



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 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. At the time of the workshop, click the link you were provided when you registered! **Please ensure your microphone is muted.**

Free online ETS Foundations to Attachment Training

This free online training outlines 7 key attachment principles. These principles explore attachment for children generally as well as children facing adversity.

Step 1. Register for iLearn [HERE](#)

Step 2. Sign in to iLearn [HERE](#)

Step 3. Enrol in the Foundations to Attachment Course [HERE](#)

Term 4, September - December 2024



SELF-CARE AND VICARIOUS TRAUMA - EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES

27th September 2024

9 -11am

Host: Evolve Therapeutic Service, Townsville. P 07 4433 9004

E TSV-MH-EVOLVE-PDC@health.qld.gov.au



Click [HERE](#) or use QR Code to join at the time of the event – no need to register.

This presentation will introduce self-care and looking after your and team when working with complex cohorts of children. It will discuss the impact of caring including burnout and vicarious trauma and will also discuss suggestions on strategies to manage wellbeing when dealing with these expected impacts of caring.

WORKING WITH SHAME

Thursday 10 October 2024

3.15pm – 4.30pm

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365 E

evolveeducationtoowoomba@health.qld.gov.au



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

This session will give a brief introduction to Shame. It will look at how shame looks in typical development and how it is different for young people who have experienced trauma. The session will provide some ideas on how to understand and respond to shame based behaviours.

UNDERSTANDING AND RESPONDING TO SUICIDE ATTEMPTS AND DELIBERATE SELF HARM

Friday 11th October 2024

10am – 11.30am

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E GCEvolveTS@health.qld.gov.au



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

This presentation will discuss myths about suicide, understanding why people self-harm, discussing a needs-led approach to self-harm and suicide including Coping/ Survival Strategies. We will also explore using the PACE attitude, Removing Access to Lethal Means, and when to call mental health and emergency services.



UNDERSTANDING AND SUPPORTING PEOPLE WITH BPD (REPEAT SESSION)

14th October 2024

1pm- 2:30pm

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

GCEvolveTS@health.qld.gov.au



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

This training will provide an overview of diagnosis, prevalence and clinically indicated treatments. Tips for supporting people with borderline personality disorder and avenues for how to obtain further information.

UNDERSTANDING THE IMPACTS OF TRAUMA ON CHILDREN AND YOUNG PEOPLE

Tuesday 15th October 2024

9am - 12pm

Host: Evolve Therapeutic Services, Ipswich. P 07 3813 6270 E

WM_MHSS_EvolveTraining@health.qld.gov.au



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

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



UNDERSTANDING THE RELATIONSHIP BETWEEN “BLOCKED TRUST” IN YOUNG PEOPLE AND “BLOCKED CARE” IN CAREGIVERS - HOW TO ENHANCE THE CHILD’S TRUST AND REDUCE CARER VULNERABILITY



Wednesday, 16th October 2024

Time: 10am to 1pm

Host: Evolve Therapeutic Service, Brisbane South, P 07 3087 2200 E CHQ-CYMHS-EvolveSouth@health.qld.gov.au

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

Children often enter the Foster Care system with a blocked capacity to trust adults as a response to their previous frightening and painful relationships with caregivers. They can then keep future carers at a distance, hiding their need for comfort and guidance due to a sense of threat. This can lead the child towards becoming defensive and feeling a need to maintain control to survive. Unfortunately, this “Blocked Trust” of adults in children can eventually result in “Blocked Care” in caregivers.

Carers may exhaust their repertoire of caregiving strategies without much response, feeling themselves exhausted, confused, saddened and also feeling the need to self-defend against the pain of rejection by the child. Together we will explore how carers can remain open and engaged within the relationship, protect themselves or recover from Blocked Care, and continue to offer the young person the opportunity to experience being with a truly safe caregiver. We will explore how we can help the child develop trust in their carer and remain open and accepting of their caregivers’ direction and efforts to meet their emotional, practical, developmental and protective needs.

