

The Sunshine Coast

BEING TRAUMA-INFORMED ACROSS THE LIFE SPAN

THE BASIS OF TRAUMA-INFORMED HEALTH CARE

29 - 31 January 2025 | 15 CPD Hrs



NURSES FOR
NURSES
NETWORK



ETHICS BOUNDARIES INTEGRITY COURAGE

SYNOPSIS

Join us for an engaging conference focused on trauma and violence informed care, a crucial approach developed since the 1990s to support individuals affected by various adverse experiences. This framework addresses a wide spectrum of trauma, including adverse childhood experiences, accidents, war, domestic violence, and the challenges faced by those living with severe illness.

Throughout the sessions, you'll gain valuable tools and techniques to effectively support patients grappling with anxiety, fear, anger, and shame. We'll explore innovative care models that enhance your interactions with both patients and colleagues, helping you cultivate a more empathetic and understanding environment.

Your presenters, Wendy McIntosh, Colleen Reid, and Sue Walker are seasoned professionals with over six decades of combined experience in mental health. They bring a wealth of knowledge about trauma-informed practices, using storytelling and reflective exercises to deepen your understanding of these vital concepts.

As the expectation for trauma-informed care continues to grow among patients, this conference will help you assess and expand your own expertise.

Are you ready to enhance your practice and better serve those in need? Join us and discover how you can make a difference!



LEARNING OUTCOMES

At this conference, you will:

- Explore the importance of Trauma Informed Care in all areas of health care delivery
- Discuss models which can assist us understand the dynamics in the relationship between nurses collegially and with patients
- Review the clinical guidelines which support trauma informed care
- Investigate appropriate interventions which demonstrate provision of care which is trauma-informed

YOU WILL ALSO LEARN ABOUT

- **Defining Trauma:** Explore the multifaceted nature of trauma and its implications for individuals, communities, and the global landscape.
- **Core Principles of Trauma-Informed Care:** Familiarise yourself with the foundational principles that guide trauma-informed approaches in healthcare settings.
- **Implementing Trauma-Informed Practices:** Learn how to embed trauma-informed care into individual, team, and organisational practices for a more cohesive approach.
- **Connections Between Trauma and Health:** Understand the relationship between trauma and chronic health conditions, mental health disorders, and substance use issues.
- **Maintaining Safety in Trauma-Informed Settings:** Discover strategies to ensure your own safety while working within a trauma-informed framework.
- **Prioritising Patient Safety:** Emphasise the importance of creating a safe patient environment in your care.
- **Self-Care and Duty of Care:** Recognise the significance of caring for yourself as a professional and how it enhances your ability to support others.
- **The Role of the Limbic System:** Delve into why understanding the limbic system is critical in trauma treatment processes.
- **Understanding the Window of Tolerance:** Learn about the Window of Tolerance and its relevance in managing emotional responses during care.
- **Transference in Therapeutic Relationships:** Explore the concept of transference and its implications for building effective therapeutic relationships.
- **Parent-Adult-Child Model:** Examine the Parent-Adult-Child model and its utility in understanding interpersonal dynamics.
- **The Third Space Concept:** Investigate the Third Space framework and how it can facilitate meaningful interactions in care settings.
- **Drama Triangle Analysis:** Analyse the Drama Triangle and its impact on relationships within healthcare.

- Maslow's Hierarchy of Needs: Discuss how Maslow's Hierarchy can inform your understanding of patient needs and motivations.
- Focal Conflict Model: Explore the Focal Conflict Model and its relevance in addressing patients' emotional challenges.
- The Power of Breath: Understand the critical role of breathing techniques in managing stress and promoting calmness.
- Biochemistry of Trauma: Learn about the chemicals and hormones involved in trauma responses and their effects on health.
- Establishing Professional Boundaries: Learn about professional boundaries and the surprising aspects you might not be aware of.
- The Four C's of Boundaries: Discover the Four C's - context, Consistency, Congruence, and Categories of Concern - in maintaining healthy boundaries.
- Demonstrating Trauma-Informed Skills: Engage in practical demonstrations of strategies and interventions that utilise trauma-informed skills.
- Psychological Safety Strategies: Explore various techniques to maintain your psychological safety and manage stress effectively.

