Apr 21**

Gold Coast
Vibe Hotel Gold Coast
42 Ferny Ave, Surfers Paradise

Foundation for Trauma-Informed Care and Practice
For anyone working in trauma – **Mar 17**

Melbourne
Ibis Melbourne Hotel and Apartments
15-21 Therry Street, Melbourne

A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients
For health professionals – **Feb 27 & 28**

Trauma-Informed Care and Practice in Domestic and Family Violence Services
For anyone working in DFV – **Mar 10**

Newcastle
Noah's on the Beach
Cnr Shortland Esp & Zaara St, Newcastle

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Nov 28**

Perth
Adina Apartment Hotel
33 Mounts Bay Road, Perth

Working Therapeutically with People who have Complex Trauma Histories
For health professionals – **Nov 3 & 4**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Mar 17**

Sydney
The Portside Conference Centre
Level 5, 207 Kent Street, Sydney

Trauma-Informed Care and Practice in Domestic and Family Violence Services
For anyone working in DFV – **Feb 9**

Supporting Practice with Complex Trauma Clients
For health professionals – **Mar 23**

Safeguarding yourself – Recognising and Responding to Vicarious Trauma
For anyone working in trauma – **Apr 27**

Wollongong
Adina Apartment Hotel
19 Market Street, Wollongong

A Three-Phased Approach – Working Therapeutically with Complex Trauma Clients
For health professionals – **Feb 23 & 24**