

ETS Virtual Training Workshops - Term 4 (2025)

Evolve Therapeutic Services (ETS) teams from across Queensland are continuing to combine forces to bring you free Virtual Training Workshops. From the comfort of your home or office, join us on Microsoft Teams for an engaging and informative workshop experience.

October

13th

Careful Caring – Working with trauma without being traumatised

15th

Thinking about 'Circle of Security' and adolescents

15th

Understanding the impacts of trauma on children and young people

16th

Quick tips: Back to basics for mental health

23rd

Introduction to developmental trauma

23rd

Working with shame

27th

Introduction to understanding trauma & informed knowledge/practice

27th

Trauma, the refugee experience, and children in out of home care

27th

Working with shame

29th

Importance of nutrition in supporting children's mental health and wellbeing

29th

An introduction to PACE

30th

Communication & mental health: Implications for practice

November

3rd

Am I making a difference? Overcoming self-doubt while working with childhood trauma

4th

Blocked care/Blocked trust

6th

De-coding difficult behaviour: Understanding the brain for you and your child

11th

Polyvagal Theory: Applications in the school setting

12th

Anxiety disorders in children and young people

12th

Quick tips: Back to basics for mental health

17th

Trauma vs ADHD

18th

Vicarious trauma: surviving, thriving and reviving

18th

Understanding self-harm

21st

Careful caring – Working with trauma without being traumatised

25th

Drawing out cultural strength instead of deficits when working with children under the care of the Department of Child Safety who are accessing mental health services

26th

Trauma-informed responses to harmful sexual behaviours

26th

The Just Right State children's and parents' programmes

December

1st

Talking feelings: Understanding and supporting the development of emotional literacy

3rd

Foetal Alcohol Spectrum Disorder (FASD)

9th

Exploring the use of yoga-based activities to support attachment

Please note:

The recording / transcribing of sessions is **not** permitted in any format.





To register:






1. Scan the QR Code or click the link for the workshops of your choice.
2. Complete the online registration form. Please ensure all your details are entered correctly, as this is how we will provide you with the registration link.
3. Download Microsoft Teams on your favourite device or computer.




At the time of the workshop, click the link you were provided when you registered. Please ensure your microphone is muted.

Registration close - 5pm two workdays prior to session. Those registered at that time will receive an email with the event details and any associated material. Those who register 1-2 days before the event will not receive associated material required for the session.


October





Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
<p>Monday 13th 2:00-4:00</p>	<p>Careful Caring – Working with trauma without being traumatised</p> <p>Alisha Jenkins (Psychologist, ETS Logan)</p>	<p>Being trauma-informed and trauma-sensitive is a hot topic at the moment. Each day you are exposed to the impacts of trauma on children – through their behaviour, how they respond to authority, and how they engage in social relationships. One of the biggest risks for educators and practitioners working with children impacted by trauma is that trauma can be ‘contagious’. The chaos that a child experiences in their world can start to impact on your wellbeing, including your motivations to show up to work and continue the vital role you have in helping those children do well in life. So how do we manage being trauma-informed and trauma aware, without being traumatised? This workshop will explore the concepts of compassion fatigue and compassion satisfaction and provide some helpful ideas on how to ensure we look after ourselves whilst we are looking after others.</p>	<p>ETS Logan Ph: 3412 1500 Email: Click here</p>	<p>Click here</p> 
<p>Wednesday 15th 9:00-10:30</p>	<p>Thinking about 'Circle of Security' and Adolescents</p> <p>Amy Webb (Senior Mental Health Clinician, ETS Gold Coast)</p>	<p>This session will look at what happens when a child’s behaviours and relational needs change as they become adolescents and their circle becomes bigger. It will include a brief overview of Circle of Security, the “under construction” adolescent brain, the impact of trauma and relationship disruptions, how their attachment needs look different and the continuing importance of the secure base and safe haven. Although previous training in Circle of Security is not required, it will be helpful to have a general understanding of the model coming into this presentation.</p>	<p>ETS Gold Coast Ph: 5687 9300 Email: Click here</p>	<p>Click here</p> 
<p>Wednesday 15th 9:00-12:00</p>	<p>Understanding the impacts of trauma on children and young people</p> <p>Sarah O’Regan (PDC, ETS Ipswich)</p>	<p>This session will include an introduction to the impact of trauma and adverse relational experiences on the emotional and behavioural development of children and young people. Strategies to increase a child’s sense of felt safety to facilitate their healing will also be discussed.</p>	<p>ETS Ipswich Ph: 3813 6270 Email: Click here</p>	<p>Click here</p> 
<p>Thursday 16th 4:00-4:30</p>	<p>Quick Tips: Back to basics in mental health</p> <p>Tess Reeve (A/PDC, Toowoomba)</p>	<p>Queensland Health promotes 6 Building Blocks to Improve Mental Health. These simple, practical building blocks can be easily incorporated into the daily routines of children and young people in care. This session emphasizes the importance of getting back to basics - because often, the foundational elements needed for good mental health are missing, which can be a root cause of many mental health challenges.</p>	<p>ETS Toowoomba Ph: 4616 5365 Email: Click here</p>	<p>Click Here</p> 






