



Foundation  
House

The Victorian Foundation  
for Survivors of Torture Inc.

# PROFESSIONAL LEARNING CALENDAR Jul - Nov 2020



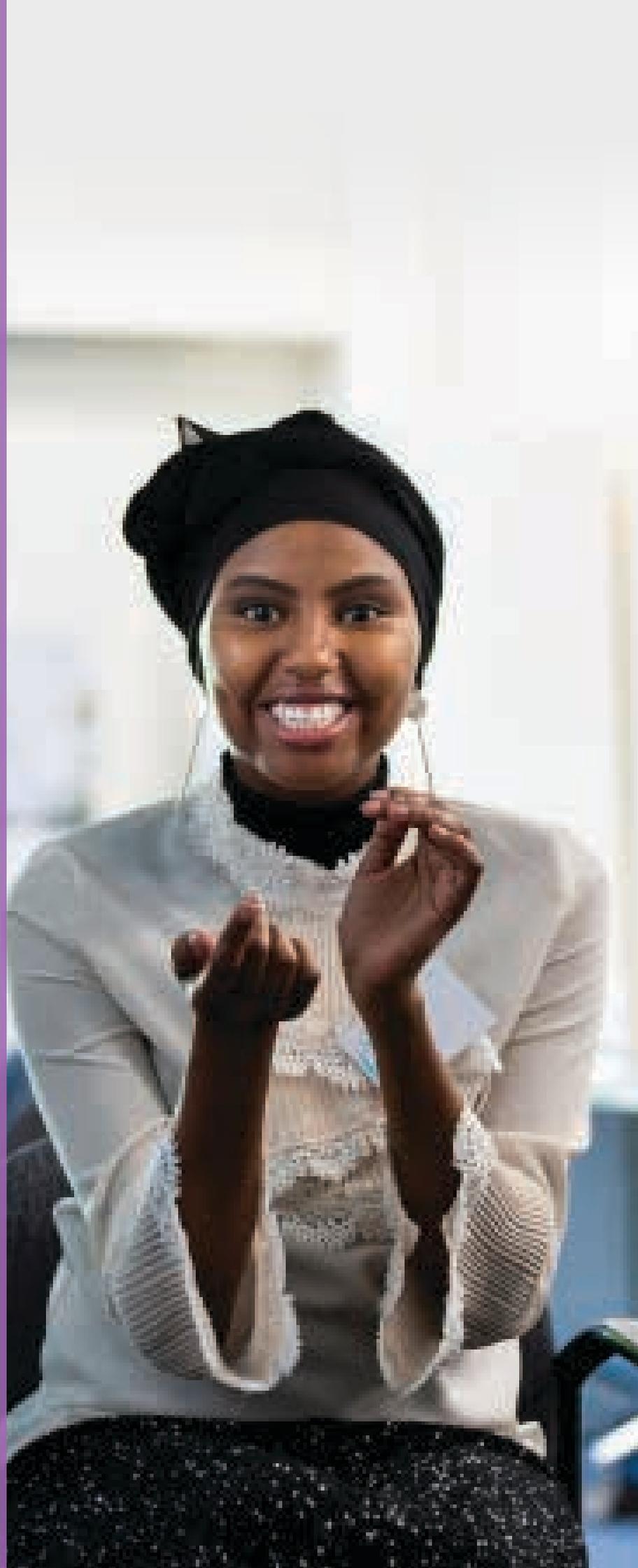
Supporting and enhancing the skills and knowledge of individuals, organisations and systems providing services to people who are of refugee background

[www.foundationhouse.org.au](http://www.foundationhouse.org.au)

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for Survivors of Torture Inc.  
(Foundation House)

4 Gardiner Street, Brunswick,  
Victoria 3056, Australia

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# PROFESSIONAL LEARNING CALENDAR

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\*These workshops are INTRODUCTORY PROGRAMS and also count as a pre-requisite for other workshops.