BUILDING HIGH PERFORMING TEAMS TO FOR THE BEST OUTCOMES FOR YOUNG PEOPLE

Thursday 17th October 2024

9:30am - 11:30am

Host: Evolve Therapeutic Service Statewide Program Manager P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au



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

Working as a team is essential for the outcome of the young people we support. Each of us have unique gifts, talents, and skills. When we bring them to the table and share them for a common purpose, it can enhance the outcomes for the young person. But what does it mean to be part of a team? What are some tips of the trade to keep in mind/use to help ensure we can maximise outcomes. If have ask yourself these questions and/or interested in increasing team engagement, productivity, creativity in the best interest of the young people, this is the workshop for you.



FIBS: LANGUAGE OF LYING

Friday 18 October 2024

10.00 – 11.30

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365

E evolveeducationtoowoomba@health.qld.gov.au



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

This session will explore lying behaviour: understanding the purpose, function and development of lying. Offering practical suggestions to address and respond to tall tales.

PACE – AN INTRODUCTION

Monday 21st October 2024

10am – 12 pm

Host: Evolve Therapeutic Services, Ipswich, P 07 3813 6270 E

WM_MHSS_EvolveTraining@health.qld.gov.au



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

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 its application with young people living in out of home care.

SCHOOLS MAKING A DIFFERENCE WITH COMPLEX TRAUMA

Tuesday 22nd October 2024

3.15pm – 4.45pm

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300

E GCEvolveTS@health.qld.gov.au



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

Presented in collaboration with Justine Looney and Jess Pike Ed LinQ Coordinators Clinical Nurse Consultant. 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



FOUNDATIONS FOR ATTACHMENT/ CONNECTION: 6 WEEK ONLINE PROGRAM FOR FOSTER, KINSHIP AND RESIDENTIAL CARERS



Monday 21st October 2024

Monday 4th November 2024

Monday 11th November 2024

Monday 18th November 2024

Monday 25th November 2024

Monday 2nd December 2024

11.30am – 2.30pm each week

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E GCEvolveTS@health.qld.gov.au

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

The Foundations for Attachment Group Program is a 6 x 3hr sessions intensive group workshop developed by Dr Kim Golding (UK) for any Foster, Kinship & Residential Carers who are parenting children with relationship difficulties; especially children who have experienced attachment problems, developmental trauma, loss and/or separation early in their life.

The program is based on Dan Hughes' Dyadic Developmental Practice model and addresses four significant challenges of parenting children whose capacity to emotionally connect with their caregivers has been compromised. These are:

1. The child experiencing issues with trust.
2. The child fearing connection within relationships.
3. The child experiencing high levels of shame, and
4. The child miscuing their attachment needs through a pattern of expressed and hidden needs.

The ***Foundation for Attachment*** Group Program will be run over a 6-week period and **participants will need to be able to commit to all 6 days**. This training is limited to a maximum 14 participants.



UNDERSTANDING PSYCHOSIS THROUGH A TRAUMA LENS – EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES



25th October 2024

9am – 11 am

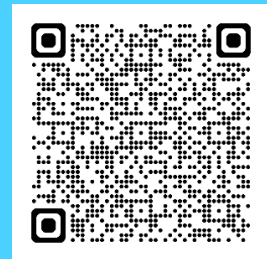
Host: Evolve Therapeutic Service, Townsville. P 07 4433 9004 E TSV-MH-EVOLVE-PDC@health.qld.gov.au

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

Presenter: Elizabeth McNamara – Team Leader – yPEIT Townsville

The Young Peoples Early Intervention Team (yPEIT) is a clinical mental health service for young people aged 15 – 24. Sometimes the symptoms of psychosis can be difficult to explain and can impact your life in many ways. The yPEIT Team offer early intervention, assessment and treatment services for young people experiencing their First Episode of Psychosis, or those who are at risk of developing a psychosis. This presentation will look at trauma and psychosis as this can be very complex to assess. What may appear as a First Episode of Psychosis can be incorrectly diagnosed without a thorough assessment. While it may be true childhood trauma may result in higher rates of psychosis or psychotic symptoms, this requires thorough investigation of symptoms with a trauma focused lens to explore/differentiate the two to ensure accurate diagnosis. This will be illustrated through a case presentation of a 22-year-old female.