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Thursday 23 rd 9:00-11:00	Introduction to developmental trauma Warren Bergh (ETS Statewide Program Coordinator)	This workshop offers a comprehensive exploration of developmental trauma and its profound effects on children and young people. Drawing on neuroscience, attachment theory, and the ACEs framework, it unpacks how early relational disruptions shape brain development, behaviour, emotional regulation, and long-term wellbeing. The session highlights the importance of safety, connection, and relational repair in supporting recovery and resilience.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Thursday 23 rd 1:00 – 3:00	Working with shame Tess Reeve (PDC, ETS Toowoomba)	Shame develops when a person relates negative responses to their own worth rather than their behaviour. Many children in care may have an experience of toxic shame and this results in a range of maladaptive behaviours. After this session you will understand more about toxic shame and how your responses can either continue toxic shame or support real behaviour change.	ETS Toowoomba Ph: 4616 5365 Email: Click here	Click here 
Monday 27 th 9:00 – 12:30	Introduction to understanding trauma and informed knowledge/practice Warren Bergh (ETS Statewide Program Coordinator)	This workshop aims to increase the consistent use of evidence-based trauma informed language and practices. Participants will learn about the key principles of trauma, establishing a framework to better understand, assist and meet the needs of children and young people who have experienced trauma and who are currently living with the impact of trauma. Strategies for staff wellbeing when supporting trauma impacted children will also be discussed. Participants will have the opportunity to apply knowledge to a specific case study for practical application.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Monday 27 th 10:00 – 11.30	Trauma, the refugee experience, and children in out of home care Saina Avesta & Vikki Routledge (QPASTT) Romina Bahrami (Cultural Consultant, ETS Brisbane South)	Australia is a multicultural society, and our diversity continues to grow. This training will focus on children in out of home care who have experience being a Refugee or their family has come to Australia from a Refugee background. This training will support its participants to explore attachment, developmental and intergenerational trauma by considering the refugee context.	ETS Brisbane South Ph: 3087 2200 Email: Click here	Click here 
Monday 27 th 1:00 – 3:00	Working with shame Tess Reeve (PDC, ETS Toowoomba)	Shame develops when a person relates negative responses to their own worth rather than their behaviour. Many children in care may have an experience of toxic shame and this results in a range of maladaptive behaviours. After this session you will understand more about toxic shame and how your responses can either continue toxic shame or support real behaviour change.	ETS Toowoomba Ph: 4616 5365 Email: Click here	Click here 




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Wednesday 29th 9:00-11:00am	Importance of nutrition in supporting children's mental health and wellbeing Kerri Carmichael (Dietician - Townsville Community Allied Health) Nadine Patane (PDC ETS Townsville)	This session will explore the vital connection between diet and brain development, emotional regulation, and behaviour. Attendees will gain insights into how balanced nutrition can influence mood, concentration, and resilience, as well as practical strategies for incorporating healthier food choices into daily routines. This presentation aims to equip carers, staff, and families with knowledge and tools to better support children's overall mental and emotional wellbeing through diet.	ETS Townsville Ph: 44339002 Email: Click here	Click here 
Wednesday 29th 10:00 – 12:00	An introduction to PACE Sarah O'Regan (PDC, ETS Ipswich)	PACE (Playfulness, Acceptance, Curiosity and Empathy) is a model developed by clinical psychologist, Dr Dan Hughes to support caregivers to connect with their young people, and help young people learn to feel safe in relationships with others. Join us as we take an introductory look at this model and its application with children living in out of home care.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Thursday 30th 1:00 - 3:00	Communication & mental health: Implications for practice Tess Reeve (Acting PDC, Toowoomba)	Trauma can affect cognitive development, language skills, and emotional regulation, making communication difficult. By making considerations for effective communication each day, professionals can build trust, help children process their experiences, challenge negative self-blame, and empower them to build healthy relationships and achieve better outcomes.	ETS Toowoomba Ph: 4616 5365 Email: Click here	Click here 

