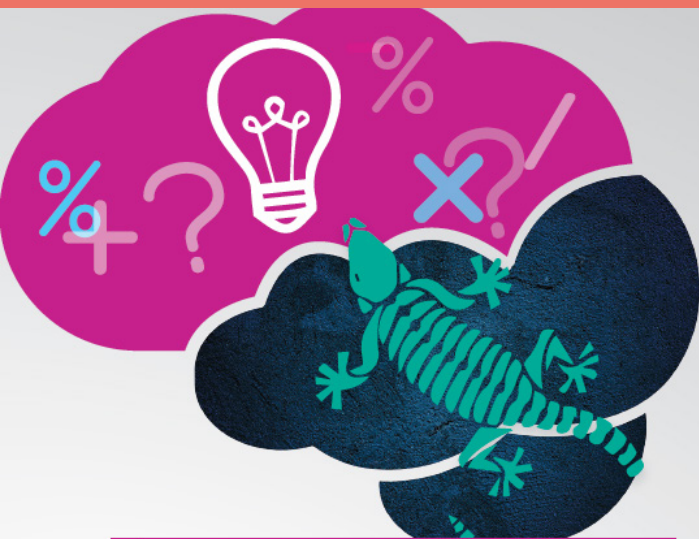


Carer KaFÉ Training

FREE training for Victorian kinship and foster carers



THINKING MIND, REPTILIAN BRAIN



A mindful approach to
behaviour change
and healing

Presented by Alex Nichol, The Australian Childhood Trauma Group

Alex is passionate about helping children and young people get the best start in life. He has a Master of Educational and Developmental Psychology (UWA) and over 10 years experience working with children and young people across Australia. He has worked at headspace, child and adolescent mental health services, disability services and child protection.

Alex has an in-depth understanding of the effects of childhood trauma, family systems and mental health issues. He supports children, young people and families with an individualised, evidence driven approach with a focus on forming a genuine connection. Throughout his career he has developed excellent skills at supporting people with complex needs to engage in therapy and improve their wellbeing.

This workshop explores the importance of staying present in your thinking mind when the children you care for are struggling to do so. When we don't accurately assess what is happening in the internal world of the child or young person, our reaction may add to the trauma and sense they are not good enough. Practical interventions will be shared and demonstrated.

During this session you will:

- understand the inner working model of those who have experienced abuse and broken attachments that lead to challenging behaviours
- recognise how to gauge the emotional maturity of a child or young person
- learn how to assess when a child is switched on to what you have to say
- appreciate the impact of stress on the ability to make good choices

WHEN: Monday 12 November 2018
Registration: 9:30am
Training: 9:45am - 3:00pm

WHERE: MacKillop Family Services
9 Helen Street,
Ripplside VIC 3215

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