

2019 PROFESSIONAL AND ORGANISATIONAL DEVELOPMENT PROGRAM



Photo: Foundation House



Foundation House

The Victorian Foundation for Survivors of Torture Inc.

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

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

2019 PROFESSIONAL DEVELOPMENT PROGRAM

OUR WORKSHOPS

About Foundation House 4

About Professional and Organisational Development 5

GENERAL WORKSHOPS

Refugee and Asylum Seeking Experiences 7

Incidental Counselling 8

Counselling People from Refugee Backgrounds 9

Seeking Asylum: Working with Prolonged Uncertainty 10

Communities and Trauma: Supporting Recovery from Collective Trauma 11

Community Capacity Building: Engaging with Communities about Mental Health 13

Introduction to Suicide Risk Assessment 14

Incidental Counselling for Young People 15

SCHOOLS AND EDUCATION

School's in for Refugees 16

Senior Students' Education and Wellbeing 17

Classroom Strategies: Supporting Recovery in the Classroom 18

Schools and Families Working Together 19

NURSES AND ALLIED HEALTH

Intensive Introduction for Nurses and Allied Health Professionals 21

Front of House Staff: Working with People from Refugee Backgrounds 22

Child and Adolescent Health 23

Working with Chronic Pain 25

EARLY YEARS

Understanding Refugee and Asylum Seeking Experiences in the Early Years 26

Partnerships with Families from a Refugee Background in the Early Years 27

Working with Individual Children and Families in the Early Years 28

Partnerships with Families from a Refugee Background in the Early Years [2 hrs] 29

Registration Information 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:

<https://www.foundationhouse.org.au>

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 workshops 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 experiences, 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. Examples include design and delivery of a reflective practice project across the whole of an agency, or a series of workshops addressing a specific theme.

Professional Development for your Organisation

POD offers tailored professional development and works closely with organisations to identify learning needs. Our approach is flexible and determined by what suits the organisation, so the program may include, for example, one-off workshops or follow-up practice seminars.

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:

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

**INTENSIVE INTRODUCTION FOR
NURSES AND ALLIED HEALTH
PROFESSIONALS - 2018**

“The facilitators and all the presenters are fantastic! Warm and friendly and engaging and inspiring, thank you !!!”

“Great program, well run and very engaging”

“Very grateful for the holistic and professional nature of this course. The hospitality, the listening and helpful responses throughout. Thank you”

**UNDERSTANDING REFUGEE AND
ASYLUM SEEKING EXPERIENCES IN
THE EARLY YEARS - 2018**

“Thank you - very informative and valuable session”

“Well presented, thank you”

“Thanks to the facilitators. Valuable workshop”

**INTRODUCTION TO SUICIDE RISK
ASSESSMENT - 2018**

“Thank you so much for your wonderful and respectful presentation and facilitation”

“All was great and big thanks to the facilitators”

“Thank you - excellent delivery of material, engaging and informative”

REFUGEE AND ASYLUM SEEKING 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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

DATES

Thu 21 Mar 2019 or
Thu 12 Sep 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$275 per person

Morning tea, lunch & afternoon tea included.

Suitable for

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

Registration Essential

Please register online at
<http://www.foundationhouse.org.au>
under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

INCIDENTAL COUNSELLING

Two Day Workshop

DATES

Thu 9 and Fri 10 May 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$420 per person

Morning tea, lunch & afternoon tea included.

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 be familiar with the Foundation House **Framework for Recovery** and have either:

1. completed the introductory Refugee and Asylum Seeking Experiences whole day workshop (or other whole day workshop by Foundation House); or
2. have significant experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering). If you have other relevant experience and would like to be considered for an exemption, please email pdregistrations@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each 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 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 clients; and
- Cross-cultural considerations.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

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 other traumatic events;
- 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 sustainable practice.

***Previously called 'Foundations in Counselling People from Refugee Backgrounds'.*

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

DATES

Thu 23 and Thu 30 May 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$420 per person

Morning tea, lunch & afternoon tea included.

