



Phoenix Therapeutic Support & Training Services

Training for Professionals



Phoenix offers a comprehensive suite of evidence-informed, engaging, and high-quality training, designed for professionals and organisations including social workers, psychologists, teachers, youth workers, foster carers, residential care workers, child care workers, juvenile justice officers, counsellors and other allied health professionals.

Our training portfolio focusses on understanding trauma and human behaviour in a variety of environments and contexts. Each program is designed to equip participants with practical skills, strategies and knowledge rooted in the latest research and best practices. Whether you're looking to enhance your understanding of trauma dynamics, develop effective and practical intervention strategies, or create supportive environments for school-refusing students, Phoenix training empowers you to make a meaningful impact in your field.

Please see below the catalogue of training available.

For all bookings and enquiries please contact:

Zoe Hughes

phoenixtsts@gmail.com

0450 469 295

What's in the Box? A Trauma Toolbox for Professionals

Workers and carers need a toolbox of 'trauma-informed' strategies which starts with knowledge of the impact of trauma on brain development & the psychobiology of trauma. Based on this understanding, workers & carers will recognise the need for well-developed skills in using a range of positive behaviour support strategies which avoid re-traumatisation and assist a child, young person or adult to heal from trauma, in their homes, schools and the community.

Learning Outcomes

1. Define complex trauma and discuss the impact of trauma on brain development and memory.
2. Understand the relationship between complex trauma in early childhood and behaviours and emotional responses.
3. Explain trauma re-enactment and the importance of safe environments & relationships.
4. Apply a range of positive behaviour support strategies suited to supporting children, young people and adults.

Who is this training for?

Social workers, psychologists, counsellors, community services workers, juvenile justice workers, child protection staff, out of home care workers, foster carers, mental health professionals, allied health professionals, teachers, prison workers, child care workers, support workers, behaviour change counsellors..

Hurt People, Hurt People

This workshop gives professionals a comprehensive trauma-informed understanding of violent and aggressive behaviours. Participants will explore the deep connection between unresolved childhood trauma and violent and aggressive behaviours in both youth and adults. By gaining this critical insight, attendees will be better equipped to address and manage these behaviours effectively, fostering safer and more supportive environments for all.

Learning Outcomes:

1. Describe the psychobiology of violent & aggressive behaviours.
2. Explain the relationship between early childhood traumatic experiences, disorganised attachment and trauma re-enactment in adolescence and adulthood.
3. Discuss confrontation avoidance techniques & practical strategies for deescalating violence & aggression in a variety of settings.
4. Apply the 'Restorative Practices' approach to promote healing relationships in a range of settings.

Who is this training for?

Social workers, psychologists, counsellors, community services workers, juvenile justice workers, child protection staff, out of home care workers, foster carers, mental health professionals, allied health professionals, prison workers, behaviour change counsellors.

The Power of Empathy: Neuroscientific Insights and Practical Strategies

Empathy is a transformative skill that enhances connections and fosters understanding in all facets of life. This workshop is designed for professionals who are keen to empower and teach others—whether families, staff, or clients—to cultivate empathy effectively. Through neuroscientific insights and practical strategies, participants will explore the latest research on empathy and its neural underpinnings, participants will also learn actionable techniques to teach and nurture empathy in their interactions.

Learning outcomes:

1. Define & discuss the importance of empathy.
2. Explain mirror neurons and their role in the development of empathy.
3. Reflect on how empathy can help break the cycle of intergenerational violence in families.
4. Discuss specific strategies that can support children, youth and parents to develop empathy.

Who is this training for?

Social workers, psychologists, counsellors, community services workers, juvenile justice workers, child protection staff, out of home care workers, foster carers, mental health professionals, allied health professionals, teachers, prison workers, childcare workers, support workers, behaviour change counsellors.

One Child At A Time

It is now widely understood that children & young people are supported to heal from trauma in relationships with adults that are safe, secure and enduring. Although the focus is often on 'managing behaviour' this workshop will focus on exploring why '**relationship is the intervention**'! Informed by the work of Daniel Hughes, Kim Golding, Dan Siegel, Peter Levine and others we will discuss strategies for building relationships with children & young people who have experienced complex trauma. Suitable for professionals, parents and carers.

Learning Outcomes:

1. Describe Daniel Hughes' P.A.C.E (Playfulness, Acceptance, Curiosity & Empathy) model for promoting an attachment-focused parenting approach.
2. Use a Guidance Approach, to support children who have experienced complex trauma to learn new behaviours.
3. Apply Strengths Based Parenting to build relationships and improve communication skills with children.
4. Use a variety of creative therapy tools and sensory experiences to support children to heal from their traumatic experiences.

Who is this training for?

Parents, social workers, psychologists, counsellors, community services workers, juvenile justice workers, child protection staff, out of home care workers, foster carers, mental health professionals, allied health professionals, teachers, childcare workers.

