



Building skills  
and strategies to  
support people  
impacted by  
traumatic events

# PTSD Awareness



This workshop increases understanding of unresolved trauma and busts the myths on PTSD. Participants work through strategies for what is helpful and harmful in recovery.

Delivered by a qualified facilitator including lived experiences stories on PTSD guided by MIEACT's DoNoHarm safe story telling framework.

MIEACT customises this program to meet the specific needs of your group and also holds generalised open sessions for individuals throughout the year.

FREE

## By the end of the session you will:

Learn about unresolved trauma

Bust the myths about Post Traumatic Stress Disorder

Increase understand what treatments are available

Learn how to decrease escalation and minimize retraumatisation

Identify how and where to get help

Understand what is helpful and harmful for recovery

*"The workshop has given me a thorough understanding of triggers and events for PTSD and stress Disorders. The videos were excellent as it made it very real from real life scenarios."*

**-Client, Social Worker**

# mieact

mental health & well-being  
education & training providers

For more information visit [www.mieact.org.au](http://www.mieact.org.au)