Suitable for

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

Pre-requisite

Participants should be familiar with the Foundation House **Framework for Recovery** and have either:

1. completed the introductory Refugee and Asylum Seeking Experiences whole day workshop (or other whole day workshop by Foundation House); or
2. have significant experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering). If you have other relevant experience and would like to be considered for an exemption, please email pdregistrations@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

SEEKING ASYLUM: WORKING WITH PROLONGED UNCERTAINTY

One Day Workshop

DATE

Thu 20 June 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$275 per person

Morning tea, lunch & afternoon tea included.

Suitable for

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

Pre-requisite

Participants should be familiar with the Foundation House **Framework for Recovery** and have either:

1. completed the introductory Refugee and Asylum Seeking Experiences whole day workshop (or other whole day workshop by Foundation House); or
2. have significant experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering). If you have other relevant experience and would like to be considered for an exemption, please email pdregistrations@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each 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.

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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

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.

This workshop will comprise a panel of speakers, including members from refugee backgrounds and a peace-practitioner.

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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

DATE

Thu 25 July 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$275 per person

Morning tea, lunch & afternoon tea included.

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

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

SCHOOL'S IN FOR REFUGEES - 2018

"Thank you so much! I now feel that I have the understanding and some of the skills to provide an education to our refugee students"

"The facilitators were excellent. Very engaging, felt comfortable. Very and beneficial with realistic views. Thank you!"

"Great workshop, amazing service! Thanks for all your hard work!"

**FRONT OF HOUSE HEALTH STAFF:
WORKING WITH PEOPLE FROM
REFUGEE BACKGROUNDS - 2018**

"Excellent day - well worth it"

"Enrolment was easy, venue and food was great! Thank you"

"Thanks for a great day"

**FOUNDATIONS IN COUNSELLING PEOPLE FROM
REFUGEE BACKGROUNDS - 2018**

"I loved the training - enjoyed the learning!"

"Great to do some efficient and good quality training, grounded in really great content"

"Overall it was excellent!! I would not hesitate to recommend it to other people"

COMMUNITY CAPACITY BUILDING: ENGAGING WITH COMMUNITIES ABOUT MENTAL HEALTH

One Day Workshop

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 Framework, and examples of work within communities will be shared. There will be opportunities to reflect on this model and your practice.

Content includes:

- Foundation House Community Capacity Building Framework;
- 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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

DATE

Thu 8 August 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$275 per person

Morning tea, lunch & afternoon tea included.

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

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

INTRODUCTION TO SUICIDE RISK ASSESSMENT

One Day Workshop

DATE

Thu 22 August 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$275 per person

Morning tea, lunch & afternoon tea included.

Suitable for

People who have not had training in suicide prevention previously and who work with people from refugee backgrounds, eg. caseworkers, bi-cultural workers, volunteers etc.

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

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each 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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

NOTE: This workshop will be co-facilitated with professionals from 'Orygen Centre of Excellence in Youth Mental Health'.



2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

INCIDENTAL COUNSELLING FOR 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, role-plays, 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.

Facilitators

Our Professional and Organisational Development facilitators are experienced social workers, psychologists and counsellors who have experience working in torture and trauma with clients and communities.

To find out more about our facilitators, visit our website.

DATES

Thu 24 and Thu 31 Oct 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

\$420 per person

Morning tea, lunch & afternoon tea included.

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 be familiar with the Foundation House **Framework for Recovery** and have either:

1. completed the introductory Refugee and Asylum Seeking Experiences whole day workshop (or other whole day workshop by Foundation House); or
2. have significant experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering). If you have other relevant experience and would like to be considered for an exemption, please email pdregistrations@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

SCHOOL'S IN FOR REFUGEES

One Day Workshop

DATES

Tue 14 May 2019	Brunswick
Tue 11 Jun 2019	Dandenong**
Tue 18 Jun 2019	Wyndham
Tue 23 Jul 2019	Manningham
Tue 13 Aug 2019	Berwick
Tue 3 Sep 2019	Broadmeadows
Tue 22 Oct 2019	Brimbank
Tue 12 Nov 2019	Brunswick

TIME

9.30 am - 3.30 pm

FEE

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 charge to participants for this workshop.