Emotional Wellness Toolbox: Activities for Promoting Emotional Regulation

Research tells us that children who learn how emotionally regulate will become healthier and wealthier adults. Adults who can self-regulate are better able to navigate life's challenges with greater resilience, maintain healthy relationships, and achieve personal and professional success. This practical and interactive workshop is designed to equip professionals and individuals with practical strategies for mastering emotional regulation. Whether you're looking to enhance your own emotional management skills or help others develop theirs, this workshop provides essential tools for navigating and thriving in the complexities of emotions.

1. Understand the importance of emotional regulation for long-term personal and professional success.
2. Identify the key components of emotional regulation and its impact on overall well-being.
3. Develop practical strategies for enhancing your own emotional regulation skills.
4. Learn techniques to help others, including children and adults, master emotional regulation.
5. Explore interactive exercises to apply emotional regulation strategies in real-life scenarios. yourself and others.

Who is this training for?

Anyone looking to enhance their emotional intelligence, parents, social workers, psychologists, counsellors, community services workers, juvenile justice workers, child protection staff, out of home care workers, foster carers, mental health professionals, allied health professionals, prison workers, behaviour change counsellors.

Nurturing Bonds: Trauma-Informed Care and Attachment for Perinatal Professionals

This training provides a comprehensive understanding of the profound impact trauma, including birth trauma, postnatal depression (PND), and neonatal intensive care unit (NICU) experiences, can have on babies and families.

In this workshop, we will explore the critical role of attachment in the early stages of a child's life and its long-term effects on development. You will also learn practical strategies to foster secure attachments and provide trauma-informed care to families. This workshop aims to support professionals understand how to best support children and families from a trauma-informed and attachment-focused perspective.

Learning Outcomes:

1. Develop a comprehensive understanding of the impact of trauma, including birth trauma, postnatal depression (PND), and NICU experiences, on babies and families.
2. Explore the critical role of attachment in the early stages of a child's life and its long-term effects on development.
3. Understand the principles of trauma-informed care and how to apply them in perinatal settings.
4. Learn practical strategies to foster secure attachments between parents and their infants.
5. Gain tools to create a trauma-informed and nurturing environment that promotes healthy attachment and development.

Who is this training for?

Midwives, nurses, perinatal staff, management, hospital staff, social workers.

Transforming Classrooms: Trauma Awareness and Positive Behaviour Strategies

Elevate your professional skills with our transformative workshop, designed to provide a deep understanding of trauma and its profound impact on student behaviour. This training is essential for schools who seek to create a positive and supportive learning environment. Gain valuable insights and practical strategies to address trauma-related behaviours and implement effective positive behaviour support strategies in your classroom. Equip yourself with the tools to make a lasting difference in the lives of your students and foster a nurturing and productive classroom atmosphere.

Learning Outcomes:

1. Gain a comprehensive understanding of trauma and its effects on student behaviour.
2. Learn to identify signs of trauma in students and understand its impact on their learning and development.
3. Develop and apply a practical suite of positive behaviour support strategies tailored for educational settings.
4. Enhance your ability to foster resilience and promote well-being among students and staff.

Who is this training for?

Professional development for teachers, school management and school support staff.

Supporting Emotionally Based School Avoidance

This workshop is designed to equip you with the latest research and effective strategies to help schools and teachers with the new phenomena of school avoidance (school refusal). This comprehensive and engaging session will delve into the underlying causes of school avoidance, explore its impact on students' academic and emotional well-being, and provide practical techniques to support staff, students and families struggling with school avoidance.

Learning Outcomes:

1. Gain a more comprehensive understanding on emotionally based school avoidance and its underlying causes.
2. Develop practical strategies to support students struggling with school avoidance.
3. Implement effective interventions to help students re-engage with their education.
4. Gain tools to support school staff in managing and mitigating school avoidance.
5. Foster a multidisciplinary approach to address school avoidance involving teachers, support staff, and families.

Who is this training for?

Professional development for teachers, school management and school support staff.

Information and Costs

All participants will receive training materials and resources as well as a certificate of attendance.

All courses listed above can be ran as a 2 day, 1 day or 3 hour workshop.

Training courses have been developed and informed based on the work of Karen Hulls, Peter Levine, Bruce Perry, Dan Siegel, Bessel Van der Kolk, Athena Hendry, Joy Hassler, Gabor Mate, Ruby Payne, Stephen Porges, Daniel Hughes and more.

(Costs include GST)

Perth Metro:	Regional/ Interstate:	Staff/ Organisation Training
2-day course- \$300 pp	2-day course- \$370 pp	2-day course- \$2,200
1- day course- \$160 pp	1- day course- \$230 pp	1- day course- \$1,500
3 hour course- \$85 pp	3 hour course- \$140 pp	3 hour course- \$850

Customised Training

Phoenix can design and deliver training programs, as requested by Government Departments, NGO's and other organisations to meet your organisations and workers needs.

Coming Soon!

Bridges out of Poverty, Restorative Practices, Creative Practices for Building Attachment.

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