



Foundation House
The Victorian Foundation for Survivors of Torture Inc.

2018 PROFESSIONAL & ORGANISATIONAL DEVELOPMENT PROGRAM



Photo: Foundation House

Supporting and enhancing the skills and knowledge of individuals, organisations and systems providing services to people who are of refugee background.

<http://www.foundationhouse.org.au> under 'Learning'

2018 PROFESSIONAL DEVELOPMENT PROGRAM

OUR WORKSHOPS

About Foundation House	4
About Professional and Organisational Development	5
GENERAL WORKSHOPS	
Refugee and Asylum Seeking Experiences	6
Foundations in counselling with people from refugee backgrounds	7
Working with the impacts of prolonged uncertainty: To Do, Or To Be?	8
Incidental counselling	9
Sustaining practice and ourselves in contexts of injustice	10
Communities and Trauma: Supporting recovery from collective trauma	11
Overcoming Stigma: Engaging with communities about mental health	12
Introduction to suicide risk assessment	13
Incidental counselling with young people	14
Refugee and Asylum Seeking Experiences: Working with children and families	15
EVENING SEMINARS	
Working with families from refugee backgrounds	16
Narrative approaches to working with people from refugee backgrounds	17
EARLY YEARS	
Understanding Refugee and Asylum Seeking Experiences for the early years (0 to 8)	18
Partnerships with families from a refugee background in the early years (0 to 8)	19
SCHOOLS and EDUCATION	
School's in for Refugees	20
Schools and families working together	21
Classroom Strategies: Supporting recovery in the classroom	22
Senior students' education and wellbeing	23
NURSES and ALLIED HEALTH	
Intensive Introduction for Nurses and Allied Health Professionals	24
Front of House health staff: Working with people from refugee backgrounds	25
Working with chronic pain	26
Refugee Health: Working with men	27
WEBINARS	
Working with children from refugee backgrounds	29
Further information	
Upcoming Events	30
Workshop Calendar	31

ABOUT FOUNDATION HOUSE

The Victorian Foundation for Survivors of Torture Inc. (also known as Foundation House) provides services to advance the health, wellbeing and human rights of people of refugee backgrounds in Victoria who have experienced torture or other traumatic events in their country of origin or while fleeing those countries.

The organisation was established in Melbourne in 1987 and is non-denominational, politically neutral and non-aligned. It is constituted as a not-for-profit organisation managed by an elected Board of Management. Our work is funded by the Victorian and Commonwealth Governments, charitable organisations and donations from private individuals.

OUR MISSION:

To advance the health, wellbeing and human rights of people from refugee backgrounds who have experienced torture and other traumatic events.

The main areas of our work are:

- Providing services to clients in the form of counselling, advocacy, family support, group work, psycho-education, information and complementary therapies;
- Working with client communities to improve their capacity to access the services they need and to enable them to support recovery;
- Offering professional and organisational development, consultancy and resources to assist health, education, employment and other community service providers, to enhance the responsiveness of their services to the needs of people of refugee backgrounds;
- Working with the Victorian and Commonwealth Governments to ensure that policies and programs have proper regard to the needs of people of refugee backgrounds; and
- Conducting and contributing to research regarding the needs of people of refugee backgrounds and the best possible ways of meeting those needs.

For more information visit:

<http://www.foundationhouse.org.au> under 'Learning'

PROFESSIONAL AND ORGANISATIONAL DEVELOPMENT

The Foundation House Professional and Organisational Development (POD) program provides a range of opportunities for people to develop their skills and knowledge in working with survivors of torture and trauma.

Public Calendar

Our public calendar of workshops includes specialist programs for individuals working in educational, early years or health settings, as well as sessions open to anyone working with people from refugee backgrounds.

Individuals can register for one and two day workshops, evening seminars, or webinars covering a variety of topics. The Calendar includes workshops suitable for a range of participant experience, including those new to the sector, those with some experience, and those practitioners seeking to extend their skills.

Partnerships

The POD program also works in partnership with other organisations to build capacity in working with people from refugee backgrounds. This includes services such as partnership development for design and delivery, eg. reflective practice or other professional development as identified together.

Professional Development for your Organisation

POD offers tailored professional development to agencies, based on an organisational development approach. We work closely with organisations to identify the learning needs of staff, and to establish the best structure for professional development. Our approach is flexible, determined by what suits the organisation, so the program may include for example, one-off workshops, a follow-up practice seminar, seminars or ongoing collaboration.