DETAILED ITINERARY



DAY 1: 29/01/2025

0830 – 0900: Registration

0900 – 0915: Welcome and Housekeeping | Sue Walker

0915 – 1015: Setting the Stage | Dr Wendy McIntosh

This session will explore trauma, Adverse Childhood Events (ACE) and postcodes – yes postcodes do matter!

1015 – 1045: Break

1045 – 1145: An Introduction to Mindfulness | Sue Walker

Mindfulness helps healthcare providers remain fully present, allowing them to be better attuned to the needs and emotions of trauma survivors.

Mindfulness practices can help healthcare workers manage their own stress and emotions, reducing the risk of burnout and compassion fatigue.

“An introduction to one of different self-care techniques we will introduce and practice during this conference”

1145 – 1245: Post-traumatic Stress Disorder (PTSD) | Dr Wendy McIntosh

In this session, we will explore the criteria, signs and symptoms of PTSD and will also cover what dissociation is. The Model we will discuss is the Triangle of Impact. The seminar presenters will demonstrate working with patients who are hallucinating or re-experiencing trauma.

1245 – 1330: Lunch and Networking



1330 – 1430: Importance of transference and the Parent Adult Child (PAC) Model | Colleen Reid

This seminar session will explore psychodynamic models to help participants better understand the unconscious dynamics that influence interactions between themselves, their patients, colleagues, and patients' family members.

By delving into these models, attendees will gain insight into how unspoken emotions, motivations, and relational patterns shape the therapeutic process and everyday workplace relationships.

DAY 1: CONTINUED



1430 – 1530: Adverse Childhood Events and the Link to Chronic Medical Conditions, Mental Illness and Substance Use (Part 1) | Dr Wendy McIntosh

This seminar session will introduce the key hormones and chemicals involved in trauma and explore their impact on individuals over a lifetime. Participants will learn how stress-related hormones, such as cortisol and adrenaline, and neurotransmitters, like dopamine and serotonin, influence the body's response to trauma and long-term health.

1530 – 1600: Break

1600 – 1700: Adverse Childhood Events and the Link to Chronic Medical Conditions, Mental Illness and Substance Use (Part 2) | Dr Wendy McIntosh

Our Presenter, Wendy, will highlight the critical role of the vagus nerve in trauma and self-care. Participants will explore how the vagal nerve regulates the body's stress response and influences emotional and physical recovery from trauma.

DAY 2: 30/01/2025

0900 – 1030: Understanding the limbic system to appreciate the survival of trauma | Dr Wendy McIntosh

Our presenter will discuss the importance of settling your own limbic system arousal when interacting with patients who are agitated and distressed. Further this session will explore the relationship between the Window of Tolerance Model and limbic system arousal.

1030 – 1100: Break

1100 – 1200: Trauma-Informed Care in Your Practice | Colleen Reid

This session will open the opportunity to discuss the trauma-informed approach used in your workplace. The presenter will provide information about creating trauma-informed workplaces - principles and approaches.

Questions posed for discussion:

- Does your workplace have a trauma-informed plan?
- Did the development of the plan involve all staff and patients?
- Does your workplace plan for trauma-informed follow international guidelines?
- Can healthcare settings afford not to have a trauma-informed approach?



1200 – 1300: Decreasing the Risk of Burnout by Being Trauma-informed | Sue Walker

During this session, our presenter, Sue, will focus on burnout, its causes, and its impact on personal and professional well-being. She will also discuss practical strategies to prevent burnout, including self-care practices, setting boundaries, and fostering a healthy work-life balance.