ETS NURTURING AND PROTECTING POSITIVE CHILDHOOD EXPERIENCE FRAMEWORK



Tuesday 29th October 2024

9:00am - 11:00am

Host: Evolve Therapeutic Service Statewide Program Manager, P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au

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

Exposure to Adverse Childhood Experiences (ACEs) can have long lasting impact on infants, children, young people and adults. ACEs are only part of a person life journey and who they are. Positive Childhood Experiences (PCEs) are the activities and experiences that shape a young person's life, development and future health. They are experiences that can buffer against the negative lifelong health effects caused by exposure to ACEs. Protective factors, and PCEs, are experiences that can be implemented in multiple environments and settings, and the types of experiences that have the most healing are not ones that can be bought nor need to cost a lot of money. The ETS Nurturing Protective and PCE Framework, provides tangible steps to buffering the negative impact of prevent childhood adversity by implementing several protective factors and PCEs. The framework can assist caregivers, support agencies and stakeholders in developing a plan of action. At the centre are several core messages young people need to hear, and integrate, in order to increase ACE protection and recovery. These messages can be developed, and reinforced, by implementing five (5) core action-oriented protective and PCE actions/behaviours.



ANXIETY DISORDERS IN CHILDREN AND YOUNG PEOPLE

Tuesday 29th October 2024

10am – 12pm

Host: Evolve Therapeutic Services, Ipswich, P 07 3813 6270

E WM_MHSS_EvolveTraining@health.qld.gov.au



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

Experiencing anxiety is part of life, as we experience new things, stretch ourselves, and navigate the many challenges we face daily. It is expected that as children grow and develop, they will experience anxiety and learn to manage it so they can continue to function in life. So, when does it become a 'problem' that needs a little more attention?

This session will discuss the symptoms of anxiety disorders and how they may present in children and young people. It will also discuss treatment options and how to support young people in managing their symptoms and continuing to function in their day-to-day activities.

TRAUMA-INFORMED RESPONSES TO HARMFUL SEXUAL BEHAVIOUR

Thursday 31st October 2024

9:00am - 12:30pm

Host: Evolve Therapeutic Service Statewide Program Manager, P 3355 8999 E

ETS-SW-ProgramManagement@health.qld.gov.au



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

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.

Please note: Registration closes 5pm two workdays prior to session. Those registered at that time will receive an email with the event details and any associated material. Those who register 1-2 days before the event will not receive associated material required for the session.



WORKING EFFECTIVELY IN AND ACROSS TEAMS IN THE PRESENCE OF TRAUMA



Thursday 31st October 2024

9.30am – 11am

Host: Evolve Therapeutic Service, Brisbane South, P 07 3087 2200

E CHQ-CYMHS-EvolveSouth@health.qld.gov.au

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.

DISSOCIATION – WHAT IS IT & HOW CAN WE SUPPORT CHILDREN/ YOUNG PEOPLE EXPERIENCING IT?



Friday 1st November 2024

1pm-2.30pm

Host: Evolve Therapeutic Services FNQ, 07 4226 2701 E evolve-fnq-training@health.qld.gov.au

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

This session will introduce dissociation and why young people who have experienced complex trauma may dissociate. Participants will be able to understand the symptoms of dissociation and have some practical strategies to support a young person who is dissociative.



OPTIMIZING MENTAL HEALTH OUTCOMES FOR LGBTIQ+ YOUNG PEOPLE

Thursday 7th November 2024

3.15pm – 4:45pm

Host: Evolve Therapeutic Service, Gold Coast, P 07 5687 9300 E

GCEvolveTS@health.qld.gov.au



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

This presentation will include:

- Key Concepts
- Language and Terminology (LGBTQIA+)
- Inclusion and Affirmative Care
- How to support young people and parents/carers
- What does the legislation say?
- Resources and support

NEUROBIOLOGY OF TRAUMA

Thursday 7th November

10.00am – 12.00pm

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365

E evolveeducationtoowoomba@health.qld.gov.au



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

This session provides information about the impacts of trauma on the brain. We will look at some of the clues we see in young people's behaviour and what the clues tell us about their underlying neurobiology. We will look at using theory of neurobiology to choose appropriate strategies to support young people.