GENERAL ENQUIRIES:

03 9389 8965

pdregistrations@foundationhouse.org.au

To find out more about our program, to register your interest in our tailored training, or to sign up to our newsletter for our latest updates, please go to our website:

<http://www.foundationhouse.org.au> under 'Learning'

REFUGEE AND ASYLUM SEEKER EXPERIENCES

One Day Workshop

This one day workshop provides a comprehensive introduction to working with people from refugee backgrounds. Participants will gain knowledge of the context and experiences of people from these backgrounds, and explore ways of working together. The workshop will also explore positive working relationships and maintaining worker resilience in a challenging environment.

Content includes:

- An overview of some experiences of people who have fled wars and oppressive regimes;
- An outline of Australia's humanitarian program within a global context;
- The Foundation House Framework for Recovery and how this applies in the workplace;
- The psychosocial effects of traumatic experiences on individuals, families and communities - includes the impact of detention and prolonged uncertainty in seeking asylum;
- A reflection on working cross-culturally; and
- Reflections on the impact of working with trauma, professional boundaries, and locating ourselves in the work.

DATES

Thu 8 Mar 2018

Thu 21 Jun 2018

Thu 6 Sep 2018

VENUES

Brunswick

Dandenong**

Sunshine

Suitable for

Anyone working with, or interested in working with, people from refugee backgrounds, e.g. settlement workers, youth workers, hospital staff, community workers, council workers, and people working in the justice sector.

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

Registration Essential

Visit <http://www.foundationhouse.org.au>

COST

\$250 per person

** Please note: Our Dandenong office is not wheelchair accessible. If you have access requirements please let us know in advance and we will make appropriate arrangements.

FOUNDATIONS IN COUNSELLING PEOPLE FROM REFUGEE BACKGROUNDS

Two Day Workshop

This two day workshop provides counsellors with a comprehensive grounding in relevant frameworks and approaches for working with people who have experienced massive trauma as a result of their forced displacement experiences. The workshop will provide structured and reflective learning opportunities and aims to provide participants with increased confidence in providing counselling and support for people from refugee backgrounds.

Content includes:

- Theoretical and conceptual underpinnings of trauma;
- The distinctive psychological sequelae of torture and other traumatic effects;
- Conducting comprehensive psychosocial assessments of survivors of torture and trauma;
- Cross-cultural considerations;
- Ways of working with trauma symptoms and challenging presentations, including the role of advocacy;
- Challenges of trauma-based work in the context of ongoing uncertainty and injustice; and
- Counsellor responses to clients including vicarious traumatisation, and sustainable practice.

DATES

Thu 22 and Fri 23 March 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$380 per person

Suitable for

Those working as counsellors with people from refugee backgrounds, or who are wanting to work in this area.

Pre-requisite

This two day workshop is designed as professional development for people working as counsellors.

Participants should have completed a Foundation House introductory workshop or equivalent.

If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

WORKING WITH THE IMPACTS OF PROLONGED UNCERTAINTY: TO DO, OR TO BE?

One Day Workshop

This workshop explores the psychosocial realities of living with long-term uncertainty for people from refugee and asylum seeking backgrounds. The mental health consequences arising from pre-arrival experiences are compounded by the uncertainties of the determination process and the political environment, as well as other factors such as concern for family overseas. In the current context, client-worker interactions are frequently related to discussions around migration status, and themes relating to uncertainty can dominate the relationship. Feelings of helplessness are common in both the client and worker. Ways of supporting clients living with ongoing uncertainty will be explored and the potential impact of this work on professionals is acknowledged.

Content includes:

- Overview of historical and current Australian protection processes;
- Increased understanding of our own ways of being and levels of comfort with uncertainty;
- Exploration of the impacts of trauma, ongoing uncertainty and detention;
- Ways of working and sitting with clients living with ongoing uncertainty; and
- Identification of key principles for sustainable and professional engagement with clients.

DATE

Thursday, 10 May 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$250 per person

Suitable for

Those working people from refugee backgrounds, incl people seeking asylum, who are experiencing protracted uncertainty, eg. case workers; settlement workers; ESL teachers; counsellors; community health practitioners and lawyers.

Pre-requisite

Participants should have completed a Foundation House introductory workshop or equivalent.

If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

INCIDENTAL COUNSELLING

Two Day Workshop

This two day workshop provides an approach to working with people from refugee backgrounds in a range of settings for people who are not formally trained as counsellors. Participants will gain incidental counselling and other skills for responding to difficult situations. The workshop involves presentations, practical exercises, role plays and discussions in large and small groups.

Content includes:

- Further examination of the impact of past and current trauma;
- Exploring how workers and young people interpret and 'make meaning' of experience;
- Incidental counselling skills for a range of potential situations;
- The emotional responses of workers and implications for practice;
- Building good working relationships with trauma clients; and
- Cross-cultural considerations.

