

# Carer KaFÉ Training

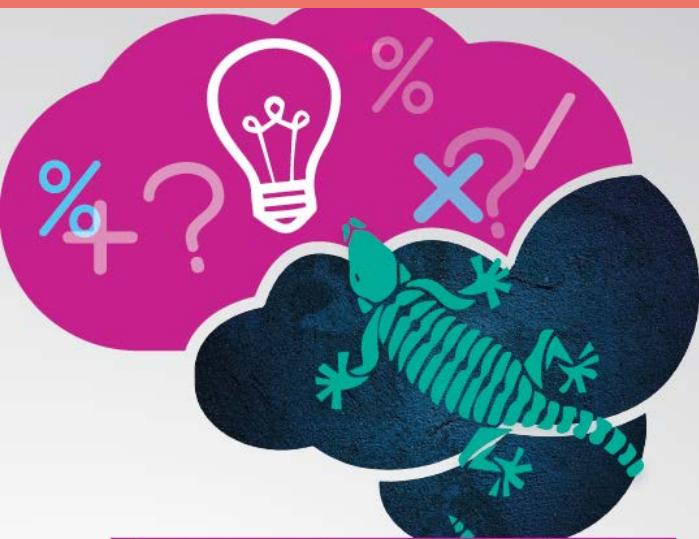
FREE training for Victorian kinship and foster carers



australian  
childhood  
trauma  
group



## THINKING MIND, REPTILIAN BRAIN



A mindful approach to  
behaviour change  
and healing



Presented by Gregory Nicolau,  
The Australian Childhood Trauma  
Group

Gregory Nicolau is a Melbourne based  
Consultant Psychologist and entrepreneur. He  
is the Founder / CEO of Australian Childhood

Trauma Group and the Tech Startup Ripple™ With 35 years experience working with executives, managers and staff in support of the Out of Home Care, Youth Justice, Education and Refugee Sectors to build their capacity and resilience to undertake what at times can be confronting work. He is also well respected within the indigenous community for his work in partnership with ATSI organisations. As Chief Executive Officer of Australian Childhood Trauma Group he guides the organisation which specialises in consulting, training and program development in the area of trauma providing therapeutic programs and support services to: government and non-government agencies, schools, individuals and families. He has an exceptional reputation for managing complex cases and situations in a compassionate and focused manner and is highly sort as a trainer and conference speaker. He is transparent in his interactions and is able to challenge as appropriate. He enjoys supporting people to achieve their best and maximise their potential.

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:** Thursday 8th March 2018  
Registration & tea: 9am  
Training: 9:30am - 12:30pm

**WHERE:** OzChild  
Level 3, 454 Nepean Highway  
Frankston