



# Online training for carers

## Caring for Children and Young People with Trauma training

The Department for Child Protection (DCP) and the Centre for Excellence in Therapeutic Care, a division of the Australian Childhood Foundation (ACF), have come together to provide family-based carers in South Australia a new training opportunity. Carers will learn more about trauma responsive care, and strategies for responding to children and young people in care through an online training package called 'Caring for Children and Young People with Trauma'.

There are five modules to this online training and each module takes approximately 45-90 minutes:

**Module 1.** Setting the foundations – an introduction to all of the learning

**Module 2.** Brain development

**Module 3.** Understanding trauma

**Module 4.** Trauma informed approaches

**Module 5.** Collaboration and self-care

Once registered with the ACF, you will receive a username and log in details and you will be able to explore the content at your own pace and at a time that suits you. The online training will allow you to:

- Develop your knowledge and skills to provide trauma responsive care to children and young people.
- Learn strategies that will help you respond to children's needs and behaviour.
- Utilise the support from your DCP and/or agency support worker.
- Learn from real-life case studies.
- Hear from experts in the field of trauma.
- Receive a certificate of completion.



### What will I learn from this training?

You will explore how the brain can be affected by children's early experiences of abuse and neglect and how this may impact on their ability to form relationships and manage their own emotional responses.

There will be take-home tips and advice on how best to respond to children's display of big emotions and learn new ways of responding to challenging behaviour.

Develop skills in a therapeutic caregiving model by building homes that calm and soothe.

Carers will receive advice on tackling some common daily struggles such as, managing change and establishing routines and boundaries.

This training aims to provide support to carers in how to practice self-care, in addition to providing trauma-responsive care to assist with children and young people's recovery and healing.

**Need more information? Please speak with your DCP and/or agency support worker.**