Morning tea & lunch included.

Suitable for

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

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

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.

** 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.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

SENIOR SECONDARY STUDENTS' EDUCATION, WELLBEING AND PATHWAYS

Half Day Workshop

Students from refugee backgrounds who arrive in Australia as teenagers have less time to develop literacy, numeracy and social skills before needing to make career and further study choices.

This workshop explores the ways in which schools can contribute to the education, wellbeing and pathways of senior secondary students from refugee backgrounds with disrupted education.

Workshop participants will examine a social inclusion framework and share strategies schools are employing to support young people within and beyond the classroom. Particular focus will be upon flexible pathways programs which enable a successful transition through the post-compulsory years to further education, training or employment.

Content includes:

- An exploration of a social inclusion framework and how it relates to recovery from trauma for senior students of refugee backgrounds;
- Sharing of strategies to scaffold and tailor workplace skills and careers education curriculums; and
- Examples of flexible pathways programs to enable successful transitions.

**** 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.

DATES

Tue 30 Jul 2019	Broadmeadows
Tue 27 Aug 2019	Brimbank
Tue 26 Nov 2019	Dandenong**

VENUES

TIME

9.30 am - 12.30 pm

FEE

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 charge to participants for this workshop.

Morning tea included.

Suitable for

Year 10-12 Coordinators, Careers staff, Teachers, Student Wellbeing Coordinators, Youth & Community Workers and anyone who supports young people from refugee and asylum seeker backgrounds in an education setting who have experienced disrupted education.

Enquiries

Greg Gow via email:
gowg@foundationhouse.org.au.

Registration Essential

Please register online at
<http://www.foundationhouse.org.au>
under 'Learning'

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

CLASSROOM STRATEGIES SUPPORTING RECOVERY IN THE CLASSROOM Half Day Workshop

DATES

Tue 20 Aug 2019
Tue 19 Nov 2019

VENUES

Dandenong**
Broadmeadows

TIME

9.30 am - 12.30 pm

FEE

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 charge to participants for this workshop.

Morning tea included.

Suitable for

Teachers and classroom-based support staff.

Pre-requisite

Participants should have completed 'School's in for Refugees' or 'Refugee and Asylum Seeking 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

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

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.

** 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.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

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.

** 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.

DATES

Tue 10 Sep 2019
Tue 15 Oct 2019

VENUES

Brunswick
Dandenong**

TIME

9.30 am - 12.30 pm

FEE

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 charge to participants for this workshop.

Morning tea included.

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 Seeking 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

Please register online at

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

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

**COMMUNITIES AND TRAUMA:
SUPPORTING RECOVERY FROM
COLLECTIVE TRAUMA - 2018**

"Perfect facilitation, speaker, content.
Gold standard. Thank you and
congratulations on a fabulous course"

"Really, really invaluable. Thank you
so much"

"It was very thought provoking and
enlightening"

**SCHOOLS AND FAMILIES
WORKING TOGETHER - 2018**

"Excellent work. So pleased that your
organisation exists - free and available to
schools"

"Thanks for an excellent morning's
professional development"

"Fantastic workshop"

WORKING WITH CHRONIC PAIN - 2018

"Excellent session - very worthwhile"

"Thank you - inspirational day, feeling very
encouraged and supported"

"Thank you for a great day of training. Very well
run, all day very interesting and will help my
practice"

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 seeking 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 14 and Fri 15 Mar 2019
Thu 18 and Fri 19 Jul 2019
Thu 14 and Fri 15 Nov 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

Foundation House is able to provide professional development for nurses and allied health due to the support of the Department of Health and Human Services. Therefore this workshop is provided without charge to professionals working in these areas.
Morning tea, lunch & afternoon tea included.

