



Psychological First Aid Responding to Trauma

*A Training Program for First Responders
in the Immediate Aftermath of a Traumatic Event.*

1 Day Workshop

- When:** Thursday 12 July 2018
- Time:** 10.00 am - 4.00 p.m
- Where:** NALAG Centre for Loss & Grief
Dubbo
- Cost:** **Members \$220**
Non NALAG Members
\$260.00 (GST Exempt)

Join NALAG for \$65.00 and attend the workshop at a discounted rate.

Enquiries and Bookings:

Enquiries can be made by contacting NALAG on 6882 9222

To book please complete a registration form online at www.nalag.org.au/Pages/education.htm Payment can also be made online. If you are unable to make payment online select the "Pay by invoice" option in the Payment method field and an invoice will be sent to you.

Psychological First Aid aims to limit the painful range of emotions and physical responses experienced by people exposed to disaster.

These reactions include combinations of confusion, fear, hopelessness, helplessness, physical pain, anxiety, anger, shame, shaken religious faith, and loss of confidence in self or others.

Psychological First Aid can help alleviate these painful emotions and reduce further harm that can result from initial reactions to disasters.

The NALAG Psychological First Aid Training explores an evidenced informed approach for helping survivors cope in the immediate aftermath of a disaster.

This 1 day workshop explains the basics of Psychological First Aid and how it should be administered. The workshop will give you an opportunity to practice skills covered in the theory module and in dramatised scenarios.

The purpose of the NALAG Psychological First Aid training program is to equip participants to provide psychological support to survivors of traumatic events (e.g. disasters, conflicts, accidents). The workshop addresses critical information and skills that make an immediate and lasting impact on a person's psychological health following a traumatic event.

This course is for:

Counsellors, grief support volunteers, volunteer workers, social workers, mental health workers, teachers, emergency workers and clergy.

This workshop is brought to your by:

**NALAG Centre for
Loss & Grief Dubbo**
National Association for
Loss & Grief (NSW) Inc.

**7 Welchman Street
Dubbo NSW 2830**
Ph: 02 6882 9222
Fax: 02 6884 9100



Psychological First Aid Responding to Trauma

*A Training Program for First Responders
in the Immediate Aftermath of a Traumatic Event.*

About the Presenter

JULIE DUNSMORE AM, MAPS

Julie is the current President of the National Association for Loss and Grief (NALAG) (NSW) Inc. She has been working as a psychologist in the area of loss grief and trauma for over 30 years. Since 2003 Julie has been the Bali Trauma Recovery Coordinator primarily working with NSW Bali Bombing survivors, bereaved & first responders. She has worked with survivors of the Tsunami and most recently a consultant for those working with the bereaved from the Victorian bushfires, and Queensland floods. Julie is a member of numerous International/Federal/State, expert Advisory/Working Groups on Disaster Management in relation to mental, emotional social health response and supporting victims of terrorism. She has been instrumental in developing emotional social health programs and advocating for resilience building initiatives in communities experiencing adversity.

Julie has had a special interest in working with bereaved parents, adolescents and children. She was instrumental in the development & facilitation of "Good Grief" weekends for bereaved adolescents. She has worked extensively with young people experiencing chronic and life-threatening illness. Julie is a founding member of CanTeen (Australian Teenage Cancer Patients' Society Inc.) She is a co-founder of SANDS (NSW) (Stillbirth and Neonatal Death Support Group). She has also worked extensively with those who have experienced traumatic bereavement after a violent / sudden unexpected death, including suicide, murder and accidents. She is well recognised for her innovative model of working creatively with those who have experienced trauma & grief.

1 Day Workshop

When: Thursday 12 July 2018

Time: 10.00am - 4.00 pm

Where: NALAG Centre for Loss & Grief Dubbo

Cost: \$260

\$220 to NALAG members

Enquiries and Bookings:

To register please complete a registration form located at www.nalag.org.au/Pages/education.htm

If you are unable to make payment online select the "Pay by invoice" option in the Payment method field and an invoice will be sent to you.

For more information please contact:

NALAG

Ph.: 02 6882 9222

Fax: 02 6884 9100

contact@nalag.org.au

www.nalag.org.au

NALAG

National Association for
Loss & Grief (NSW) Inc