## ABOUT FOUNDATION HOUSE

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

Foundation House was established in Melbourne in 1987 and is non-denominational, politically neutral and non-aligned. We are a not-for-profit organisation governed by an elected Board of Management. Our work is funded by the Commonwealth and Victorian governments, philanthropic organisations and private donations.

### OUR MISSION

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

#### FOUNDATION HOUSE

- Provides services to clients in the form of counselling, advocacy, family support, group work, psycho-education, information and complementary therapies.
- Works with client communities to improve their capacity to access the services they need to support recovery.
- Offers 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.
- Works with the Commonwealth and Victorian governments to ensure that policies and programs have proper regard to the needs of people of refugee backgrounds.
- Conducts, and contributes to, research regarding the needs of people of refugee backgrounds, and the best possible ways of addressing those needs.

Foundation House is a state-wide agency offering services throughout Victoria. We have approximately 200 staff across our five offices in Brunswick, Dallas, Dandenong, Ringwood and Sunshine and also provide services in partnership with other agencies in regional and rural areas.



# FOUNDATION HOUSE PRACTICE DEVELOPMENT AND LEARNING PROGRAM

As a leading provider of trauma-informed professional learning, Foundation House Practice Development and Learning (PDL) Program offers a range of opportunities for professionals to develop skills in working with people from refugee backgrounds who have survived torture and other traumatic events.

## PROFESSIONAL LEARNING TAILORED TO YOUR ORGANISATION

The PDL team offers customised professional development to meet the needs of organisations working with people from refugee and asylum seeker backgrounds who have experienced torture and other traumatic events. This may include:

- Content from our Professional Learning Calendar;
- Tailored professional development for your organisation;
- Specialist secondary consultations;
- Reflective clinical supervision;
- Critical Reflection on Practice (reflective practice); and
- Organisational consultancy and partnerships.

## PROFESSIONAL LEARNING CALENDAR

The Foundation House Professional Learning Calendar is designed to support the development of skills and knowledge, and provide networking opportunities for individual professionals working in a range of roles with people from refugee backgrounds.

## OUR FACILITATORS

Our Practice Development and Learning facilitators are psychologists, social workers, counsellors and psychotherapists who have substantial experience working with survivors of torture and trauma with both individuals and communities.

To find out more visit [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'.

Submit an enquiry through our website, and one of our team will follow up with a phone call to discuss your organisation's needs.



# TRAUMA INFORMED ASSESSMENT AND FORMULATION

ONE DAY WORKSHOP **NEW**

## DATE

.....

Thu 16 Jul 2020

## TIME

9.30 am - 3.30 pm

## VENUE

Online via Zoom

## FEE

Standard Rate: \$225 per person

Early Bird Rate: \$205 per person  
(if you enrol on or before 18 Jun)

Provides practitioners with the knowledge, skills and insights needed to conduct comprehensive assessments, and develop case formulations for individuals from refugee backgrounds who have experienced torture and other traumatic events.

### CONTENT INCLUDES:

- Key areas to be assessed;
- Consideration of the client's developmental needs and cultural perspectives in the context of forced migration, using a bio-psychosocial approach;
- A comprehensive assessment process to address the client's therapeutic needs; and
- Creating a case formulation in the context of refugee experiences to inform relevant future case directions.

### SUITABLE FOR

Practitioners providing counselling, psychotherapy and casework support to people from refugee backgrounds.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

### REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 1 WEEK prior to this online workshop

# COUNSELLING SURVIVORS OF TRAUMA

TWO DAY WORKSHOP **NEW CONTENT**



Provides practitioners with the knowledge, skills and insights needed to provide effective counselling and psychotherapy to survivors of torture and other traumatic experiences.

## CONTENT INCLUDES:

- Theoretical and conceptual underpinnings of effective counselling and psychotherapy with survivors of trauma;
- The distinctive needs of clients from refugee backgrounds, including complex case formulation skills;
- Foundation House's *Trauma Recovery Framework*;
- Major evidence-based therapeutic modalities for use with survivors of trauma, and the common elements of effective interventions; and
- Skills in the identification and application of intervention strategies to particular client presentations.