Suitable for

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

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

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

One Day Workshop

DATE

Thu 2 May 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

Foundation House is able to provide professional development for nurses and allied health due to the support of the Department of Health and Human Services. Therefore this workshop is provided without charge to professionals working in these areas.

Morning tea, lunch & afternoon tea included.

Suitable for

This workshop is **ONLY** for staff working at the front line reception in public and private health services including dental, optometry and allied health services.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

'Front of House' staff in any organisation are often the first experience of service provision for people from refugee backgrounds. They provide a critical ongoing link between the client/patient and the agency, and potentially set the tone for all future contact. Consequently, how aware and skilled front office staff are, in supporting refugee and asylum seeker access to their service, will play a significant role in health and other outcomes.

The workshop will focus on the journey and settlement issues for people from refugee and asylum seeking backgrounds. It will also focus on: trauma-informed approaches to engaging and supporting clients/patients; identification; eligibility, and access to health services in Victoria. Engaging language services and perspectives around health literacy will also be covered.

Content includes:

- Aspects of refugee journeys and settlement issues for people from refugee and asylum seeking backgrounds;
- A framework for understanding refugee experiences and supporting recovery in any professional context;
- Eligibility and access to health services in Victoria for people from refugee and asylum seeking backgrounds; and
- Communication skills, language services and health literacy.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

CHILD AND ADOLESCENT HEALTH

One Day Workshop

Children and adolescents who have arrived in Australia following exposure to violence, persecution and displacement, face a diverse range of challenges. This is in large part due to the disruption of: a sense of safety; development and identity; relationships; and education. At the same time, their age and early developmental path means they carry enormous capacity and potential for recovery, learning and growth.

This workshop will explore the impact of torture and other traumatic events for young people. By understanding the relationship between pre arrival experiences, settlement stressors and opportunities, and the impact on development, physical and mental health, and family dynamics, participants will develop a broad foundation for working with this client group. The workshop will also include an overview of relevant services and referrals.

Content includes:

- Understanding children and adolescents' pre-arrival experiences of violence, persecution and displacement;
- Psycho-social, developmental, and physical health implications of the refugee experience;
- Key practice and engagement tips; and
- Overview of relevant services and referrals.

DATE

Thu 27 June 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

Foundation House is able to provide professional development for nurses and allied health due to the support of the Department of Health and Human Services. Therefore this workshop is provided without charge to professionals working in these areas.

Morning tea, lunch & afternoon tea included.

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 significant experience working with people from refugee and asylum seeking backgrounds, you may be eligible for an exemption. Please email pdregistrations@foundationhouse.org.au noting your experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering) when requesting an exemption.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

REFUGEE AND ASYLUM SEEKER EXPERIENCE - 2018

"Thank you. A very engaging,
informative workshop. Keep up the
great work with people working /
volunteering in the sector and for
refugee and asylum seekers"

"Great beginning training to develop
knowledge"

"Well done Foundation House for
running this course. Enjoyable and
informative"

INCIDENTAL COUNSELLING - 2018

"Thank you. The IC training was 10/10"

"I think the facilitators were fantastic
and very knowledgeable! I also thought
activities were very creative!"

"Fantastic training. Thank you for
creating a safe place"

PARTNERSHIPS WITH FAMILIES FROM A REFUGEE BACKGROUND IN THE EARLY YEARS - 2018

"Always leave Foundation House courses equipped
to look at working with refugees in a different way"

"Thank you for a very thorough and engaging
workshop"

"What a well thought out and well set up workshop!
Very engaging with a flow that maintains energy
and concentration levels and promotes networking
and self evaluation"

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.

Content includes:

- Revisit the 'refugee and asylum seeking experiences' 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

Thu 10 October 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

Foundation House is able to provide professional development for nurses and allied health due to the support of the Department of Health and Human Services. Therefore this workshop is provided without charge to professionals working in these areas.

