



MAD, BAD OR SAD? A Pathway to Healing

The path of workers & carers can often be isolating and fraught with difficulties, hardships and feelings of hopelessness. You are not alone! We understand the unique issues you face and will provide an environment of support and learning to help you on your journey.

2nd December 2016

It's conclusive – childhood trauma caused by sexual, physical, emotional abuse or neglect 'changes the brain' in ways that impact a child's ability to form strong relationships and be the 'boss of their feelings'.

The objectives of this seminar are:

- To understand the impact of childhood trauma on our mind, body and spirit
- To learn how to read the behaviour 'signs' of childhood trauma and distress
- To understand how relationships and healthy functioning are impacted by experiences of childhood trauma
- To explore what to do and when to do it in order to ease the impacts of childhood trauma
- To understand how to build healthy relationships with children who have experienced trauma
- To investigate the way the brain of a traumatised child 'thinks'

**REGISTER
ONLINE**
theactgroup.com.au



Gregory Nicolau is the CEO and lead Consultant Psychologist of Australian Childhood Trauma Group. He has a 30 year career working with the most marginalised and vulnerable children, young people and families in our community and the agencies, organisations and education facilities who support them. He enjoys supporting people to deliver the best outcomes for children and is an experienced trainer, facilitator and case supervisor.



Liz is an energetic and dynamic mental health social worker and organisational consultant. Liz holds a leadership and management position with the ACT Group. Liz is process orientated with wide clinical and leadership experience in developing innovative and practical solutions for complex organisational difficulties and helping staff cope with these challenges. Liz has consulted, worked and managed in the human services, education, community and public mental health sectors. Her consulting and leadership experience includes leadership development, change management, systems and process improvement, project coordination and stakeholder management. Liz is interested in organisational morale, innovative work culture and workplace resilience with the application of mindfulness based techniques and neuroscience to achieve high performing teams. Liz has developed a program for organisations in self management and resilience that aims to achieve this. Liz seeks unique advantages within innovative design thinking to achieve the best outcome for organisations and their consumers.

DATE & TIME

2nd December 2016, 10:00am – 4pm

VENUE

3 St David Street, Fitzroy VIC 3065

COST

Workers \$250 (incl GST)
Carers \$150 (incl GST)

Limited places 10-15 only
Refreshments, morning tea and lunch provided

RSVP

Via our website (preferred) or call us

Places are limited so please register early to avoid missing out

ENQUIRIES e info@theactgroup.com.au t 9415 6066 w theactgroup.com.au