## SUITABLE FOR

Counsellors and psychotherapists working with people from refugee backgrounds, or wanting to move into this area of practice.

## PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

## DATE

Mon 10 and Tue 11 Aug 2020

## TIME

9.30 am - 3.30 pm

## VENUE

Online via Zoom

## FEE

Standard Rate: \$320 per person

Early Bird Rate: \$290 per person  
(if you enrol on or before 13 Jul)

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 1 WEEK prior to this online workshop



# COMMUNITY CAPACITY BUILDING: ENGAGING 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.

Practitioners 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.

### SUITABLE FOR

Those interested in working with communities whose members may be from refugee backgrounds, eg. bicultural workers, community development workers, education and early years professionals, those working in policy roles, community health workers and managers, mental health service providers, settlement support workers and council workers.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

## DATE

.....

Thu 20 Aug 2020

## TIME

9.30 am - 3.30 pm

## VENUE

Online via Zoom

## FEE

Standard Rate: \$225 per person

Early Bird Rate: \$205 per person  
(if you enrol on or before 23 Jul)

### REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 1 WEEK prior to this online workshop

# INCIDENTAL COUNSELLING WITH SURVIVORS OF TRAUMA

## TWO DAY WORKSHOP

.....

Practitioners will gain incidental counselling and other skills for responding to difficult and distressing situations. The workshop involves presentations, practical exercises, roleplay, and discussions in large and small groups.

### CONTENT INCLUDES:

- The social and political context affecting work with clients;
- Psychological sequelae of torture and other traumatic events;
- Identifying duty of care issues and the need for further assessment and intervention;
- Managing disclosure and containment;
- Over and under involvement;
- Managing boundaries; and
- Opportunities for reflection on own emotional, physical and attitudinal responses to clients.

### SUITABLE FOR

Those working with 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. This workshop is generally not recommended for those working primarily in counselling or psychologically clinical roles.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.



## DATE

.....

Mon 7 and Tue 8 Sep 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

Standard Rate: \$420 per person

Early Bird Rate: \$380 per person  
(if you enrol on or before  
10 Aug for Sep workshop)

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at  
[www.foundationhouse.org.au](http://www.foundationhouse.org.au) under  
'Learning'

Registrations close 2 WEEKS  
prior to this workshop



# RECOGNISING AND UNDERSTANDING COMPLEX MENTAL HEALTH PRESENTATIONS

ONE DAY WORKSHOP **NEW**

Provides practitioners with the knowledge and skills needed to identify and understand complex mental health presentations in the refugee context in order to support the recovery of survivors of torture and other traumatic events.

## CONTENT INCLUDES:

- Recognising complex presentations, signs and symptoms of mental illness and complex post-traumatic stress common among survivors of torture and trauma;
- Understanding the knowledge base regarding evidence based therapeutic modalities relevant to treatment of the most common mental health diagnoses; and
- Understanding the complexity of cultural factors and facilitating engagement.

## SUITABLE FOR

Practitioners providing counselling and psychotherapy and other professionals working in the field of refugee mental health.

## PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.



## DATE

Thu 22 Oct 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

Standard Rate: \$275 per person

Early Bird Rate: \$245 per person  
(if you enrol on or before 24 Sep)

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop



# DEVELOPMENT AND TRAUMA: UNDERSTANDING THE LIFE TRAJECTORIES OF SURVIVORS OF TRAUMA

TWO DAY WORKSHOP **NEW**

## DATES

Mon 26 and Tue 27 Oct 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

Standard Rate: \$420 per person

Early Bird Rate: \$380 per person  
(if you enrol on or before 28 Sep)

*Morning tea, lunch and afternoon tea included*

This two day workshop will provide practitioners with a trauma informed understanding of theories of psychosocial and cognitive development and major developmental milestones and challenges. It explores ways of working with individuals who have experienced torture and other traumatic experiences at different stages of their psychosocial and cognitive development, using a developmental approach.