1300 – 1345: Lunch and Networking

1345 – 1430: Trauma, Dissociation, and Dissociative Identity Disorder | Dr Wendy McIntosh

Dissociation in a child is a creative spontaneous act to an overwhelming event, in an adult it is an old, hackneyed response to a new situation. In this session we will explore:

- The protective qualities of dissociation for an overwhelming traumatic event
- The consequences of dissociation as a long term coping strategy
- Strategies to assist ground individuals who are dissociating

DAY 2: CONTINUED

1430 – 1530: Communication Strategies to Manage Interaction Strategies with Patients who are Experiencing a Dissociative Episode, Thoughts of Self-harm or Suicidality | Dr Wendy McIntosh and Colleen Reid

Our presenters, Wendy and Colleen will use this session to demonstrate communication strategies that participants can adopt to managed interactions experiencing dissociative episode, thoughts of Self-harm or Suicidality.

1530 – 1600: Break

1600 – 1700: Journal Writing | Dr Wendy McIntosh

Journalling is another way to process events from the workplace and leave work where it belongs - at work. This session will introduce the concept as a powerful tool for processing workplace events and maintaining a healthy boundary between work and personal life. Participants will learn how journaling can help reflect on and release work-related stress, allowing them to leave work behind mentally and emotionally.

The session will also explore the concept of the "Third Space" - a transitional mental space that helps individuals decompress between work and home life, fostering a healthier work-life balance.



DAY 3: 31/01/2025

0900 – 1000: Professional Boundaries: Imperative for Safety and Well-being (Part 1) | Dr Wendy McIntosh

This session will inform about the language of professional boundaries. Identify the red flags that indicate that transgression is about to or has occurred.

1000 – 1030: Professional Boundaries: How to Avoid Diving into the Patients' Trauma (Part 2) | Introduction to the Drama Triangle | Dr Wendy McIntosh

This presentation will explore the roles of Martyr, saviour, and rescuer discussing the pitfalls and how you can avoid falling into that trap.

1030 – 1100: Break



1100 – 1200: Next Steps: Integrating the Learning Gained from the Conference into your Practice and Workplace | Dr Wendy McIntosh and Colleen Reid

This final session will focus on how participants can apply the knowledge and strategies learned throughout the conference in their daily professional practice. The session will also provide actionable steps for integrating these learnings, ensuring that the benefits of the conference extend into long-term professional growth and enhanced workplace effectiveness.

1200: Farewell and Safe Travels

OUR PRESENTERS

COLLEEN REID



Most of my professional nursing career was spent in adult mental health in public and private mental health hospitals and community settings. I managed a mental health special care unit for many years. The last five years of my professional life was spent teaching in the Diploma of Nursing TAFE.

I have now retired and like many of my fellow Nurses - there came a time when it was right to do so. So now there is a little more time to reflect and read many of those articles that sat waiting for the elusive spare time. There have been many changes in our practice since I commenced training in 1974 (psychiatric then general and obstetrics) and our narrative about who we are and what we do has often been revised.

Whether in my clinical roles, in hospital or community settings or in my teaching roles our story and how this interacts with clinical practice has been both fascinating and frustrating. And fabulous and funny. Want to hear a good story?...ask a Nurse."

SUE WALKER, RN, BN, BN (ADMIN), MPH (PALCARE), MACN, Specialist Nurse Educator



Sue is the director & co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing & Health Administration, a Masters Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, & Training & Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, & Clinical Supervisor.

Sue has extensive experience as a clinician, educator, & senior manager. She has presented at local & international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do & how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief & Loss, & Workplace Bullying.

Sue is passionate about making a difference in how the community & Nurses experience the healthcare system.

"Nurses are the backbone of the healthcare system & work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional & community expectations Nurses & Midwives need to acknowledge their unique contribution to health care delivery & assert their collective strength to safeguard the community & ensure their ongoing professional needs are recognised & met.

Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge & skill of the individual Nurse will have the greatest influence on the **happiness & health outcomes of each & every client"**.

DR WENDY MCINTOSH, RGN, RMHN, GRAD. DIP MH, MN, CERT IV WORKPLACE ASSESSMENT & TRAINING, GROUP LEADERSHIP CERT, MRCNA, MANZCMHN, AANZPA



Wendy has over 30 years of experience as a health professional (clinical, education, and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying. Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups. Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

Wendy is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations.

With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.