DATES

Thu 24 and Fri 25 May 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$380 per person

Suitable for

People who are not formally trained as counsellors but work in roles with people from refugee backgrounds in which counselling skills may be needed, eg. housing, settlement, employment, etc.

Pre-requisite

Participants should have completed a Foundation House introductory workshop or equivalent.

If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

SUSTAINING PRACTICE AND OURSELVES IN CONTEXTS OF INJUSTICE

One Day Workshop

This one-day workshop provides those working in contexts of injustice with a space to reflect on the impact of their work, and ways of sustaining themselves. The workshop will review and critique concepts related to stress and burnout, and explore contextual factors impacting on worker well-being. The day will be both reflective and practically oriented.

Content includes:

- A review and critical reflection on concepts related to stress, including burnout, vicarious traumatisation and resilience;
- Exploration of stressors that challenge worker capacity, including political and organisational stressors;
- Reflection on motivation and values core to our practice; and
- Sharing of practical strategies and creative approaches for sustaining practice in contexts of injustice.

DATE

Thursday, 7 June 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$250 per person

Suitable for

Health practitioners, eg. counsellors, nurses, physiotherapists and justice workers, eg. case workers, social workers, lawyers providing support to people from refugee backgrounds.

Registration Essential

Visit <http://www.foundationhouse.org.au>

COMMUNITIES AND TRAUMA: SUPPORTING RECOVERY FROM COLLECTIVE TRAUMA

One Day Workshop

Refugee and asylum seeking experiences tear at the social fabric tying people together. This workshop will explore some of the potential far-reaching impacts of collective trauma for communities in the resettlement context, and potential recovery processes.

Participants will be introduced to the Foundation House Framework for Recovery. A panel of speakers, including members from diaspora communities and a peace-practitioner will explore the legacy of collective trauma. Drawing on the model, participants will be provided with the opportunity to reflect on potential ways of facilitating connection in the context of their roles.

Content includes:

- Exploration of concepts such as trans-generational trauma and collective trauma;
- Foundation House Framework for Recovery;
- Reflections on the collective impact of trauma from members of diaspora communities; and
- Consideration of ways to facilitate connection and longer-term recovery processes in communities who have experienced collective trauma.

DATE

Thursday, 28 June 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$250 per person

Suitable for

Anyone interested in working with communities whose members may be from refugee backgrounds, eg. bi-cultural workers, community development workers; school employees, eg. teachers, vice principals, welfare staff; those working in policy roles, eg. community health workers and managers.

Registration Essential

Visit <http://www.foundationhouse.org.au>

OVERCOMING STIGMA: ENGAGING WITH COMMUNITIES ABOUT MENTAL HEALTH

One Day Workshop

There is a strong need to reduce stigma about mental health, for people from both refugee and non-refugee backgrounds. This workshop explores barriers preventing people from refugee backgrounds from accessing support for mental health struggles, and examines ways of engaging with communities around issues affecting wellbeing.

Participants will be introduced to the Foundation House Community Capacity Building Model, and examples of work within communities will be shared. Drawing on the model, participants will be provided to reflect on potential ways of engaging with people from refugee backgrounds who have experienced collective trauma.

Content includes:

- Foundation House Community Capacity Building Model;
- Exploration of the potential effect of culture on perceptions of mental health and mental illness;
- Common mental health concerns for people from refugee backgrounds;
- Identification of key barriers preventing people from refugee backgrounds accessing mental health services;
- Examples of engaging communities around the impact of trauma; and
- Where to next? eg. identification of engagement strategies and potential ways of implementing these; future training and collaborations).

DATE

Thursday, 26 July 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$250 per person

Suitable for

Anyone interested in working with communities whose members may be from refugee backgrounds, eg. bi-cultural workers, community development workers; school employees, eg. teachers, vice principals, welfare staff; those working in policy roles, eg. community health workers and managers.

Registration Essential

Visit <http://www.foundationhouse.org.au>

INTRODUCTION TO SUICIDE RISK ASSESSMENT

One Day Workshop

This one day workshop, in partnership with Orygen, National Centre of Excellence in Youth Mental Health, is an introduction to the basic components of suicide risk assessment and how these apply to people from a refugee or asylum seeking background.

The workshop explores the risk and protective factors for suicide in people from refugee backgrounds, with the aim of increasing participants' insight into the challenges faced by this population and how these challenges interact with risk of suicide.

Participants will be introduced to a tailored suicide risk assessment framework.

The workshop will allow for a diversity of participant roles and there will be opportunity to reflect on how suicide risk assessment skills are relevant for different roles and work contexts.

Content includes:

- Background: global rates of suicide and local policy context;
- Risk and protective factors for suicide;
- Introduction to a risk assessment framework;
- Engaging with people who express suicidality;
- Early identification of risk;
- Assessing level of risk; and
- Responding to suicide risk.



