



Managing the Effects of Trauma for Young People

Thursday 5th October

How does childhood trauma affect teenagers and young adults?

Over the past 30 years researchers have discovered more and more that untreated childhood trauma plays a significant role in poorer learning outcomes, higher rates of anxiety, depression, suicide and early death. It's not all bad news, researchers are discovering that if the trauma is acknowledged and treated then this greatly reduces the negative effects. This workshop will cover the following:

- * How does physical, emotional and sexual abuse, neglect, and unstable attachments affect the emotional and physical development of children?
- * How should professionals safely ask young people about negative experiences?
- * Discover the main findings of the Adverse Childhood Experiences study.
- * How do earthquakes affect developing children?
- * Understand how PTSD, Borderline Personality Disorder and addiction can develop from childhood trauma.
- * Discover what protective factors are, and how these help young people to excel.
- * How and where to find help?

This workshop is ideally suited to youth workers, social workers, counsellors, teachers, nurses, doctors, or anyone who works with young people.

WORKSHOP DETAILS:

Time:	9.30am—2.00pm
Date:	Thursday 5th October 2017
Venue:	Christchurch Bridge Club, 21 Nova Place, Christchurch
Cost:	\$120 + gst per person
Register:	Online here before 29 September

*For more information contact info@collaborative.org.nz
or visit our website www.collaborative.org.nz*