

# Trauma Informed Practice



**WAAMH**

Western Australian Association  
for Mental Health

## Face to Face Learning

In this course participants will learn how to establish and build safe and person-centred relationships and practical strategies their clients with their recovery goals.

Trauma informed practice is based on the knowledge and understanding of how trauma affects peoples' lives and their service needs. Given traumatic experiences are common and the effects can be profound, an ability to recognise trauma and work in a trauma informed manner has a significant impact on both the worker's and client's experience.

The trauma informed practice course provides participants with six principles of trauma informed practice to identify trauma and provide the additional support their clients need.

### This course will support participants to:

- Understand what trauma informed practice is.
- Know how trauma impacts people's lives and their service needs.
- Apply the six principles of Trauma Informed Practice.
- Use practical strategies to support clients with their recovery goals.
- Work with increased confidence in a trauma-informed manner.

### Catering and light refreshments provided for this course

#### TRAINING INCLUDES:

Qualified & experienced trainer  
Personalised certificate  
Quality resources to keep

#### TARGET AUDIENCE:

Suitable for staff working across a variety of services including care services, housing, where understanding trauma will positively impact mental health outcomes.



3 June 2021



9am – 4.30pm



**VENUE:**  
Workzone Building  
Training room, Level 1,  
1 Nash Street, PERTH



\$195 - Full members  
\$220 - Associate members  
\$245 – Non-members

Scholarship places available



Custom courses available for workplaces. Talk to our training specialists about a suitable course for your staff.



### Contact us to register



[waamh.org.au](http://waamh.org.au)



[info@waamh.org.au](mailto:info@waamh.org.au)



08 6246 3000

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