



Presented By:
ENGAGE (Kathryn Berkett)



Complex Behaviour : Simple Interventions

A two-day workshop unpacking the neuroscience around complex behaviour.

- *Understand, at a neurological level, how behaviour develops*
- *Take away practical, applicable strategies that will compliment your mahi*

Across Aotearoa, there are a growing number of children who display increasingly complex behaviours. This can get overwhelming for those working in any profession where there is interaction with children and youth. It becomes especially challenging for those who work with anyone who has experienced trauma in their lives. With such complex needs, it is incredibly difficult to know where to begin...

This two-day workshop will begin by unpacking the neuroscience of trauma. We will talk about what trauma *physically* does to the brain; how it can affect the operation of our stress response and other systems in our body. We will also get a much clearer and deeper understanding of why trauma can have long term effects on behaviour, mental health and even physical health.

Once we have understood the impact of trauma, we will be able to discuss, unpack and practically work out strategies for intervention. Once we truly understand how behaviour develops, we can become more adept at targeting the source of the behaviour. This way, we can have faith that we are focusing our efforts in the area most needed, in a way that is more biologically respectful towards those we support, and has the most likelihood of long term success.

Integrating information and theoretical models from Dr Bruce Perry, Sir Mason Durie, Dr Kristie Brandt and many others, this training will unpack practical, applicable ways of working with those who have experienced complex trauma. This information will be delivered in a collaborative format – because you will all bring your own kete of knowledge – in a way that is easy to understand and apply. This workshop is about you taking home the information that will allow you to better assess the needs of those you are working with, and implement strategies that will work.

The most exciting aspect is that these strategies are simple. They will take time, commitment, knowledge and support. But they do not need million dollar investments in equipment or employees. We make a difference because of our interactions, because of our relationships, because we care. Simple but Complex – this is the world we work in. Come along and join us! See you there...

DATES: 21st and 22nd May: 9am – 1pm both days

COST: \$195+gst per person for both days .

LOCATION: Mt Eden War Memorial Hall, 489 Dominion Road, Mount Eden. Auckland (in Chamber Room)

RSVP: admin@engagetraining.co.nz (first in – first booked)

Only 30 spaces available – book fast

More Information: www.engagetraining.co.nz