

**BUILDING
RESILIENT
COMMUNITIES**

ACE'S

Adverse Childhood Experiences

WELCOMING DR KAREN TREISMAN

The Western Area Outcomes Group is delighted to be welcoming Dr Karen Treisman, a specialist Clinical Psychologist, Author, and Trainer in trauma-informed organisational change, and in working with those who have experienced trauma; to deliver several whole-day training workshops throughout the West.

This is a unique opportunity and one which we really see as key in moving towards our goal of becoming more trauma-informed and trauma-responsive in our services, in our organisations, and in our communities. This move and commitment takes everyone to be involved at every level. This is a journey and not an overnight fix, but this foundational training will be a key step in shaping, understanding, and driving this journey.

The events will be split into 2 separate workshops the first focusing on understanding what trauma is, and how trauma impacts our brains/bodies/emotions/behaviours/relationships, and why we need to integrate and forefront trauma into our organisations. This foundational knowledge is essential and without this it, it is like walking before we can crawl. This is also about creating a shared understanding and a shared language with colleagues about trauma, and for those new to the trauma world to give a really solid grounding; and similarly, for those who are very familiar with trauma giving them a day to refresh their knowledge, and the space to re-connect with it.

The second event will focus on how we become trauma-responsive as organisations. It will allow us to think about how we integrate and interweave the knowledge we have into tangible practice, policy, and attitude changes within the organisational context that we work in. This day will give look at what is organisational change and what is required to become more trauma-informed and trauma-responsive; it will allow you to really think about how to apply this in to practice, and in to your specific work context. There will also be time to draw on the skill and richness in the room through collaborative learning and opportunities to and problem-solve around potential obstacles and implementation barriers.

We are offering you the opportunity to apply for a place at either one or both events. However please be aware that the session focusing on organisational change is targeted at those who can make the changes and adopt the learning within their organisation as well as leaders and champions in trauma informed practice.

Event	Date	Venue
Understanding Trauma	Monday 18th February Wednesday 20th February	Fermanagh House, Enniskillen Fir Tress Hotel, Strabane
Trauma Informed Organisations	Tuesday 19th February Thursday 21st February	Silverbirch Hotel, Omagh City Hotel, Derry

Places are extremely limited for these events and your place will be confirmed after the closing date Monday 11th February. To register your interest please complete the form attached and send to Bronagh.donnelly@westerntrust.hscni.net