## CONTENT INCLUDES:

- The major theories of psychosocial and cognitive development;
- Trauma informed understanding of the major stages of psychosocial and cognitive development;
- The impact that adverse experiences such as torture, trauma, disruptions to attachment and forced migration can have on psychosocial and cognitive development; and
- Working with survivors of trauma to support recovery from a developmental perspective.

## SUITABLE FOR

Practitioners including psychologists, social workers, counsellors, psychotherapists, youth workers, education and early years workers, etc. who are working with people from refugee backgrounds.

## PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop

# UNDERSTANDING AND WORKING WITH SUICIDALITY

## ONE DAY WORKSHOP **NEW**

This workshop will cover a range of complex factors workers must consider when engaging with 'at risk' clients from refugee backgrounds.

Recognising the complex and diverse circumstances facing people from refugee and asylum seeking backgrounds, this workshop will explore a range of considerations and responses the practitioner requires to understand and effectively support people from refugee backgrounds who are at risk of suicide and self-harm.

### CONTENT INCLUDES:

- The global and local context of suicidality across communities from refugee backgrounds;
- Reflecting on participants own beliefs and attitudes towards suicidality and how this may influence engagement with clients;
- The diverse causes and presentations of self-harm and suicidality in the context of refugee experiences;
- Risk assessment, decision making processes, referral and documentation; and
- The impact of supporting 'at risk' clients, including practical strategies to encourage sustainable practice.

### SUITABLE FOR

Practitioners including psychologists, social workers, counsellors, psychotherapists and therapeutic youth workers who are working with people from refugee backgrounds.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.



## DATE

Tue 10 Nov 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

Standard Rate: \$275 per person

Early Bird Rate: \$245 per person  
(if you enrol on or before 13 Oct)

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop



# SEEKING ASYLUM: WORKING WITH PROLONGED UNCERTAINTY

## ONE DAY WORKSHOP

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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 being with clients living with ongoing uncertainty; and
- Identification of key principles for sustainable and professional engagement with clients.

### SUITABLE FOR

Those working with people from refugee backgrounds, including people seeking asylum, who are experiencing prolonged uncertainty, eg. case workers, settlement workers, English as a Second Language (ESL) teachers, counsellors, community health practitioners, lawyers and those involved in the legal system.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

## DATE

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Tue 24 Nov 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

Standard Rate: \$275 per person

Early Bird Rate: \$245 per person  
(if you enrol on or before 28 Oct)

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at  
[www.foundationhouse.org.au](http://www.foundationhouse.org.au) under  
'Learning'

Registrations close 2 WEEKS  
prior to this workshop



## REFUGEE AND ASYLUM SEEKING EXPERIENCES ONLINE – AVAILABLE 2020

Foundation House has produced a two hour online learning course covering key principals from our Refugee and Asylum Seeking Experiences workshop.

The online course guides participants through the possible journeys of four people from different refugee backgrounds including:

- Flight;
- Camp Experiences;
- Urban Experiences; and
- Settlement and Recovery.

Participants will see how Foundation House's *Trauma Recovery Framework* can be applied in these examples. Key data and statistics are also included.

Currently the Refugee and Asylum Seeking Experiences Online is available as a pre-requisite to a course, or negotiated as part of Tailored Training for your organisation. If you would like to discuss its use with your organisation or have other enquiries please contact:  
[pdrequests@foundationhouse.org.au](mailto:pdrequests@foundationhouse.org.au)

### INTENSIVE INTRODUCTION FOR NURSES AND ALLIED HEALTH PROFESSIONALS - 2019

"Was a great professional development, very relevant and will enhance practice"

"Presenters were passionate, informative and interactive"

"Thanks for such a professional but fun workshop"

### REFUGEE AND ASYLUM SEEKING EXPERIENCES - 2019

"Amazing, thank you - both clear, articulate, passionate, knowledgeable presenters"

"It was great - thank you!"

