

## ETS Virtual Training Workshops - Term 2 (2026)

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.

### April

29<sup>th</sup> Shields of shame

29<sup>th</sup> QUICK TIPS: Back to Basics in Mental Health

30<sup>th</sup> Trauma, the refugee experience, and children in out of home care

11<sup>th</sup> Working with Shame

13<sup>th</sup> An Introduction to PACE

14<sup>th</sup> QUICK TIPS: Back to basics in mental health

15<sup>th</sup> Aboriginal and Torres Strait Islander Social and Emotional Wellbeing

19<sup>th</sup> A creative approach to engaging young people experiencing grief and loss

20<sup>th</sup> Suicide risk, prevention and intervention

20<sup>th</sup> Understanding the disorders of self-narcissism (esteem sensitivity)

25<sup>th</sup> Introduction to developmental trauma

26<sup>th</sup> Supporting the social and emotional wellbeing of infants in out of home care

27<sup>th</sup> Beyond mess

28<sup>th</sup> School avoidance for children in out of home

### June

2<sup>nd</sup> Anxiety disorders in children and young people

3<sup>rd</sup> Understanding the disorders of self-schizoid (safety sensitivity)

8<sup>th</sup> Understanding and responding to non-suicidal self-injury

10<sup>th</sup> Buffering ACEs

10<sup>th</sup> Let's Talk: understanding the communication needs of young people in care

11<sup>th</sup> QUICK TIPS: Rupture and repair

12<sup>th</sup> Strategies to manage distress and respond in a crisis

18<sup>th</sup> Introduction to trauma and attachment

18<sup>th</sup> Practical strategies for supporting children to attend family time

22<sup>nd</sup> Understanding and responding to suicidal ideation

24<sup>th</sup> The role of medication

**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.

## April






Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Wednesday 29 <sup>th</sup> 9.00 - 11.00	<b>Shields of shame</b>  Nadine Patane (A/PDC, ETS Townsville)	This presentation will introduce shame, how toxic shame develops and the shame responses/shame based behaviours (shields of shame) traumatized young people develop to protect their self-image.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 29 <sup>th</sup> 12:00 - 12:30	<b>QUICK TIPS: Back to basics in mental health</b>  Tess Reeve (Acting PDC, ETS 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: <a href="#">click here</a>	<a href="#">click here</a> 
Thursday 30 <sup>th</sup> 3:30 – 5:00	<b>Trauma, the refugee experience, and children in out of home care</b>  Saina Avesta (QPASTT Training Co-ordinator)  Vikki Routledge (Intake and Connection practitioner, QPASTT)  Romina Bahrami (Senior Multicultural Mental Health Coordinator, Children's Health Queensland)	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: <a href="#">Click here</a>	<a href="#">Click here</a> 

"Learning starts with curiosity"  
(Peter Senge)