CONDENSED ITINERARY

DAY 1: 29/01/2025

- 0830 – 0900: Registration
- 0900 – 0915: Welcome and Housekeeping
- 0915 – 1015: Setting the Stage: Trauma, Adverse Childhood Events (ACE) and postcodes – yes postcodes do matter! | Dr Wendy McIntosh
- 1015 – 1045: Break
- 1045 – 1145: An Introduction to Mindfulness | Sue Walker
- 1145 – 1245: Post-traumatic Stress Disorder | Dr Wendy McIntosh
- 1245 – 1330: Lunch
- 1330 – 1430: Importance of transference and the Parent Adult Child (PAC) Model | Colleen Reid
- 1430 – 1530: Adverse Childhood Events and the Link to Chronic Medical Conditions, Mental Illness and Substance use (Part 1) | Dr Wendy McIntosh
- 1530 – 1600: Break
- 1600 – 1700: Adverse Childhood Events and the Link to Chronic Medical Conditions, Mental Illness and Substance use (Part 2) | Dr Wendy McIntosh

DAY 2: 30/01/2025

- 0900 – 1030: Understanding the Limbic System to Appreciate the Survival of Trauma | Dr Wendy McIntosh
- 1030 – 1100: Break
- 1100 – 1200: Trauma-Informed Care in Your Practice | Colleen Reid
- 1200 – 1300: Decreasing the Risk of Burnout by Being Trauma-informed | Sue Walker
- 1300 – 1345: Lunch
- 1345 – 1430: Trauma, Dissociation, and Dissociative Identity Disorder (DID) | Dr Wendy McIntosh
- 1430 – 1530: Communication Strategies to Manage Interaction Strategies with Patients who are Experiencing a Dissociative Episode, Thoughts of Self-harm or Suicidality | Dr Wendy McIntosh and Collenn Reid
- 1530 – 1600: Break
- 1600 – 1700: Journal Writing | Dr Wendy McIntosh

DAY 3: 31/01/2025

- 0900 – 1000: Professional Boundaries: Imperative for Safety and Well-being (Part 1) | Dr Wendy McIntosh
- 1000 – 1030: **How to Avoid Diving into the Patients' Trauma (Part 2) | Introduction to the Drama Triangle | Dr Wendy McIntosh**
- 1030 – 1100: Break
- 1100 – 1200: Next Steps: Integrating the Learning Gained from the Conference into your Practice and Workplace | Dr Wendy McIntosh and Collenn Reid
- 1200: Farewell and safe travels

WHAT PREVIOUS ATTENDEES HAD TO SAY



“Great venue. Content of speakers [Wendy & Colleen] well researched and presented very well by all the speakers. Excellent learning experience for CPD.” – Christine (How to Regain Professional Authority through Effective Communication, Hobart, 2024)



“This event was far the best CPD I have experienced in my Nursing career. The content is relevant to every Nurse. The content was thought provoking, current and it reignited my passion for Nursing. A must to do, no matter how long you have been practicing.” – Margaret (How to Regain Professional Authority through Effective Communication, Hobart, 2024)



“I would describe this event as a broad exploration of the concepts of professional boundaries, moral distress and self-care. Having the themes tie together was helpful. Hobart is a great destination to host a conference! Subject knowledge and presentation styles were engaging.” – Alison (How to Regain Professional Authority through Effective Communication, Hobart, 2024)

REGISTRATION COSTS

\$890.00 incl GST

(NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

VENUE

Maroochy River Gold Club, 374-514 David Low Way, Bli Bli

Phone: (07) 5373 1000 | <https://maroochyrivergolfclub.com.au/>

INCLUSIONS

- An extensive Conference program based on current best practice
- Conference Presenters that are recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
- An online Conference library filled to the brim with educational content that allows you to create your own learning experience by completing pre-conference education activities
- A Conference pack that includes a notepad, pen and additional information to support a fantastic Conference experience
- Morning tea, lunch and afternoon tea as outlined in the program
- A Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours for you to include in your CPD Evidence Portfolio

INSURANCE

The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event to cover any unforeseen circumstances that may prevent them attending and thus incurring any financial loss.

DISCLAIMER

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