

NADA pre-conference workshop: Trauma informed approaches and self-care

When: 9:00 - 4:00pm, 10 May 2023

Where: Gadigal Country

Facilitator: Silvana Izzo

08:45-9:00	15 min	Registration open
9:00-9:10	10 min	Acknowledgement of Country
9:10-9:15	5 min	Silvana introduction
9.15 – 9.30	15 min	Group introduction
9.30 – 9.35	5 min	Workshop overview
9.30 – 10.30 Presentation + Large Group Activity Solo or pair activity	55 min	<p>TOPIC: The Big Picture</p> <ul style="list-style-type: none"> ○ How do we know what we know? ○ Impact of trauma and traumatic stress. ○ Trauma Informed Practice - Myth Busting. ○ Why it's essential for workers to be in the picture. <p><i>ACTIVITY: A dose of stress ball game</i> <i>ACTIVITY: Body maps and sensation menus</i></p>
10:30-10:45	15 min	BREAK
10:45- 11.15 Presentation + Activity	30 min	<p>TOPIC: Window of tolerance and the just right zone</p> <ul style="list-style-type: none"> ○ What is regulation? What's hypo or hyper arousal? Why does it matter? ○ Whose regulation is relevant? ○ Is co regulation taking it too far? <p><i>ACTIVITY: Riding the waves finding your (just right zone) flow</i></p>

11:15 - 12.00 Presentation + Activity Solo Pairs Group	45 min	TOPIC: Creating Safety a polyvagal approach <ul style="list-style-type: none"> ○ What does safety feel like (internal and external)? ○ How do we know this? Where does this information come from? ○ Tapping in and out - how can we use the polyvagal ladder to support us? <i>ACTIVITY: Follow my lead - find our rhythm</i> <i>ACTIVITY: Porges Poly Vagal Video</i> <i>ACTIVITY: Drawing your own ladder</i>
12:00-1:00	60 min	LUNCH
1:00 - 2.00 Presentation + Group Play	60 min	TOPIC: Playing up <ul style="list-style-type: none"> ○ Finding ease and safety via right brain to right brain connection ○ Attachment and sensory motor play <i>ACTIVITY: Large group PLAY exploring regulation, attachment, attunement, ease, and excitement through play</i>
2.00 - 2.30 Presentation + Small Group Activity	30 min	TOPIC: Circle of Capacity <ul style="list-style-type: none"> ○ Beyond tolerance <i>ACTIVITY: Small group activity – Orienting to pleasure, moving beyond tolerance to flourishing</i>
2:30-2:45	15 min	BREAK
2.45 – 3.00 Group Activity	15 min	TOPIC: Mindfulness <i>ACTIVITY: Mindful movement ...and stillness</i>
2:45 - 3:15 Presentation + Activity	30 min	TOPIC: Embodiment <ul style="list-style-type: none"> ○ Noticing, naming, regulating. How to build body safety in the moment to settle and sooth. <i>ACTIVITY: Exploring regulation hacks via neuroscience</i>
3:45-4:00	15 min	Reflections <i>ACTIVITY: Just Breathe Video</i>
4pm		CLOSE