## May






Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Tuesday 5 <sup>th</sup> 9:00 – 12:00	<p style="text-align: center;"><b>Understanding the impacts of trauma on children and young people</b></p> <p style="text-align: center;">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>	ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a>	<p style="text-align: center;"><a href="#">Click here</a></p> 
Wednesday 6 <sup>th</sup> 12:00 - 1:30	<p style="text-align: center;"><b>Borderline / Separation sensitive disorders of self</b></p> <p style="text-align: center;">Paul James Gibbons (Senior Mental Health Clinician, ETS Sunshine Coast)</p> <p style="text-align: center;">Joseph Richardson-Bell (PDC, ETS Sunshine Coast)</p>	<p>This session will include an introduction to the Borderline/Separation Sensitive Disorder of Self. This is an introduction to this personality through the lens of Developmental Object Relations, Neurobiology and Attachment relationships – following the work of Dr James Masterson and Kent Hoffman (CoS/ Core Sensitivities)</p>	ETS Sunshine Coast Ph: 52029500 Email: <a href="#">Click here</a>	<p style="text-align: center;"><a href="#">Click here</a></p> 
Friday 8 <sup>th</sup> 9:00 – 11:00	<p style="text-align: center;"><b>Polyvagal Theory: Applications in the school setting</b></p> <p style="text-align: center;">Warren Bergh (ETS Statewide Program Coordinator)</p>	<p>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.</p>	ETS Statewide Program Management Ph: 3355 8999 Email: <a href="#">Click here</a>	<p style="text-align: center;"><a href="#">Click here</a></p> 
Monday 11 <sup>th</sup> 3:30 – 5:00	<p style="text-align: center;"><b>Working with shame</b></p> <p style="text-align: center;">Tess Reeve (Acting PDC, ETS Toowoomba)</p> <p style="text-align: center;">Gemma Danahay (Social Worker, ETS Toowoomba)</p>	<p>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.</p>	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">click here</a>	<p style="text-align: center;"><a href="#">click here</a></p> 
Tuesday 13 <sup>th</sup> 10:00 – 12:00	<p style="text-align: center;"><b>An introduction to PACE</b></p> <p style="text-align: center;">Sarah O'Regan (PDC, ETS Ipswich)</p>	<p>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.</p>	ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a>	<p style="text-align: center;"><a href="#">Click here</a></p> 




Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Thursday 14 <sup>th</sup> 4:00 - 4:30	<b>QUICK TIPS: Back to basics in mental health</b>  Tess Reeve (Acting PDC, ETS 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: <a href="#">click here</a>	<a href="#">click here</a> 
Friday 15 <sup>th</sup> 9:00 – 11:00	<b>Aboriginal and Torres Strait Islander Social and Emotional Wellbeing</b>  Elizabeth Tamwoy (Indigenous Program Coordinator, ETS Cairns)  Fiona Leo (Senior Mental Health Clinician, ETS Cairns)	Social and emotional wellbeing (SEWB) is the foundation for physical and mental health for Aboriginal and Torres Strait Islander peoples. It is a holistic concept which results from a network of relationships between individuals, family, kin, and community and recognises the importance of connection to land, culture, spirituality, and ancestry. In this session, we'll take a deeper dive into the Aboriginal and Torres Strait Islander Peoples' SEWB Framework, suggesting protective factors and practical ideas to maintain and enhance holistic wellbeing in each domain for First Nations children and young people.	ETS Cairns Ph: 42262701 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 19 <sup>th</sup> 10:00 – 11:00	<b>A creative approach to engaging young people experiencing grief and loss</b>  Jessica Spooner (Art Therapist Jacaranda Place)  Nicole Guse (PDC, ETS Ipswich)	Grief and bereavement are complex and highly individual experiences, and for many children and young people, finding words to express, process, or share these feelings can be challenging. Creative, non-talk-based approaches - such as Art Therapy - can provide valuable alternative pathways for expression and meaning-making. This session will briefly explore the complexities of grief and bereavement in children and young people, including how grief may present differently across developmental stages. It will also outline the distinction between Art Therapy and the use of art as a therapeutic support tool. The focus will be on how professionals and carers can sensitively support a young person's unique grief journey through sharing a variety of art-based activities. The session will include an experiential component; participants are encouraged to have paper and pens or pencils available.	ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 20 <sup>th</sup> 9:30 - 10:30	<b>Suicide risk, prevention and intervention</b>  Amy Webb (ETS Gold Coast)	This session will include an overview of suicidal risk factors, warning signs and behaviours. Strategies to support a young person and system in crisis to increase emotional and physical safety will also be discussed.	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Wednesday 20th 12:00 - 1:30	<b>Understanding the disorders of self - narcissism (esteem sensitivity)</b>  Paul James Gibbons (Senior Mental Health Clinician, ETS Sunshine Coast)  Joseph Richardson-Bell (PDC, ETS Sunshine Coast)	This session will include an introduction to the Narcissistic / Esteem Sensitive Disorder of Self. This is an introduction to this personality through the lens of Developmental Object Relations, Neurobiology and Attachment relationships – following the work of Dr James Masterson and Ralph Klein / Kent Hoffman (CoS/ Core Sensitivities)	ETS Sunshine Coast Ph: 52029500 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Monday 25th 9:30 – 11:30	<b>Introduction to developmental trauma</b>  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: <a href="#">Click here</a>	<a href="#">Click here</a> 
Tuesday 26th 10:00 – 12:00	<b>Supporting the social and emotional wellbeing of infants in out of home care</b>  Elizabeth James (PDC, ETS Brisbane North)	This session will support grown-ups to consider what infants need to support their social and emotional wellbeing and how to recognise when they are struggling. We will discuss ways to increase safety and some ideas for practical strategies to support infants in out of home care.	ETS Brisbane North Ph: 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 27th 9:00 – 11:00	<b>Beyond mess</b>  Jessica Garard (Mental Health Clinician, ETS Townsville)	This presentation will introduce utilising messy play as a layered therapeutic and occupational intervention in child and youth mental health.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 28th 10:30 - 12:30	<b>School avoidance for children in out of home care</b>  Hannah Richards (Snr Ed-LinQ Program Coordinator, CHQ HHS) Eden Baras (PDC, ETS Brisbane South)	For many children in out-of-home care, going to school every day is no easy thing and school avoidance can become an issue. By attending this presentation, you will learn about different school refusal terminology, what the warning signs and contributing factors are, the underlying functions of why school refusal maybe occurring for students, evidence-based strategies to increase engagement and what supports are available.	ETS Brisbane South Ph: 3087 2200 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