DATE

Thursday, 30 August 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$250 per person

Suitable for

Specifically people who have not had training in suicide prevention previously and who work with people from refugee backgrounds, eg. caseworkers, bicultural workers, volunteers etc.

Pre-requisite

NOTE: This workshop has a refugee focus but is based on mainstream generalised suicide assessment training – if you have completed this sort of training some sections may cover similar material.

Registration Essential

Visit <http://www.foundationhouse.org.au>

INCIDENTAL COUNSELLING WITH YOUNG PEOPLE

Two Day Workshop

This two day workshop provides an approach to working with young people from refugee backgrounds in a range of settings for people not formally trained as counsellors. Participants will gain incidental counselling and other skills for responding to difficult and distressing situations. The workshop involves presentations, practical exercises, roleplays, and discussions in large and small groups.

Content includes:

- Examination of the impact of past and current trauma for young people;
- Exploration of how workers and young people interpret and 'make meaning' of experience;
- Incidental counselling skills for a range of potential situations;
- The emotional responses of workers and implications for practice;
- Building good working relationships with young people with trauma histories; and
- Cross-cultural considerations.

DATES

Thu 18 and Fri 19 October 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$380 per person

Suitable for

Those working with young people from refugee backgrounds, who are in a role where counselling is an incidental part of the work, eg. settlement, education, youth work, casework, housing, employment, welfare, health, community services. The workshop will have a focus on working with young people, but the skills are transferrable and the course is open to anyone.

Pre-requisite

Participants should have completed a Foundation House introductory workshop or equivalent. If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

REFUGEE AND ASYLUM SEEKER EXPERIENCES: WORKING WITH CHILDREN AND FAMILIES

One Day Workshop

This one day workshop provides a comprehensive introduction to the context, experiences, and ways of working with children and families from refugee backgrounds. The workshop will also explore establishing positive working relationships and maintaining worker resilience in a challenging environment.

Content includes:

- An overview of experiences of people who have fled wars and oppressive regimes;
- An outline of Australia's humanitarian program within a global context;
- The psychosocial effects of traumatic experiences on children, families and communities, including the impact of detention and prolonged uncertainty in seeking asylum;
- The Foundation House framework for recovery and how this applies in the workplace, and in work with children and families;
- A reflection on how we understand 'culture'; and
- Reflections on the impact of working with trauma, professional boundaries and locating ourselves in the work.

DATE

Thursday, 15 November 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
Level 4
61 Riggall Street, Dallas

COST

\$250 per person

Suitable for

Anyone working with, or interested in working with, children and families from refugee backgrounds, eg. settlement workers, child-focused workers, family services workers, community workers, early childhood workers, and school counsellors or welfare workers.

Registration Essential

Visit <http://learn.foundationhouse.org.au/>

WORKING WITH FAMILIES FROM REFUGEE BACKGROUNDS

Evening Seminar

Families from refugee backgrounds arrive in Australia with diverse histories of hardship and survival and need to navigate the complexity of settlement and services. This seminar will explore how services and professionals can get to know the histories and needs of families from refugee backgrounds. It will consider the range of themes that exist when clients and services encounter each other and how the voices of children and families can be heard.

It can be challenging to think about how to work with the whole family and engage family members of different ages in conversations that acknowledge past experiences whilst re-building connections within families. A detailed example will be provided of a creative intervention that can be used with all members of the family system. This includes ways to facilitate conversations that help to restore connections and begin to overcome grief and loss. The Foundation House Recovery Framework will be applied to working with families.

Content includes:

- A brief overview of Australia's humanitarian program and context to working with children and families;
- Overview and discussion of application of the Foundation House Framework for Recovery;
- Reflections on how workers can get to know children and families from refugee backgrounds; and
- A creative intervention that can be used with all members of the family.

DATE

Wednesday, 16 May 2018

TIME

5.00 pm - 8.00 pm

Light Refreshments included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$120 per person

Suitable for

Anyone working with, or interested in working with, families from refugee backgrounds, eg. settlement workers, child-focused workers, family services workers, community workers, early childhood workers, and school counsellors or welfare workers.

Pre-requisite

Ideally participants will have completed a Foundation House Introductory workshop or equivalent, though it is not required.

Registration Essential

Visit <http://www.foundationhouse.org.au>

NARRATIVE APPROACHES TO WORKING WITH PEOPLE FROM REFUGEE BACKGROUNDS

Evening Seminar

This seminar provides a brief introduction to Narrative Therapy and its application in the context of responding to experiences of trauma in work with people from refugee backgrounds. Some key principles, ethics, and practices of narrative approaches will be explored through the sharing of practitioner experience and stories.

