

# Trauma Informed Practice Face-to-face training - Albury

Free two-day workshop for those who work in AOD & Mental Health

 **Albury - Thurgoona Country Club Resort, 1 Evesham Pl, Thurgoona**

**Thursday 26<sup>th</sup> February & Friday 27<sup>th</sup> February, 2026**

**9:30am - 4:00pm**

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

Trauma in early life can profoundly influence behaviour, relationships and development. How can practitioners recognise and respond to these impacts without getting caught in the struggle for control? This seminar introduces the core frameworks of the Knightlamp Approach®, highlighting the role of chronic hyperarousal, traumatic triggers and relational patterns in a person's presentation. Participants will learn simple yet powerful interventions that support neurobiological healing and relational redevelopment, building the foundations for long-term change.

### Presenter Info:



Stephan Friedrich, CEO, Knightlamp, Psychology & Consulting. Stephen provides trauma-informed training sessions, workshops, podcasts and conferences. He collaborates with organisations and individuals to develop and implement trauma awareness, empathy, and resilience. In doing so, he empowers clients to better understand trauma, recognise its signs and symptoms, and respond compassionately to those in need.

### Learning Goals:

- Build practical understanding of the link between trauma, behaviour and development
- Learn how chronic hyperarousal and traumatic triggers shape presentation
- Explore how vicarious trauma arises and strengthen holistic self-care strategies



**REGISTER NOW**

To ensure diversity and broad reach, multiple enrolments 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.



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PEREGRINE  
CENTRE**

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!

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



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# Training Schedule



Thursday 26 & Friday 27 February, 2026

9:30am - 4:00pm

- The training will run from 9:30 AM to 4:00 PM, with scheduled breaks throughout the day. **Please arrive on time, as sessions will begin promptly at 9:30am.**
- Catering will be provided, including morning tea, lunch, and afternoon tea.

Time	Details
9:30am	Training sessions begins <b>precisely</b> at 9:30am
11:00 – 11:15	Morning Tea
12.30 – 1.00pm	Lunch
2.00 – 2.15pm	Afternoon Tea
4:00pm	Training session finishes

## Location and Venue



Thurgoona

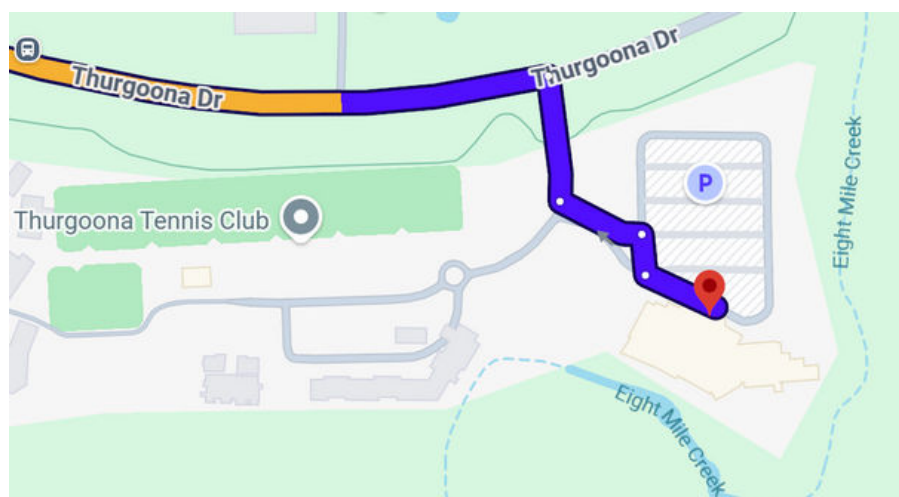
Thurgoona Country Club Resort, 1 Evesham Pl

### Travel and Parking

- Please **allow ample time for travel and parking**, as training will begin promptly at 9:30 AM each morning. Thurgoona Country Club has a large complimentary car park.

### Arriving at the Venue

- Thurgoona Country Club is located in Thurgoona Village, near the Charles Sturt university campus. A short **10 minute drive** from **Albury Airport** and **15 minutes drive** from **Albury town centre**.
- The training will take place in **Function Room 1**. This is the first room to the right on entering the club.
- Due to ongoing renovations there may be altered access to certain areas. Signage and instructions will be put in place to advise of any changes.



# About The Peregrine Centre: Supporting Rural Mental Health

The Peregrine Centre is proud to offer this training free of charge to rural, remote, and regional mental health workers through the **Rural Mental Health Partnership** with NSW Health. Learn more about this initiative below, along with other training and resources we have available to support you.



## Partnership Goal

This 5-year partnership is focused on improving mental health practice in Rural, Regional and Remote NSW through research, evaluation, education, and training



## Training and Education

We develop free educational resources specifically for rural mental health professionals, and support sustainable practice change through training and applied practice activities (APAs)

### Sign up to our **FREE** online portal!

It hosts tailor-made resources, including podcast episodes, practice toolkits, and guided learning journeys. Also find information about upcoming active learning opportunities.

 [Explore Learning Portal](#)



## Research

We offer Small Project Grants to fund innovative research projects, and partner with LHDs to provide research support for Local and Major Projects.

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Reach out to your **Local Project Officer (LPO)** to collaborate with us or learn more about opportunities in your area.



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