

**Essential Foundations Workshop: Trauma-focussed  
therapy working with children and adolescents who  
have been sexually assaulted**

**Facilitator:** Dr Rowena Conroy - Phoenix Australia

**Dates:** May 14<sup>th</sup> and 15<sup>th</sup> 2019

**Time:** 9:30AM until 4:30PM

**At:** Multicultural Hub 506 Elizabeth St  
(Opposite Victoria Market)

**Workshop Objectives**

- Increase familiarity with evidence-based treatments for posttraumatic mental health problems
- Gain confidence in actively involving parents in treatment
- Gain understanding of ways to help children and adolescents, make sense of trauma, address unhelpful beliefs, learn strategies to reduce distress and Addressing complicated grief
- Identify ways children and adolescents can get active and address avoidance
- Gain confidence in working with children and adolescents to process traumatic memories
- Gain an understanding of ways to prevent relapse

*\*Morning tea will be provided, participants are asked to provide their own lunch.*

**To register for this workshop please Fax 99288749**

Or email [secasa@monashhealth.org](mailto:secasa@monashhealth.org)

**For more information about this workshop please contact**

Sarah McGregor, Training Co-ordinator, Statewide Sexual Assault Workforce Development email  
[sarah.mcgregor@monashhealth.org](mailto:sarah.mcgregor@monashhealth.org) ph 99288741 Mon- Wed

# Registration Slip

Statewide Sexual Assault  
Workforce Development

## Essential Foundations **Workshop** Trauma-focussed cognitive therapy working with children and adolescents

May 14<sup>th</sup> and 15<sup>th</sup>, 2019

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Position: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_

**Please complete this Registration Slip and return to SECASA  
Fax 9928.8749 or**

Email SECASA  
secasa@monashhealth.org