Content includes:

- A brief introduction to narrative principles and ethics relevant to responding to trauma; and
- An experiential exploration of some particular narrative practices that can be applied in responding to refugee and asylum seeking related trauma.

DATE

Wednesday, 15 August 2018

TIME

5.00 pm - 8.00 pm

Light Refreshments included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

\$120 per person

Suitable for

People who are currently working with people from refugee backgrounds and interested in extending their skills in Narrative Therapy approaches to trauma.

Pre-requisite

Ideally participants will have completed a Foundation House Introductory workshop or equivalent, though it is not required.

Registration Essential

Visit <http://www.foundationhouse.org.au>

UNDERSTANDING REFUGEE AND ASYLUM SEEKER EXPERIENCES FOR THE EARLY YEARS

Two Hour Workshop

This two hour workshop will give participants an introduction to refugee and settlement experiences for children and families. We will also explore what early years' services can do to support young children and their families in their recovery.

Content includes:

- Impact of refugee and asylum seeking experiences for children and families;
- The Foundation House Framework for Recovery and how this applies in the early years; and
- Practical examples and strategies for 'what works'.



DATES

Thu 15 Mar 2018 Dallas
Thu 16 Aug 2018 Dandenong**

TIME

4.00 pm - 6.00 pm

COST

Foundation House is able to offer professional development for those working with children and families in early years through the support of the Department of Education and Training. There is therefore no cost for this workshop.

Suitable for

Anyone working, studying or volunteering with children and families in the early years (0 to 8).

Registration Essential

Visit <http://www.foundationhouse.org.au>

** Please note: Our Dandenong office is not wheelchair accessible. If you have access requirements please let us know in advance and we will make appropriate arrangements.

PARTNERSHIPS WITH FAMILIES FROM A REFUGEE BACKGROUND IN THE EARLY YEARS

One Day Workshop

This comprehensive one day workshop provides an introduction to working with children and families from refugee backgrounds. Participants will gain knowledge of refugee and asylum seeking experiences, and ways of supporting parents within an early years setting. We will explore the refugee and settlement experience for children and families and examine in depth what constitutes collaborative partnerships and engagement with families, highlighting current good practices, strategies and examples from Victorian early childhood agencies.

Content includes:

- Refugee and asylum seeking experiences for children and families;
- The early year's role in supporting recovery and how this builds and supports the development of partnerships with families;
- The exploration of collaborative partnerships, and what they may look like in the early years; and
- Strategies that early years services are implementing that focus on connecting and building partnerships.



DATES

Thu 3 May 2018
Tue 18 Sep 2018

VENUES

Dandenong**
Brunswick

Suitable for

Anyone working, studying or volunteering with children and families in the early years (0 to 8).

TIME

9.30 am - 4.30 pm

Registration Essential

Visit <http://www.foundationhouse.org.au>

COST

Foundation House is able to offer professional development for those working with children and families in early years through the support of the Department of Education and Training. There is therefore no cost for this workshop.

** Please note: Our Dandenong office is not wheelchair accessible. If you have access requirements please let us know in advance and we will make appropriate arrangements.

SCHOOL'S IN FOR REFUGEES

One Day Workshop

This comprehensive introduction is recommended as the first professional development from Foundation House for those working with students and families from refugee backgrounds. It is appropriate for those working in and with schools and other educational settings, at primary, secondary and post-compulsory levels.

Content includes:

- Refugee experiences for young people including possible prior education experiences;
- The impact of trauma on young people's learning and wellbeing;
- The role of teachers and schools in supporting recovery from trauma;
- Strategies that support the recovery process that teachers and other staff can use; and
- A whole school approach and key areas where schools can increase support for refugee background students and families.



DATES

Mon 26 Mar 2018 Brunswick
Thu 13 Sep 2018 Broadmeadows
Tue 23 Oct 2018 Berwick

TIME

9.30 am - 3.30 pm

Morning Tea and Lunch included

COST

Foundation House Schools Support Program is able to provide a professional development program to teachers and those working in and with schools through the support of the Department of Education and Training. There is therefore no cost to participants for this workshop.

Suitable for

People working in and with young people from refugee backgrounds within a school setting.

Pre-requisite

No, however, **priority** will be given to teachers and those working in and with schools.

Registration Essential

Visit <http://www.foundationhouse.org.au>

SCHOOLS AND FAMILIES WORKING TOGETHER

Half Day Workshop

Research indicates that student outcomes are enhanced and schools are more effective when families are engaged in their child's education. Schools are becoming increasingly aware of the need to strengthen support for families from refugee backgrounds, as they navigate their way through the unwritten rules of Australian school life. This workshop will explore what family engagement means, and showcase current good practice, strategies and examples from schools successfully engaging families from refugee backgrounds.