Morning tea, lunch & afternoon tea included.

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 significant experience working with people from refugee and asylum seeking backgrounds, you may be eligible for an exemption. Please email pregistrations@foundationhouse.org.au noting your experience working with people from refugee and asylum seeking backgrounds (minimum 6 months working or volunteering) when requesting an exemption.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

Registrations close **2 WEEKS** prior to each workshop.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

UNDERSTANDING REFUGEE AND ASYLUM SEEKING EXPERIENCES IN THE EARLY YEARS

Two Hour Workshop

DATES

Mon 18 Mar 2019	Dallas
Wed 15 May 2019	Dandenong**
Wed 31 Jul 2019	Brunswick
Tue 13 Aug 2019	Sunshine

TIME

4.00 pm - 6.00 pm

FEE

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, therefore there is no charge for this workshop.

Suitable for

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

Pre-requisite

Priority will be given to those working with children and families in the early years (0 to 8 years).

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

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'.

** 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.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

PARTNERSHIPS WITH FAMILIES FROM A REFUGEE BACKGROUNDS 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 experiences 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 years services.

Content includes:

- Refugee and asylum seeking experiences for children and families;
- The role of early years services 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 28 Mar 2019 or
Tue 4 Jun 2019

TIME

9.30 am - 4.30 pm

VENUE

Foundation House
4 Gardiner Street, Brunswick

FEE

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, therefore there is no charge for this workshop.

Morning tea, lunch & afternoon tea included.

Suitable for

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

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

WORKING WITH INDIVIDUAL CHILDREN AND FAMILIES IN THE EARLY YEARS

Two Hour Workshop

DATE

Tues 27 Aug 2019

TIME

4.00 pm - 6.00 pm

VENUE

Foundation House
Level 4, 61 Riggall Street, Dallas

FEE

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, therefore there is no charge for this workshop.

Suitable for

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

Pre-requisite

Participants should have completed 'Understanding Refugee and Asylum Seeking Experiences in the Early Years' 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 email: FHEY@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

This workshop builds on learnings from previous Foundation House professional learning related to the impact of trauma for children and families of refugee backgrounds. The workshop will explore strategies that promote recovery from trauma within the early childhood settings, to support individual children and their families.

Content includes:

- The impact of trauma on learning, well-being and development of children and on parenting roles;
- The indicators of a trauma reaction and referral procedures; and
- Strategies that can be employed to support recovery from trauma for individual children and their families within early years settings.

2019
PROFESSIONAL
DEVELOPMENT
PROGRAM

PARTNERSHIPS WITH FAMILIES FROM A REFUGEE BACKGROUNDS IN THE EARLY YEARS

Two Hour Workshop

This workshop builds on learnings from previous Foundation House professional learning related to the impact of trauma for children and families of refugee backgrounds. The workshop will explore strategies that promote recovery from trauma examining in depth practices that promote collaborative partnerships and engagement with families within early year settings. A framework for systematically focusing on family-centered practice will be presented, highlighting examples and resources that have been developed in Victorian early childhood agencies.

** 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.

DATE

Wed 18 Sep 2019

TIME

4.00 pm - 6.00 pm

VENUE

Foundation House
155 Foster Street, Dandenong**

FEE

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, therefore there is no charge for this workshop.

Suitable for

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

Pre-requisite

Participants should have completed 'Understanding Refugee and Asylum Seeking Experiences in the Early Years' 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 email: FHEY@foundationhouse.org.au.

Registration Essential

Please register online at <http://www.foundationhouse.org.au> under 'Learning'

REGISTRATION INFORMATION

HOW TO REGISTER

Fee Events

1. Go to our website <https://www.foundationhouse.org.au> then click on the 'Learning' tab.
2. Click the link under 'Current 2019 Workshops' and select the workshop you are interested in attending then select 'Register'. Alternatively you can select the workshop under 'Upcoming Events' if shown.
3. Complete the application form, then select 'Proceed to Checkout' [if you are enrolling additional people, select 'add another attendee' first].
4. Fill in payment details then select 'Review & confirm'. Payment is processed by **Credit Card only**.
5. Review your registration, then select 'Confirm'. You will then be taken to a secure page where you can pay online.
6. A confirmation email and receipt will be sent to the address provided in Step 2.
7. A reminder will also be emailed to you closer to the event.