"The training was very well presented and I particularly appreciated the safe environment it created - thanks guys!"

### SCHOOL'S IN FOR REFUGEES - 2019

"The presentation was very interactive and engaging"

"Great workshop! I really enjoyed the day and I learned a lot - well targeted"

"Thank you, presenters were excellent"

### INCIDENTAL COUNSELLING - 2019

"Brilliantly run and conceived workshop - thank you!"

"This training is great, really enjoyed it - trainers were excellent"

"Thank you for some wonderful training. I love the way Foundation House utilises reflective practice, group work and creative activities / role plays to deliver content. Having two facilitators is also a great move!"



# INTENSIVE INTRODUCTION FOR NURSES AND ALLIED HEALTH PROFESSIONALS

## TWO DAY WORKSHOP

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This two day intensive introduction includes an exploration of some potential pre-arrival experiences of people from refugee and asylum seeking backgrounds, and the impact of those experiences on health and wellbeing in both early settlement and longer-term contexts. Participants will also engage with concepts of health literacy, cultural awareness, and assessing common physical and emotional health issues which are a result of refugee experiences. Communication skills, refugee health and settlement services, and other important services and resources will also be discussed.

### CONTENT INCLUDES:

- Understanding Australia's humanitarian program and asylum seeking pathways within a broader policy context;
- Exploring issues in working cross culturally;
- Exploring the Foundation House's *Trauma Recovery 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.

### SUITABLE FOR

Only available to Nurses and Allied Health professionals.

NO PRE-REQUISITE REQUIRED



## DATES

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Thu 27 and Fri 28 Aug 2020

## TIME

9.30 am - 2.30 pm

## VENUE

Online via Zoom

## FEE

This program is funded for Nurses and Allied Health professionals through the Victorian Department of Health and Human Services. Therefore there is no cost to professionals working in these areas.

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 1 WEEK prior to this online workshop



# BICULTURAL HEALTH WORKERS

## ONE DAY WORKSHOP **NEW**

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This workshop explores opportunities and challenges for staff in health settings who are also employed, or used incidentally, for their language skills and cultural knowledge.

### CONTENT INCLUDES:

- Trauma informed practices;
- Managing client, community and organisational relationships and expectations;
- Working sustainably with survivors of trauma; and
- Opportunities for sharing experience and strategies, and networking.

### SUITABLE FOR

Only available to bicultural health staff delivering or promoting health services and working with people from refugee backgrounds.

NO PRE-REQUISITE REQUIRED

## DATE

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Thu 17 Sep 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

This program is funded through the Victorian Department of Health and Human Services. Therefore there is no cost to professionals working in these areas.

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop

# WORKING WITH CHRONIC PAIN

## ONE DAY WORKSHOP

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This workshop explores ways of delivering a culturally appropriate, bio-psychosocial, multidisciplinary model to assist with assessment and treatment of chronic pain. It examines ways chronic pain can be exacerbated for people from refugee backgrounds by ongoing settlement factors, including challenges of navigating a complex and often fragmented health system.

### CONTENT INCLUDES:

- Revisiting 'Refugee and Asylum Seeking Experiences' and trauma informed responses in health settings;
- Exploration of pain as multidimensional and part of a body protection system;
- Current and emerging issues in pain management;
- An interdisciplinary approach to pain management for survivors of torture and trauma; and
- 'Therapeutic touch' and client/patient engagement skills.

### SUITABLE FOR

Only available to Nurses and Allied Health professionals.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.



## DATE

.....

Thu 8 Oct 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

This program is funded for Nurses and Allied Health professionals through the Victorian Department of Health and Human Services. Therefore there is no cost to professionals working in these areas.

*Morning tea, lunch and afternoon tea included*

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop



## SUPPORTING LGBTIQA+ PEOPLE FROM REFUGEE BACKGROUNDS

ONE DAY WORKSHOP **NEW**

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This workshop will explore the pre-arrival experiences and impact of torture and other traumatic events for LGBTIQA+ people. Challenges and opportunities during settlement, or the protection process, will also be explored. The workshop will emphasis key considerations and skills required in engaging with this client group, particularly when assessing health, trauma, and other psycho-social needs. Resources and referral pathways will also be discussed and shared amongst participants.