The workshop will engage those working in and with schools and consider opportunities for schools to enhance social inclusion for newly arrived families within the school environment.

Content includes:

- Exploration of family engagement and its impact on student outcomes;
- A school's role in supporting recovery through engagement of families of refugee background;
- Strategies schools are employing to enhance family engagement within a whole school approach; and
- An exploration of a social inclusion framework.



DATES

Tue 19 Jun 2018 Brunswick
Tue 24 Jul 2018 Hoppers Crossing

TIME

9.30 am - 12.30 pm
Morning Tea and Lunch included

COST

Foundation House Schools Support Program is able to provide a professional development program to teachers and those working in and with schools through the support of the Department of Education and Training. There is therefore no cost to participants for this workshop.

Suitable for

Anyone working in schools with young people and families from refugee and asylum seeker backgrounds.

Pre-requisite

Participants should have completed 'School's in for Refugees' or 'Refugee and Asylum Seeker Experiences' or equivalent.

If you have considerable experience working with people in schools from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact Greg Gow via email: gowg@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

CLASSROOM STRATEGIES: SUPPORTING RECOVERY IN THE CLASSROOM

Half Day Workshop

This workshop builds on learnings from previous Foundation House professional learning related to the impact of trauma for young people of refugee backgrounds. The workshop will explore strategies that promote recovery from trauma within a whole school approach: the restoration of a sense of safety, dignity, value, connections and a sense of future. Participants will be asked to reflect on these strategies in the context of their classroom and whole school.

Content includes:

- The impact of trauma on learning, well-being and development;
- The role of teachers in supporting recovery from trauma;
- The indicators of a trauma reaction and referral; and
- Strategies that individual teachers can employ to support recovery from trauma for students of refugee backgrounds.



DATES

Tue 24 Apr 2018 Hoppers Crossing
Thu 6 Sep 2018 Croydon North

TIME

9.30 am - 12.30 pm
Morning Tea included

COST

Foundation House Schools Support Program is able to provide a professional development program to teachers and those working in and with schools through the support of the Department of Education and Training. There is therefore no cost to participants for this workshop.

Suitable for

Teachers, student welfare co-ordinators; youth and community workers and anyone who supports young people from refugee backgrounds in an education setting who have experienced disrupted education.

Pre-requisite

Participants should have completed 'School's in for Refugees' or 'Refugee and Asylum Seeker Experiences' or equivalent.

If you have considerable experience working with people in schools from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact Greg Gow via email: gowg@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

SENIOR STUDENTS' EDUCATION AND WELLBEING

Half Day Workshop

All young people have the right to access education. This workshop explores ways in which social inclusion can contribute to the wellbeing, education and pathways of young people from refugee backgrounds with disrupted education. Participants will examine a social inclusion framework and share strategies schools are employing to support young people within and beyond the classroom.

Content includes:

- An exploration of a social inclusion framework and how it relates to recovery from trauma for senior students of refugee backgrounds; and
- Sharing of strategies and programs employed by schools to support senior students of refugee backgrounds.



DATE

Monday, 19 November 2018

TIME

9.30 am - 12.30 pm

Morning Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

Foundation House Schools Support Program is able to provide a professional development program to teachers and those working in and with schools through the support of the Department of Education and Training. There is therefore no cost to participants for this workshop.

Suitable for

Teachers, student welfare co-ordinators; youth and community workers and anyone who supports young people from refugee backgrounds in an education setting who have experienced disrupted education.

Pre-requisite

Participants should have completed 'School's in for Refugees' or 'Refugee and Asylum Seeker Experiences' or equivalent.

If you have considerable experience working with people in schools from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact Greg Gow via email:

gowg@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

INTENSIVE INTRODUCTION FOR NURSES AND ALLIED HEALTH PROFESSIONALS

Two Day Workshop

This two day intensive introduction includes common physical and emotional health issues which are a result of refugee experiences; refugee health and settlement services; and other important services and resources.

Content includes:

- Understanding Australia's humanitarian program and recent refugee and asylum seeker arrival patterns, within a broader policy context;
- Exploring issues in working cross culturally;
- Exploring the Foundation House framework regarding the impact of torture and trauma and the basis for interventions;
- Overview of relevant services for people from refugee backgrounds and referral processes;
- Approaches to refugee health assessments; and
- Appropriate interventions for common health issues.

DATES

Thu 19 and Fri 20 Apr 2018
Thu 19 and Fri 20 Jul 2018
Thu 29 and Fri 30 Nov 2018

TIME

9.30 am - 4.30 pm
Morning Tea, Lunch and Afternoon Tea
included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

No cost for Nurses and Allied Health
Professionals.

