



Building skills
and strategies to
support yourself
and others
impacted by
traumatic events

Trauma Awareness



This workshop increases the understanding of unresolved trauma. Participants learn to recognize the manifestations of trauma in themselves and others.

The workshop recognizes that extremely stressful events happen and may have a lasting impact. Participants learn how to re-establish a normal routine to ensure a sense of order and control in life.

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

MIEACT customises this program to meet the specific needs of your group.

FEE \$1200

mieact

mental health & well-being
education & training providers

By the end of the session you will:

Learn about unresolved trauma

Increase understanding of available treatments and ways to seek help

Learn how to decrease escalation and communicate effectively with those who have experienced trauma

Learn how to identify people at risk of trauma

Understand the importance of social connectedness

Learn positive coping strategies and how to apply them

"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

For more information visit www.mieact.org.au