

# Working with trauma when you are not a trauma specialist

Free One Day Workshop for those who work in AOD & Mental Health

 **Ulladulla**

Wednesday 23rd July, 2025

9am - 5:00pm

## Do you want to improve your confidence in working with people who have experienced trauma?

Some experience of trauma is incredibly common in those who seek mental health services. How can generalist practitioners be useful to those presenting with traumatic experiences, even when they are not trained in specialist techniques, such as EMDR? This workshop will present some practical tools practitioners can use to help people understand their responses to trauma, especially in relationships, and to help them manage some of the consequences.

### Presenter Info:



Peregrine Director, Dr Rebecca Sng, is a clin psych/family therapist with 20yrs experience in child abuse & neglect. She has been Deputy Director of Clinical Psychology at the University of Wollongong and Executive MH Director at Grand Pacific Health. Her program for parents after family violence has trained over 400 practitioners across NSW.

### Learning Goals:

- Gain practical tools to help people understand their trauma responses
- Understand the effects of trauma on relationships
- Understand the effects of trauma on human systems, such as a person's treatment team, and how to work with these effects

 **REGISTER NOW**

To ensure diversity and broad reach, multiple enrollments from the same service are welcome, but priority will be given to participants from different organisations and locations where possible. A waitlist will be available.



The Peregrine Centre is proud to offer this training FREE to rural mental health workers through the Rural Mental Health Partnership - funded by NSW Health!

Proudly funded by



For any enquiries about this workshop, please email:  [RuralMHTraining@theperegrinecentre.com.au](mailto:RuralMHTraining@theperegrinecentre.com.au)

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