

Understanding Trauma and Dealing with Family Violence Disclosures Workshop Content:

Content: nine hours of professional development, spread over three weeks. We start and end with karakia and provide healthy kai and hot drinks to nourish our bodies and minds. Wellbeing is our main priority to enable a safe space to learn about a difficult topic. There are no graphic images or videos. This is our only paid service, everything else we offer (counselling, support, and advocacy) is always free.

Tickets are \$100, which includes the nine hours of professional development, a comprehensive workbook with links to additional resources, healthy kai and drinks, and a printable certificate upon completion. A payment plan may be possible. Please contact Mikayla at community@wsm.org.nz for further information.

Workshop One: Disclosures and Family Violence

- What a disclosure is, the different types of disclosure, why people disclose, barriers to disclosure.
- Grounding exercises – disclosing can be distressing for both the person disclosing and the person being disclosed to. We discuss using grounding techniques during a disclosure.
- Introduction to responding to disclosures.
- Family violence 101 – what is family violence? Who does it affect and why?
- The power and control wheel and the cycle of abuse.
- The different types of abuse – verbal, emotional, psychological, physical, neglectful, and financial.
- Abuse tactics – manipulation, narcissistic abuse, gaslighting, coercion and control.
- Recognising abuse and risk factors.
- Statistics and reporting.
- Sexual violence and abuse.
- Emotional and psychological abuse.
- Responding with empathy vs sympathy.

Workshop Two: Trauma and Boundaries

- Trauma and the brain – Fight, flight, freeze and fawn reactions.
- Post Traumatic Stress Disorder and Complex Post Traumatic Stress Disorder (PTSD and CPTSD).
- Secondary and vicarious trauma.
- Psychological trauma, intrusive thoughts, avoidance, negative thinking and mood, physical and emotional reactions.
- Dissociation and trauma bonding.
- The window of tolerance.

- Boundaries – physical and emotional.
- Personal and professional boundaries.
- Boundaries – your own vs other peoples.
- Creating and respecting boundaries.
- Modelling healthy boundaries for the person disclosing.

Workshop Three: Referrals and Wellbeing

- Responding to disclosures.
- How and where to refer someone for help.
- How to prioritise safety while still respecting the persons autonomy.
- Learning about the different local and national organisations that deal with different types of violence.
- Following up on referrals.
- Wellbeing models – Te Whare Tapa Whā and Intersectionality.
- Pūrākau – Mataora and Niwareka and their dedication to a world that is free of interpersonal violence.
- Review of course content and questions.
- Scenarios to help solidify the information and the process of receiving a referral.

If you have any questions at all, please contact Mikayla at community@wsm.org.nz