### CONTENT INCLUDES:

- Understanding common pre-arrival experiences of LGBTIQA+ people from refugee backgrounds;
- Foundation House's *Trauma Recovery Framework* and *Integrated Recovery Service Model*;
- Exploring engagement skills, including language, communication, and worker assumptions;
- Understanding settlement and protection vulnerabilities; and
- Assessment of health needs, including sexual health information provision, resources and referral pathways.

### SUITABLE FOR

Only available to Nurses and Allied Health professionals.

### PRE-REQUISITE

Participants will be expected to have completed either a Foundation House Introductory workshop, or 'Refugee and Asylum Seeking Experiences' Online.

The online option is available free as a pre-requisite when you register for this workshop.

### DATE

.....

Thu 29 Oct 2020

### TIME

9.30 am - 4.30 pm

### VENUE

Foundation House  
4 Gardiner Street, Brunswick

### FEE

This program is funded for Nurses and Allied Health professionals through the Victorian Department of Health and Human Services. Therefore there is no cost to professionals working in these areas.

*Morning tea, lunch and afternoon tea included*

### REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop

# INTENSIVE INTRODUCTION FOR NURSES AND ALLIED HEALTH PROFESSIONALS

## TWO DAY WORKSHOP

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This two day intensive introduction includes an exploration of some potential pre-arrival experiences of people from refugee and asylum seeking backgrounds, and the impact of those experiences on health and wellbeing in both early settlement and longer-term contexts. Participants will also engage with concepts of health literacy, cultural awareness, and assessing common physical and emotional health issues which are a result of refugee experiences. Communication skills, refugee health and settlement services, and other important services and resources will also be discussed.

### CONTENT INCLUDES:

- Understanding Australia's humanitarian program and asylum seeking pathways within a broader policy context;
- Exploring issues in working cross culturally;
- Exploring the Foundation House's *Trauma Recovery 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.

### SUITABLE FOR

Only available to Nurses and Allied Health professionals.

NO PRE-REQUISITE REQUIRED



## DATES

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Thu 26 and Fri 27 Nov 2020

## TIME

9.30 am - 4.30 pm

## VENUE

Foundation House  
4 Gardiner Street, Brunswick

## FEE

This program is funded for Nurses and Allied Health professionals through the Victorian Department of Health and Human Services. Therefore there is no cost to professionals working in these areas.

## REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to this workshop



## SCHOOL'S IN FOR REFUGEES

### ONE DAY WORKSHOP

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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:

- Experiences of young people from refugee backgrounds including 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;
- An introduction to a whole school approach and key areas where schools can increase support for refugee background students and families; and
- Strategies that support the recovery process for teachers and other staff to use.

#### SUITABLE FOR

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

NO PRE-REQUISITE REQUIRED

### DATES VENUES

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Thu 3 Sep 2020 Manningham

Thu 19 Nov 2020 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 Victorian Department of Education and Training. There is therefore no charge to participants for this workshop.

*Morning tea and lunch included*

#### REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to each workshop

# SUPPORTING CHILDREN AND FAMILIES OF REFUGEE BACKGROUNDS IN THE EARLY YEARS

## TWO HOUR WORKSHOP

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This two hour workshop is recommended as the first professional development from Foundation House for those working with children and families in early childhood programs and services.

### CONTENT INCLUDES:

- The impact of refugee and asylum seeking experiences for young children and their families;
- The impact of trauma on young children's development and wellbeing;
- The role of early childhood program and service providers in supporting recovery from trauma; and
- Practical examples and strategies to use.

### SUITABLE FOR

People working with children and families of refugee backgrounds within an early childhood program or service.

