

# Training Brief



Healing People - Sharing Culture - Regenerating Communities

Title of Workshop:	<b>Culturally Informed, Trauma Integrated Healing Approach (CITIHA) - A program for systems transformation.</b>
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We Al-li has Public Liability (\$10 million) and Professional Indemnity Insurance (\$5 million). Policy copies available on request	
The target group:	All organisational staff
Maximum attendees:	25
Duration:	Two by three day workshops, usually spaced two to four weeks apart.

## Rationale – Aims and Objectives

The Aim of each of the two workshops is to provide a theory to practice with steps, which provide competencies for a *Culturally Informed Trauma Integrated Healing Approach* when working with those who have experienced trauma.

## Workshop One

**The Aim of workshop ONE in the Culturally Informed Trauma Integrated Healing Approach is:**

Consolidate and deepen theories, skills and capacity to develop organisational specific Communities of Care within Community of Practice, to deliver trauma integrated care for clients.

## Objectives of Workshop One

1. Describe collective historical trauma experiences and behaviours, as they would apply to your specific client groups.
2. Analyse and implement culturally informed safety principles and practices relevant to your specific work region.
3. Apply skills for working with clients to help regulate self-control, inform choices and develop autonomy.
4. Establish power sharing and governance in the application of trauma specific service practice.
5. Clarify and implement principles of an integrated care response with risk management for frightened, distressed clients.
6. Explain and map an Action Plan for relationship building within the organisation, with clients and with other service organisations.
7. Demonstrate theory to practice in the use of Genograms in building listening-sharing skills for work with clients and within your staff care practice in your organisation.
8. Implement self-care – self-reflective practice in building the Community of Care for workers and clients within the organisational Action Plan in your service system.

## **Workshop Two**

### **The Aim of workshop TWO in the Culturally Informed Trauma Integrated Healing Approach is:**

Deepen theories, skills and capacity to respond to men, women and children who may have complex - developmental trauma behaviours, using applied trauma specific Indigenous healing skills, while building a Community of Practice within the service system.

### **Objectives of Workshop Two**

1. Use appropriate skills, including recognising and responding to triggers and de-escalation strategies for working with men, women and children who have complex trauma backgrounds.
2. Describe and apply skills attained for working with children who have developmental trauma, and hence have agitated behaviours.
3. Use the values, assumptions and principles to review work in your organisation and Action Plan the movement of the Service for the next 15 years.
4. Review, define and apply practical skills for working with families and communities impacted by trauma and its effects, i.e. trauma responses/behaviours, with loss, grief, mourning, and bereavement vs. victimisation issues, from an Indigenous perspective.
5. Analyse and discuss ways of using genograms to give better attention to the needs of your clients.
6. Describe and show capacity for deep listening as a vital tool for both clients and workers.
7. Implement organisational self-care – client care plans for dealing with toxic stress under Community of Care principles.
8. Show Action Planning capacity in the conduct of a Community of Practice.