No Fee Events

1. Go to our website <https://www.foundationhouse.org.au> then click on the 'Learning' tab.
2. Click the link under 'Current 2019 Workshops' and select the workshop you are interested in attending then select 'Register'. Alternatively you can select the workshop under 'Upcoming Events' if shown.
3. Complete the application form, then select 'Register Now' [if you are enrolling additional people, select 'add another attendee' first].
4. An email confirming these details will be sent to the address you provided during the registration.
5. A reminder will also be emailed to you closer to the event.

TERMS AND CONDITIONS

Cut-off Times

All Registrations close **2 WEEKS** prior to each workshop.

Payment

Your place is secured by Credit Card only. If you are encountering any difficulties in processing payment during your registration, please call 03 9389 8965 to pay directly over the phone.

Cancellations

Participants who register for calendar workshops are required to provide 48 hours' notice in writing [via email] for any cancellations, in which case any monies paid will be refunded. If notification is received 48 hours' or less, the participant and/or organisation will be charged a fee of 50% to cover all charges. No refunds are given for no-shows.

Please note workshops may from time to time have to be cancelled, in which case full refunds will be provided to anyone registered.

Transfer to another Workshop

A registration may only be transferred from one workshop to another if notice is received within 7 working days of the original workshop.

Access and Support

If you require any specific access or support needs please email pdregistrations@foundationhouse.org.au.

WORKSHOP CALENDAR

2019

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

GENERAL WORKSHOPS

Refugee and Asylum Seeking Experiences	21						12		
Incidental Counselling			9&10						
Counselling People from Refugee Backgrounds			23&30						
Seeking Asylum: Working with Prolonged Uncertainty				20					
Communities and Trauma: Supporting Recovery from Collective Trauma					25				
Community Capacity Building: Engaging with Communities about Mental Health						8			
Introduction to Suicide Risk Assessment						22			
Incidental Counselling for Young People								24&31	

SCHOOLS & EDUCATION

School's in for Refugees			14	11 / 18	23	13	3	22	12
Senior Secondary Students' Education, Wellbeing and Pathways					30	27			26
Classroom Strategies: Supporting Recovery in the Classroom						20			19
Schools and Families Working Together							10	15	

NURSES & ALLIED HEALTH

Intensive Introduction for Nurses and Allied Health Professionals	14&15				18&19				14&15
Front of House Staff: Working with People from Refugee Backgrounds			2						
Child and Adolescent Health				27					
Working with Chronic Pain								10	

EARLY YEARS

Understanding Refugee and Asylum Seeking Experiences in the Early Years	18		15		31	13			
Partnerships with Families from a Refugee Backgrounds in the Early Years	28			4					
Working with Individual Children and Families in the Early Years						27			
Partnerships with Families from a Refugee Backgrounds in the Early Years [2 hours]							18		



Foundation House

The Victorian Foundation for Survivors of Torture Inc.

HEAD OFFICE

BRUNSWICK

4 Gardiner Street
Brunswick, VIC 3056

T: 03 9389 8900

info@foundationhouse.org.au

METROPOLITAN OFFICES

DALLAS

Level 4, 61 Riggall Street
Dallas, VIC 3047

T: 03 9389 8899

DANDENONG

155 Foster Street
Dandenong, VIC 3175

T: 03 9389 8888

RINGWOOD

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

T: 03 9389 8700

SUNSHINE

163 Harvester Road
Sunshine, VIC 3020

T: 03 9389 8777

Note:

The fax number for all our offices is
03 9277 7871