## June

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
<p>Tuesday 2<sup>nd</sup> 10:00 – 12:00</p>	<p><b>Anxiety disorders in children and young people</b></p> <p>Sarah O'Regan (PDC, ETS Ipswich)</p>	<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>	<p>ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a></p>	<p><a href="#">Click here</a></p> 
<p>Wednesday 3<sup>rd</sup> 12:00 – 1:30</p>	<p><b>Understanding the disorders of self - Schizoid (safety sensitivity)</b></p> <p>Paul James Gibbons (Senior Mental Health Clinician, ETS Sunshine Coast)</p> <p>Joseph Richardson-Bell (PDC, ETS Sunshine Coast)</p>	<p>This session will include an introduction to the Schizoid / Safety Sensitive Disorder of Self. This is an introduction to this personality through the lens of Developmental Object Relations, Neurobiology and Attachment relationships – following the work of Dr James Masterson, Ralph Klein and Kent Hoffman (CoS/ Core Sensitivities)</p>	<p>ETS Sunshine Coast Ph: 52029500 Email: <a href="#">Click here</a></p>	<p><a href="#">Click here</a></p> 
<p>Monday 8<sup>th</sup> 9:30 - 12:00</p>	<p><b>Understanding and responding to non-suicidal self-injury</b></p> <p>Nicole Guse (PDC, ETS Ipswich)</p>	<p>Working with or caring for a young person who engages in self-injury can be confronting and challenging. This session aims to support professionals and carers by exploring self-harm, including common underlying reasons why young people may engage in these behaviours, and how we can respond in supportive, compassionate, and practical ways.</p> <p>The session will also cover how to recognise when additional support is needed, the role of safety planning, and what to expect if a young person presents to an Emergency Department. The focus will be on increasing understanding, confidence, and capacity to support young people who are experiencing distress.</p>	<p>ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a></p>	<p><a href="#">Click here</a></p> 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Wednesday 10 <sup>th</sup> 9:00 – 12:00	<b>Buffering ACEs</b>  Warren Bergh (ETS Statewide Program Coordinator)	Adverse Childhood Experiences (ACEs) can have enduring effects across all stages of life. However, ACEs represent only part of an individual's journey. Positive Childhood Experiences (PCEs) and protective factors play a critical role in shaping development, resilience, and long-term wellbeing. These experiences can be fostered across various environments. The ETS Nurturing Protective and PCE Framework offers practical guidance for mitigating the impact of childhood adversity by promoting key protective factors and PCEs. Designed to support caregivers, service providers, and stakeholders, the framework outlines five core, action-oriented behaviours that reinforce essential messages young people need to hear and internalise to support healing and resilience.	ETS Statewide Program Management Ph: 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 10 <sup>th</sup> 10:30 – 12:00	<b>Let's Talk: understanding the communication needs of young people in care</b>  Bridget Lewis (A/Team Leader, ETS Cairns)	This presentation by a Speech pathologist will provide information about communication challenges commonly experienced by children and young people in care. Learn more about how to support young people with language difficulties as well as, how to adjust your own communication style to manage tricky situations.	ETS Cairns Ph: 42262701 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 11 <sup>th</sup> 8:00 – 8:30	<b>QUICK TIPS: Rupture and repair</b>  Tess Reeve (Acting PDC, ETS Toowoomba)	For children in care the most important work we do is in the relationship we have with them. In any relationship there are moments of rupture, and we need to assist young people to experience healthy relationships where the connection is repaired and trust rebuilt. Join us for this quick session to learn about rupture and repair.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">click here</a>	<a href="#">click here</a> 
Friday 12 <sup>th</sup> 11:00 - 12:00	<b>Strategies to manage distress and respond in a crisis</b>  Amy Webb (ETS Gold Coast)	This session will give an overview of emotional regulation and dysregulation, what happens to the brain during these moments and how to support a young person during this time. Sometimes emotional arousal is so high that using skills to self-regulate may be too hard, particularly if the skills are complicated or take any thought. This is where crisis survival skills are needed and while emotion regulation aims to change or reduce the intensity of emotions, distress tolerance is about coping with the emotion while it is still intense.	ETS Gold Coast Ph: 5687 9300 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Thursday 18 <sup>th</sup> 11:00 – 1:00	<b>Introduction to trauma and attachment</b>  Tess Reeve (Acting PDC, ETS Toowoomba)	This session will include an introduction to the impact of trauma and adverse relational experiences on the emotional and behavioural development and functioning of children and young people. Strategies to increase a child's sense of felt safety to facilitate their healing will also be discussed.	ETS Toowoomba Ph: 4616 5365 Email: <a href="#">click here</a>	<a href="#">Click here</a> 