Suitable for

Nurses and Allied Health Professionals
working with people from refugee
backgrounds in a variety of settings.

Registration Essential

Visit <http://www.foundationhouse.org.au>

FRONT OF HOUSE HEALTH STAFF: WORKING WITH PEOPLE FROM REFUGEE BACKGROUNDS

One Day Workshop

The workshop will focus on the journey and settlement issues for people from refugee and asylum seeking backgrounds. It will also focus on identification, eligibility and access to health services in Victoria and will include information on language services and health literacy.

Content includes:

- Aspects of refugee journeys and settlement issues for people from refugee and asylum seeking backgrounds;
- Eligibility and access to health services in Victoria for people from refugee and asylum seeker backgrounds; and
- Communication skills, language services and health literacy.

DATE

Thursday, 1 March 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

No cost for front of house staff in health service settings.

Suitable for

All staff working in front line reception in public and private health services including dental, optometry and allied health services.

Registration Essential

Visit <http://www.foundationhouse.org.au>

WORKING WITH CHRONIC PAIN

One Day Workshop

Chronic pain is exacerbated for people from refugee backgrounds by the challenges of navigating a complex and often fragmented health system. Understanding how to deliver a culturally appropriate, bio psychosocial, multidisciplinary model to assist with assessment and treatment of chronic pain can make a significant impact on the experiences and health outcomes of people from refugee backgrounds with chronic pain.

Content includes:

- Revisit the 'refugee / asylum seeker experience' and trauma-informed responses in health settings;
- Explore pain as multidimensional and part of a body protection system;
- Examine current and emerging issues in pain management;
- Promote person-centred care, shared understanding and trust with clients;
- Initiate an interdisciplinary approach to pain management for survivors of torture and trauma;
- Explore specific types of bodywork, 'therapeutic touch' and client / patient responses.

DATE

Friday, 27 April 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

No cost for Nurses and Allied Health Professionals.

26

Suitable for

Nurses and Allied Health Professionals working with people from refugee backgrounds in a variety of settings.

Pre-requisite

The Intensive Introduction for Nurses and Allied Health Professionals is considered to be a pre-requisite for this workshop.

If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

REFUGEE HEALTH: WORKING WITH MEN

One Day Workshop

The particular health needs and experiences which might arise for men who are from refugee backgrounds.

Content includes:

- Identify and instigate interventions for common refugee health issues in men;
- Exploration of wellbeing including mental and sexual health issues;
- Overview of relevant services for men and referral processes;
- Understand the impact of trauma and the impact of detention and uncertainty for men of asylum seeker background; and
- Awareness of gender and cross-cultural communication when working with men from a refugee backgrounds.

DATE

Thursday, 20 September 2018

TIME

9.30 am - 4.30 pm

Morning Tea, Lunch and Afternoon Tea included

VENUE

Foundation House
4 Gardiner Street, Brunswick

COST

No cost for Nurses and Allied Health Professionals.

Suitable for

Nurses and Allied Health Professionals working with people from refugee backgrounds in a variety of settings.

Pre-requisite

The Intensive Introduction for Nurses and Allied Health Professionals is considered to be a pre-requisite for this workshop.

If you have considerable experience working with people who are from refugee backgrounds and wish to apply for an exemption for the pre-requisite, please contact pdregistrations@foundationhouse.org.au.

Registration Essential

Visit <http://www.foundationhouse.org.au>

**TRAUMA-FOCUSED COUNSELLING
- 2017**

“Thank you for your insight and sharing personal examples. Thank you for allowing participants time to express themselves fully regardless of the content you needed to get through. Thank you for doing what you do in this lifetime”

“Best training I’ve attended in ages”

“Excellent PD. Loved emphasis placed on value of therapeutic relationship”

**REFUGEE AND ASYLUM
SEEKER EXPERIENCE - 2017**

“A great day. Thoroughly enjoyed it and would like to continue further training.

Excellent presenters!!

Thank you”

“Was great thank you. The experience and knowledge of presenters was brilliant”

“I would like to thank you for developing this type of training, especially getting along with the group.

Thank you!”

INCIDENTAL COUNSELLING - 2017

“Thank you for the 2 days - this is a PL that our team has wanted to do for some time and I personally found it very informative and inspirational. Thanks to the facilitators :)”

“Fantastic training - thank you”

“Taking 2 days out of the workplace is a big commitment and not always worth it - but this course was well worth it, thank you!”

