



## ETS VIRTUAL WORKSHOPS

Evolve Therapeutic Services (ETS) from across the state are continuing to combine forces to bring you ETS Virtual Workshops! From the isolated comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience!

Please follow the steps below:

1. Scan the QR Code or click the link for the workshops of your choice
2. Complete the online registration form. Please ensure all of your details are entered correctly, as this is how we will provide you with the registration link.
3. Download Microsoft Teams on your favourite device or computer.
4. Approximately 2 days prior to the workshop, you will be sent a link via email.
5. At the time of the workshop, click the link! **Please ensure your microphone is muted.**

### January 2023

No need to register, just [click here](#) to join at the time of the workshop!!

### Needs Led Approach (Friday Escape Series)

**Friday 27<sup>th</sup> January 2023**

**9am - 11am**

**Host: ETS Townsville, Ph 4433 9004**

Children with trauma histories can have an understanding that adults can be dangerous people who are unwilling or unable to meet their needs. As such they often come up with maladaptive or problematic ways to meet their needs themselves. However, this often can lead to further issues as others try to change these behaviours without being able to understand the need that is underlying them. This presentation will go through basic skills to identify, understand and meet the special needs of traumatised children to find an alternate, supportive and non-behavioural way to address the need and support the child.

Please send an email to [TSV-MH-EVOLVE-PDC@health.qld.gov.au](mailto:TSV-MH-EVOLVE-PDC@health.qld.gov.au) to be updated on upcoming topics and Evolve Townsville events.

### Understanding and Managing the Impacts of Childhood Trauma (repeat session)

**Monday 31<sup>st</sup> January**

**9am - 12pm**

**Click [HERE](#) or use the QR Code to register**

**Host: Evolve Therapeutic Service, Ipswich, Ph 3813 6270**



This session will include an introduction to the impact of trauma and adverse relational experiences on the emotional and behavioural development and functioning of children and young people. Strategies to increase a child's sense of felt safety to facilitate their healing will also be discussed.



## February 2023

### Introduction to PACE (repeat session)

**Monday 14<sup>th</sup> February**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Ipswich, Ph 3813 6270**



PACE (Playfulness, Acceptance, Curiosity and Empathy) is a model developed by clinical psychologist Dr Dan Hughes to support caregivers to connect with their young people, and help young people learn to feel safe in relationships with others. Join us as we explore this model and it's application with children living in out of home care.

### Schools Making a Difference with Complex Trauma

**Wednesday 15<sup>th</sup> February**

**3.15pm – 4.45pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300**



This presentation will provide a brief overview of the impact of complex trauma on brain development and day to day functioning, including discussion of the Poly Vagal Theory. The impact on relationships with teachers will be explored, including exploring the concept of blocked trust. Some potentially helpful ideas will be proposed in identifying and responding to different brain states, including during and after critical incidents.

Target audience: **Education staff**

### Surviving and Thriving Through Adolescence: What does your teen need from you?

**Tuesday 21<sup>st</sup> February**

**9.30am – 1.30pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Logan, Ph 3412 1500**



Adolescence = Identity crisis, puberty, relationship issues, mood swings, a strong desire for independence and a strong need to be cared for...what a rollercoaster! For adolescents in care, there are additional layers affecting all of these areas based on past experiences of trauma, attachment disruption, and displacement from family. To make things more difficult, adolescents are not always great at communicating what they need – so how are carers supposed to know what to do?!

This workshop will explore the big question: What does my young person need from me? The answer to this question will cover 5 areas from the young person's perspective: "I need you to understand me, enjoy me, empower me, protect me, and release me."



## Responding to young people and substance use

**Wednesday 22<sup>nd</sup> February**

**10am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Brisbane South, Ph 3087 2200**

This webinar will be presented by Laura Quinlan, Dual Diagnosis Coordinator for Child and Youth Mental Health Services, Children’s Health Queensland, who has worked for many years as a clinician in both youth mental health and alcohol and other drug services. Her role aims to improve responses to young people with co-occurring alcohol and drug and mental health concerns, and includes direct clinical work, secondary case consultation and staff training.

## Dyadic Developmental Practice (Friday Escape Series)

**Friday 24<sup>th</sup> February 2023**

**9am - 11am**

**Host: ETS Townsville, Ph 4433 9004**

Presenter Brandon Vilaysack - Senior Clinician Evolve (Occupational Therapist)

This presentation will provide an introduction to Dyadic Developmental Practice (DDP). DDP interventions are foundationally based on the models of attachment theory and intersubjectivity and are consistent with the needs of children and young people who have experienced developmental trauma. It is an approach that:

- Integrates the areas of neurobiology of trauma, early child development and attachment theory, to produce a therapeutic and parenting approach that assists professionals to understand and effectively support children with trauma- attachment problems, and their families.
- Communicates playfulness, acceptance, curiosity and empathy (PACE) in order to help the child regulate their feelings (often fear, shame and anger) associated with past experiences and to create together new meanings to be integrated into the child’s life story (autobiographical narrative).
- Recognises the vital role which adoptive parents, foster carers and residential workers play in the recovery of traumatised, attachment-resistant children.
- Provides a set of principles that can support networks; inform and enrich parenting; and can support the child outside of the home eg in residential settings and at school

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No need to register, just [click here](#) to join at the time of the workshop!!