Date / Time	Session / Presenter	Training Summary	Hosting team	How to register
Thursday 18 <sup>th</sup> 1:00 – 2:00	<b>Practical strategies for supporting children to attend family time</b>  Elizabeth James (PDC, ETS Brisbane North)	This session will consider how we might support children and young people in out of home care to spend time with their biological family. We will discuss some ideas for practical strategies to support the transitions to and from family time and how to look after ourselves in the process.	ETS Brisbane North Ph: 3355 8999 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Monday 22 <sup>nd</sup> 2:00 - 4:30	<b>Understanding and responding to suicidal ideation</b>  Nicole Guse (PDC, ETS Ipswich)	Working with or caring for a young person who experiences suicidal ideation can be confronting and emotionally challenging. This session aims to support professionals and carers by increasing understanding of suicidal thoughts in children and young people, including common underlying factors and how suicidal ideation may be expressed.  The session will explore how to respond in safe, compassionate, and supportive ways, including how to have conversations about suicidal thoughts, recognise warning signs, and assess when additional support is required. It will also cover the purpose and use of safety planning, pathways to support, and what may occur if a young person presents to an Emergency Department. The focus will be on building confidence and capacity to support young people experiencing significant distress.	ETS Ipswich Ph: 3813 6270 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 
Wednesday 24 <sup>th</sup> 9:00 – 11:00	<b>The role of medication</b>  Dr Gary Wallace (Psychiatry Registrar, ETS Townsville)	This presentation will introduce the role of medication with working with children and adolescents who have experienced complex trauma.	ETS Townsville Ph: 44339002 Email: <a href="#">Click here</a>	<a href="#">Click here</a> 

"The beautiful thing about learning is that nobody can take it away from you"  
(B B King)