November

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Monday 3rd 10:00 – 11:30	Am I making a difference? Overcoming self-doubt while working with childhood trauma Jodie Perkins (Social Worker, ETS Logan)	If you've ever found yourself wondering whether you're making a positive impact on the young person you're supporting, this workshop is for you. Whether you're supporting a traumatised child at home or at school, it's natural that moments of self-doubt may arise, leaving you questioning whether you're doing enough or having a meaningful impact. In this workshop, we will explore how we conceptualise the journey of healing from childhood trauma, manage the expectations we place on ourselves, understand the vital role of connection with the child, and develop self-care strategies to support our own well-being. The goal of this workshop is to empower you to feel more confident in your role, more aware of the positive difference you make, and more inspired to nurture yourself—enabling you to continue offering hope and support to the young person you're supporting.	ETS Logan Ph: 3412 1500 Email: Click here	Click here 




Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Tuesday 4 th 10:00 - 11:30	Blocked care / Blocked trust Nicole Guse (PDC, ETS Ipswich)	Children may develop a blocked capacity to trust adults as a response to their previous experiences of trauma, neglect and attachment difficulties with caregivers. Therefore, they learn to keep future carers at a distance, rebuff carer's efforts to help and support them, and may respond with conflicting or aggressive behaviours, in order to feel safe. This "blocked trust" may lead to "blocked care" in caregivers. With carers may find themselves feeling exhausted, confused, saddened and defended against the pain of rejection by the child. We will explore how carers can understand when they are experiencing blocked care, then enhance their ability to be open and engaged within the relationship, supporting the child to develop trust.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Thursday 6 th 10:00 - 11:30	De-coding difficult behaviour: Understanding the brain for you and your child Jen Eustace & Fiona Leo (Senior Mental Health Clinicians, ETS Cairns)	"All behaviour Makes Sense – Even the most difficult and disturbing behaviours." This is the virtual workshop to attend if you care for, teach, or offer support to a child or young person who demonstrates the most confusing and bewildering behaviours! Based on the work of Robyn Gobel, in this 1.5 hour workshop we will step you through how to <i>de-code</i> your child and how to help your child to better understand their own behaviour too! We will also offer you some guidance, based on science, to then support you to start <i>de-coding</i> what your child's brain might need; and how to look after your own brain in the process!	ETS Cairns Ph: 4226 2701 Email: Click here	Click here 
Tuesday 11 th 9:00 - 11.30	Polyvagal Theory: Applications in the school setting Warren Bergh (ETS Statewide Program Coordinator)	Polyvagal Theory was developed by Dr. Stephen Porges, a neuroscientist and psychologist, in 1994. This session will unpack the role of Polyvagal Theory in our understanding of how we respond to the world around us and trauma. Implications of children and young people will be explored. Further practical Polyvagal-informed strategies/resources will be discussed.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Wednesday 12 th 10:00 - 12:00	Anxiety disorders in children and young people Sarah O'Regan (PDC, ETS Ipswich)	<p>Experiencing anxiety is part of life, as we experience new things, stretch ourselves, and navigate the many challenges we face daily. It is expected that as children grow and develop, they will experience anxiety and learn to manage it so they can continue to function in life. So, when does it become a 'problem' that needs a little more attention?</p> <p>This session will discuss the symptoms of anxiety disorders and how they may present in children and young people. It will also discuss treatment options and how to support young people in managing their symptoms and continuing to function in their day-to-day activities.</p>	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Wednesday 12 th 4:00-4:30	Quick Tips: Back to basics in mental health Tess Reeve (A/PDC, Toowoomba)	Queensland Health promotes 6 Building Blocks to Improve Mental Health. These simple, practical building blocks can be easily incorporated into the daily routines of children and young people in care. This session emphasizes the importance of getting back to basics - because often, the foundational elements needed for good mental health are missing, which can be a root cause of many mental health challenges.	ETS Toowoomba Ph: 4616 5365 Email: Click here	Click here 
Monday 17 th 10:00 – 12:00	Trauma vs ADHD Sarah O'Regan (PDC, ETS Ipswich)	This workshop will explore the similarities and differences between the presentation of ADHD and Complex PTSD in children and young people as well as the overlapping symptoms, challenges in assessment and diagnosis and determining the best approach to intervention.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Tuesday 18 th 9:00 – 12:00	Vicarious trauma: surviving, thriving and reviving Warren Bergh (ETS Statewide Program Coordinator)	This session explores the concepts of compassion fatigue and compassion satisfaction, why we might experience compassion fatigue, and the impact compassion fatigue has upon us. We will also explore some practical strategies for your day-to-day challenges, and beyond. So, take some time for yourself and learn what you and others can do to help 'Surviving, Thriving and Reviving'.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Tuesday 18 th 2:00 – 4:00	Understanding self-harm Nicole Guse (PDC, ETS Ipswich)	Working with or caring for a young person who engages in self-harm can be confronting and difficult. This session hopes to support through exploring self-harm, the underpinning reasons young people may engage in self-harm and how we can support a young person engaging in self-harm. It will include when to seek support, forming safety plans and what may happen at the Emergency Department.	ETS Ipswich Ph: 3813 6270 Email: Click here	Click here 
Friday 21 st 9:30 - 11:30	Careful caring – Working with trauma without being traumatised Alisha Jenkins (Psychologist, ETS Logan)	Being trauma-informed and trauma-sensitive is a hot topic at the moment. Each day you are exposed to the impacts of trauma on children – through their behaviour, how they respond to authority, and how they engage in social relationships. One of the biggest risks for educators and practitioners working with children impacted by trauma is that trauma can be 'contagious'. The chaos that a child experiences in their world can start to impact on your wellbeing, including your motivations to show up to work and continue the vital role you have in helping those children do well in life. So how do we manage being trauma-informed and trauma aware, without being traumatised? This workshop will explore the concepts of compassion fatigue and compassion satisfaction, and provide some helpful ideas on how to ensure we look after ourselves whilst we are looking after others.	ETS Logan Ph: 3412 1500 Email: Click here	Click here 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Tuesday 25 th 10:00 – 11:30	Drawing out cultural strength instead of deficits when working with children under the care of the Department of Child Safety who are accessing mental health services Romina Bahrami (Cultural Consultant, ETS Brisbane South)	Explore how mental health practitioners or professionals can recognise, reframe, and respond to cultural expressions not as deficits, but as sources of strength for CALD children/young people in the child protection system.	ETS Brisbane South Ph: 3087 2200 Email: Click here	Click here 
Wednesday 26 th 9:00 – 12:30	Trauma-informed responses to harmful sexual behaviours Warren Bergh (ETS Statewide Program Coordinator)	This session will explore the often-blurry line when healthy sexual behaviour becomes problematic and/or harmful, within the lens of complex developmental trauma. It will explore common reasons for harmful sexual behaviours and myths regarding such behaviours. Practical suggestions for responding to these behaviours will be discussed including support and supervision plans, responding effectively when observing problematic or harmful sexual behaviours, and responding when a young person discloses sexual abuse.	ETS Statewide Program Management Ph: 3355 8999 Email: Click here	Click here 
Wednesday 26 th 9:00 – 11:00	The Just Right State children's and parents' programmes Nadine Patane (A/PDC, ETS Townsville)	This session will introduce the Just Right State Children's and Parents' Programmes. The Just Right State programme looks at the use of sensory activities and foods, to help children learn how to self-regulate their emotional states and behaviour and create opportunities for children to feel closer to their "just right state" through provision of sensory attachment informed strategies. Parents learn how to regulate their child from sensory and attachment perspectives.	ETS Townsville Ph: 44339002 Email: Click here	Click here 