**WORKING
WITH
CHILDREN
AND FAMILIES
- 2017**

“Really good training, always learn something. Great to hear other ideas from colleagues”

“The facilitators were engaging, approachable and knowledgeable. Just fantastic”

“Thank you! It was a great day”

WORKING WITH CHILDREN FROM REFUGEE BACKGROUNDS

Webinar

This webinar will consider how to effectively assess and work with children and their families from refugee backgrounds. It will consider the physical, emotional and developmental issues for children and explore strategies to work with this group.

Content includes:

- A brief overview of Australia's humanitarian program and context to working with children and families;
- Overview and discussion of application of the Foundation House Framework for Recovery;
- Trauma in children from refugee backgrounds; and
- Considerations of assessment and intervention with this client group.

DATE

Thursday, 9 August 2018

TIME

2.00 pm - 3.30 pm

VENUE

On-Line Webinar

COST

\$25 per person

Suitable for

Clinicians working with children and families from refugee backgrounds.

Pre-requisite

Ideally participants will have completed a Foundation House introductory workshop or equivalent, though it is not required.

Registration Essential

Visit <http://www.foundationhouse.org.au>

UPCOMING EVENTS

These workshops will be scheduled in 2018.

Make sure you are registered on our mailing list to receive latest updates.

MENTAL HEALTH REPORT WRITING FOR PEOPLE SEEKING ASYLUM

This professional development evening will provide an opportunity for interested health professionals to learn about the requirements for writing medico-legal reports which have a mental health focus for people seeking asylum, including when and how to contribute, and key do's and don'ts.

COGNITIVE AND PSYCHOSOCIAL ASSESSMENT OF REFUGEE CHILDREN

This workshop aims to enable practising psychologists and education professionals to upgrade their cross-cultural, theoretical and practical skills in cognitive and psychosocial assessment, and increase awareness of refugee children's academic challenges.

GENDER AWARENESS IN WORKING WITH PEOPLE FROM REFUGEE BACKGROUNDS

Considerations of gender have today entered the mainstream of policy and governance to an unprecedented degree, and the field of refugee mental health is no exception.

The goal of increasing our understanding of ways to work within this context with people from refugee backgrounds will be the focus of this workshop.

Theoretical frameworks, practice wisdom, reflection and case studies will be used to explore current understandings and ways of responding.

SUSTAINABLE PRACTICE FOR BI-CULTURAL WORKERS

More details to come.

For more information visit:

<http://www.foundationhouse.org.au> under 'Learning'

2018 PROFESSIONAL DEVELOPMENT PROGRAM

GENERAL WORKSHOPS	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV
Refugee and Asylum Seeker Experiences	8			21			6		
Foundations in counselling people from refugee backgrounds	22-23								
Working with the impacts of prolonged uncertainty: To Do, Or To Be?			10						
Incidental counselling			24-25						
Sustaining practice & ourselves in contexts of injustice				7					
Communities and Trauma: Supporting recovery from collective trauma				28					
Overcoming Stigma: Engaging with communities about mental health					26				
Introduction to suicide risk assessment						30			
Incidental counselling with young people								18-19	
Refugee and Asylum Seeking Experiences: Working with children & families									15
EVENING SEMINARS									
Working with families from refugee backgrounds			16						
Narrative approaches to working with people from refugee backgrounds						15			
WEBINARS									
Working with children from refugee backgrounds						9			
EARLY YEARS									
Understanding Refugee and Asylum Seeking Experiences for the early years	15					16			
Partnerships with families from a refugee background in the early years			3				18		
SCHOOLS & EDUCATION									
School's in for Refugees	26						13	23	
Schools and Families working together				19	24				
Classroom Strategies: Supporting recovery in the classroom			24				6		
Senior students' education & wellbeing									19
NURSES & ALLIED HEALTH									
Intensive Introduction for Nurses and Allied Health Professionals		19-20			19-20				29-30
Front of House Health Staff: Working with people from refugee backgrounds	1								
Working with Chronic Pain		27							
Refugee Health: Working with men							20		



Foundation House

The Victorian Foundation for Survivors of Torture Inc.

Head Office

BRUNSWICK

4 Gardiner Street
Brunswick, VIC 3056
Australia

t: (03) 9389 8900

Metropolitan Offices

DALLAS

Level 4, 61 Riggall Street
Dallas, VIC 3047
Australia

t: (03) 9389 8899

DANDENONG

155 Foster Street
Dandenong, VIC 3175
Australia

t: (03) 9389 8888

RINGWOOD

Suite 5, 45-51 Ringwood Street
Ringwood, VIC 3134
Australia

t: (03) 9389 8700

SUNSHINE

161 Harvester Road
Sunshine, VIC 3020
Australia

t: (03) 9389 8777

Note: The fax number for all our offices is (03) 9277 7871