## March 2023



### Medication within the Child Protection Context Session 1 of 4: Stimulants

**Tuesday 7<sup>th</sup> March**

**10.30am – 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**

These 1-hour bitesize sessions will each focus on different medication. Dr Moore will provide an overview of the relevant medication and will be answering pre-submitted questions (via the registration form).

*Please note: These sessions will be recorded and made available post event. Attending the session acknowledges your permission to be part of and publication of the recording. No personal nor identifiable information is to be shared during this session.*

### Responding to Young People in Out Of Home Care Committing Crimes: To press charges or not to press charges.

**Wednesday 8<sup>th</sup> March 2023**

**9.30am – 11am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300**

This presentation will cover statistics on offending behaviours for children and young people in out of home care. Discussion of theory about what drives young people to commit crimes and the risk factors for offending behaviour. Ideas for supporting our children to minimise the risk of committing offences. The pros and cons of pressing charges, potential indicators that it is time to press charges and alternatives to police intervention, the interventions offered through youth justice and the court process and protecting relationship if the decision is made to press charges.

Target audience: Presentation targeted towards residential care but open to all



### Medication within the Child Protection Context Session 2 of 4: Anti-Depressants

**Tuesday 14<sup>th</sup> March**

**10.30am – 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph (07) 3355 8999**

These 1-hour bitesize sessions will each focus on different medication. Dr Moore will provide an overview of the relevant medication and will be answering pre-submitted questions (via the registration form).

*Please note: These sessions will be recorded and made available post event. Attending the session acknowledges your permission to be part of and publication of the recording. No personal nor identifiable information is to be shared during this session.*





## The Impact of Trauma on Teams

**Wednesday 15<sup>th</sup> March 2023**

**9.30am – 11am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Gold Coast, Ph (07) 5687 9300**



This presentation will cover how Trauma affects our thinking and about how this thinking affects our teams (whether in families, groups, residentials, or any other team). We will talk about triangulation, blame cycles and other impacts of trauma on team dynamics. We will explore strategies for resisting the impact of trauma within our relationship with the young people within teams and between services and discuss optimal team and household functioning.

## Trauma-informed responses to harmful sexual behaviour

**Thursday 16<sup>th</sup> March**

**9am – 12.30pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**



This session will explore the often-blurry line when healthy sexual behaviour becomes problematic and/or harmful, within the lens of complex developmental trauma. It will explore common reasons for harmful sexual behaviours and myths regarding such behaviours. Practical suggestions for responding to these behaviours will be discussed including support and supervision plans, responding effectively when observing problematic or harmful sexual behaviours, and responding when a young person discloses sexual abuse.

## Medication within the Child Protection Context Session 3 of 4: Anti-Psychotics

**Tuesday 21<sup>st</sup> March**

**10.30am – 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**



These 1-hour bitesize sessions will each focus on different medication. Dr Moore will provide an overview of the relevant medication and will be answering pre-submitted questions (via the registration form).

*Please note: These sessions will be recorded and made available post event. Attending the session acknowledges your permission to be part of and publication of the recording. No personal nor identifiable information is to be shared during this session.*



## Thriving Surviving as a Carer when the going gets tough

**Friday 24<sup>th</sup> March**

**10am – 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service, Logan, Ph 3412 1500**



High pressure in the home, lots of people to look after and keep happy, and multiple opinions about how you should do things... and then comes the call asking you to fit something else in! While thriving is a nice word, perhaps in this current context, survival is more realistic! We'll explore some practical survival strategies for your day to day challenges, and beyond. Take some time for yourself! Consider this like a pit stop. We will pause, refuel, and strategise for the next part of the race. We will focus on the critical role you play – as looking after yourself is looking after the children and young people in your care.

## Medication within the Child Protection Context Session 4 of 4: Sleep

**Tuesday 28<sup>th</sup> March**

**10.30am – 11.30am**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**



These 1-hour bitesize sessions will each focus on different medication. Dr Moore will provide an overview of the relevant medication and will be answering pre-submitted questions (via the registration form).

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## Vicarious Trauma: Surviving, Thriving and Reviving

**Thursday 30<sup>th</sup> March**

**9am – 12pm**

Click [HERE](#) or use the QR Code to register

**Host: Evolve Therapeutic Service Statewide Program Manager, Ph 3355 8999**



This session will explore the concepts of compassion fatigue and compassion satisfaction and provide some helpful ideas on how to ensure we look after ourselves while we are looking after others.

This workshop is offered to all participants, with a focus on Child Protection workers, foster carers, kinship carers and residential carers.