"Keep learning. Keep growing. Keep evolving. The best is yet to come."
(Unknown)

December

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
<p>Monday 1st 11:00 – 12:30</p>	<p>Talking feelings: Understanding and supporting the development of emotional literacy</p> <p>Bridget Lewis (Team Leader, ETS Cairns)</p> <p>Angela Clarke (CHQ CYMHS Clinical Consultant Speech Pathologist)</p>	<p>Children and young people in out of home care often can have greater difficulties developing emotional literacy skills than their peers. In this webinar you will learn more about what emotional literacy skills are and how to support young people to develop these skills through a language-informed and trauma-informed approach. Delivered by Mental Health Speech Pathologists and suitable for foster and kin carers, residential care workers, educators and support staff.</p>	<p>ETS Cairns Ph: 4226 2701 Email: Click here</p>	<p>Click here</p> 
<p>Wednesday 3rd 10.00 – 11.30</p>	<p>Foetal Alcohol Spectrum Disorder (FASD)</p> <p>Brianna Hollis (A/Advanced Clinical Neuropsychologist - Child Development Service)</p>	<p>This Webinar will cover what FASD is, how it impacts functioning, what kind of supports/accommodations are required, potential indicators for assessment, how it is assessed and who by, common comorbidities and further training.</p>	<p>ETS Gold Coast Ph: 5687 9300 Email: Click here</p>	<p>Click here</p> 
<p>Tuesday 9th 11:00-12:00</p>	<p>Exploring the use of yoga-based activities to support attachment</p> <p>Nicole Guse (PDC, ETS Ipswich)</p>	<p>Yoga is increasingly being used as an additional therapy with children, teens and adults who have experienced trauma. This session will provide an understanding of some of the benefits of Yoga, including how Yoga-based activities are effectively being used as early interventions for children and teens who may not be ready for or able to engage in talk-based therapy. We will also explore yoga based activities for anyone to use, supporting attachment building in trauma-informed and playful ways.</p>	<p>ETS Ipswich Ph: 3813 6270 Email: Click here</p>	<p>Click here</p> 

"Develop a passion for learning. If you do, you will never cease to grow."
(Anthony J. D'Angelo)