NO PRE-REQUISITE REQUIRED



## DATES VENUES

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Wed 16 Sep 2020 Manningham

Wed 25 Nov 2020 Brunswick

### 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 Victorian Department of Education and Training, therefore there is no charge for this workshop.

### REGISTRATION ESSENTIAL

Please register online at [www.foundationhouse.org.au](http://www.foundationhouse.org.au) under 'Learning'

Registrations close 2 WEEKS prior to each workshop

# HOW TO REGISTER

## FEE EVENTS

1. Go to our website <https://www.foundationhouse.org.au> then click on the 'Learning' tab.
2. Click on 'Professional Learning Calendar' and select the workshop you are interested in attending then select 'Register'.
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 on 'Professional Learning Calendar' and select the workshop you are interested in attending then select 'Register'.
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.

## REFUGEE AND ASYLUM SEEKING EXPERIENCES (RASE) ONLINE PRE-REQUISITE

If you need to complete RASE online as a pre-requisite, tick 'Yes' on the registration form and instructions will be sent to you 2 weeks prior to your chosen workshop.

## 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.

### 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.

### CANCELLATIONS

Participants who register for calendar workshops are required to provide 7 days notice in writing (via email) for any cancellations, in which case any monies paid will be refunded.

If notification is received between 7 days to 24 hours, the participant and/or organisation will be charged a fee of 50% to cover all charges. No refunds are given for notice less than 24 hours before and 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.*

### ACCESS AND SUPPORT

If you require any specific access or support needs please email [pdregistrations@foundationhouse.org.au](mailto:pdregistrations@foundationhouse.org.au).

# PROFESSIONAL LEARNING CALENDAR

## Jun - Nov 2020

JUL    AUG    SEP    OCT    NOV

GENERAL WORKSHOPS					
Trauma Informed Assessment and Formulation	16				
Counselling Survivors of Trauma		10 & 11			
Community Capacity Building: Engaging Communities about Mental Health		20			
Incidental Counselling with Survivors of Trauma			7 & 8		
Recognising and Responding to Complex Mental Health Presentations				22	
Development and Trauma: Understanding the Life Trajectories of Survivors of Trauma				26 & 27	
Understanding and Working with Suicidality					10
Seeking Asylum: Working with Prolonged Uncertainty					24
NURSES & ALLIED HEALTH					
Intensive Introduction for Nurses and Allied Health Professionals*		28 & 29			26 & 27
Bicultural Health Workers			17		
Working with Chronic Pain				8	
Supporting LGBTIQ+ People from Refugee Backgrounds				29	
SCHOOLS & EARLY YEARS					
School's in for Refugees*			3		10
Supporting children and families of refugee backgrounds in the early years			16		25

\*These workshops are INTRODUCTORY PROGRAMS and also count as a pre-requisite for other workshops.



**Foundation  
House**

The Victorian Foundation  
for Survivors of Torture Inc.

# OUR LOCATIONS



## **BRUNSWICK** (HEAD OFFICE)

4 Gardiner Street  
Brunswick, VIC 3056

**T:** 03 9389 8900

## **DALLAS**

Level 4, 61 Riggall Street  
Dallas, VIC 3047

The Hume Community Hub  
(multi-level tower) lifts will  
take you to Foundation House  
on Level 4

**T:** 03 9389 8899

## **DANDENONG**

155 Foster Street  
Dandenong, VIC 3175

**T:** 03 9389 8888

## **RINGWOOD**

18 Bond Street  
Ringwood, VIC 3134

**T:** 03 9389 8700

## **SUNSHINE**

163 Harvester Road  
Sunshine, VIC 3020

**T:** 03 9389 8777

**FAX: 03 9277 7871**

SERVICES ARE ALSO PROVIDED IN RURAL AND REGIONAL LOCATIONS.  
FOR FURTHER INFORMATION, PLEASE VISIT OUR WEBSITE.

**foundationhouse.org.au**

03 9389 8900 | [info@foundationhouse.org.au](mailto:info@foundationhouse.org.au)