POLYVAGAL THEORY: WHAT IS IT AND THERAPEUTIC IMPLICATIONS/STRATEGIES

Thursday 14th November 2024

9:30am – 11:30am

Host: Evolve Therapeutic Service Statewide Program Manager,
P 3355 8999 E ETS-SW-ProgramManagement@health.qld.gov.au



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

Polyvagal Theory was developed by Dr. Stephen Porges, a neuroscientist and psychologist, in 1994. This session will unpack what is Polyvagal Theory and help explain the role of Polyvagal Theory has in understanding how we respond to different situations in the world around us and trauma. Implications for carer providers/support works/therapist will be explored. Further practical Polyvagal-informed strategies/resources will be discussed.

Please note: Registration closes 5pm two workdays prior to session. Those registered at that time will receive an email with the event details and any associated material. Those who register 1-2 days before the event will not receive associated material required for the session.

CONSIDERATIONS FOR CHRISTMAS AND OTHER SPECIAL EVENTS

Friday 15th November 2024

10.00 – 12.00

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365
E evolveeducationtoowoomba@health.qld.gov.au



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

For young people in care, birthdays, Christmas and other special events can come with excitement, anxiety and stress. Changes in behaviour and mental wellbeing around special events are common. This workshop will explore some of the challenges young people experience around special events and will provide practical strategies to prepare and support young people for special events.



NAVIGATING ATTACHMENT DISRUPTIONS AND THE CAREGIVING CHALLENGES THEY PRESENT



Monday 18th November 2024

10am – 12pm

Host: Evolve Therapeutic Service, Ipswich, P 07 3813 6270

E WM_MHSS_EvolveTraining@health.qld.gov.au

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

Young People with disrupted attachment histories can experience a wide range of emotional and behavioural problems which can present significant challenges within their relational experiences with caregivers, teachers and peers. This session will focus on addressing these challenges by focusing on strategies that preserve connection, reduce shame and develop ongoing trust

INTRODUCTION TO YOGA-BASED ACTIVITIES FOR SUPPORTING YOUNG PEOPLE WITH TRAUMA



Thursday 21st November 2024

11am – 12pm

Host: Evolve Therapeutic Service, Brisbane South, P 07 3087 2200

E CHQ-CYMHS-EvolveSouth@health.qld.gov.au

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

Yoga is increasingly being used as an additional therapy with children, teens and adults who have experienced trauma. This session will provide an understanding of some of the benefits of Yoga, including how Yoga-based activities are effectively being used as early interventions for children and teens who may not be ready for or able to engage in talk-based therapy. Throughout the session participants will have the opportunity to engage in experiential activities. These activities will focus on supporting young people in trauma-informed and playful ways to explore the benefits of yoga-based activities, supporting body-awareness, provide co-regulation, and enhance self-regulation skills.

Please note items required: spikey or hard ball, please wear clothing which is comfortable for engaging in movement, space to stand and move around (non-slip surface, approximately size of yoga mat, mat not required).



EATING DISORDER MANAGEMENT: TRANSITIONING FROM INPATIENT TO OUTPATIENT COMMUNITY TREATMENT FOR ADOLESCENTS - EVOLVE TOWNSVILLE FRIDAY ESCAPE SERIES



Friday 29th November 2024

9am – 11am

Host: Evolve Therapeutic Service, Townsville P 07 4433 9004

E TSV-MH-EVOLVE-PDC@health.qld.gov.au

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

This presentation will explore best practices for managing the transition of adolescents with eating disorders from inpatient care to outpatient community-based treatment. It will cover the challenges faced during this critical period, including maintaining continuity of care, involving families, and fostering a support system that promotes long-term recovery. Attendees will gain insight into evidence-based strategies that support adolescents in their journey toward recovery while addressing the psychological, nutritional, and social aspects of treatment in both clinical and community settings.

INTRODUCTION TO PACE

Monday 2nd December 2024

10.00am – 12.00pm

Host: Evolve Therapeutic Service, Toowoomba, Ph 07 4616 5365

E evolveeducationtoowoomba@health.qld.gov.au

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

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 take an introductory look at this model and its application with children living in out of home care.

