

Women's Health Goulburn North East - Training Packages

Below is the suite of training developed by Women's Health Goulburn North East. Some of the training is available for download from our website. Alternatively Women's Health Goulburn North East can provide trainers.

Sessions can contain one complete module or multiple depending on the needs of participants and the time available. The content of training aligns with some elements and performance criteria within specific units of competency.

Fee for service: ½ day - \$1290 | Full day - \$1800 | Evening - \$1600 | Discounts for organisations and groups within Hume region.

Please contact us for a quote. More information: www.whealth.com.au/training 03 5722 3009



Family Violence Awareness

Designed for delivery to a range of professionals and workplace settings, this training includes the Common Risk Assessment Framework (CRAF) material. The training is suitable for anyone working in human and welfare services such as housing, medical and court staff and other professionals such as hairdressers, aged care workers and local government teams. It is recommended that participants complete Module 1 before completing the modules 2 & 3.

1. The Dynamics of Family Violence	<p>By the end of Module 1 participants will have gained an understanding of the:</p> <ul style="list-style-type: none"> gendered nature of family violence and the determinants of family violence scope of family violence impact of family violence on women and children. 	2 hours
2. Identifying and responding to women experiencing family violence	<p>By the end of Module 2 participants will have gained:</p> <ul style="list-style-type: none"> skills in identifying situations of family violence skills in responding to disclosure of family violence information about referral pathways in their local area. 	2 hours
3. Identifying and responding to children experiencing family violence	<p>By the end of Module 3 participants will have gained:</p> <ul style="list-style-type: none"> an understanding of the impact of family violence on children's learning and development skills in responding to disclosure of family violence information about referral pathways in their local area. 	2 hours
4. Bystander action to prevent violence against women and children	<p>By the end of Module 4 participants will have gained:</p> <ul style="list-style-type: none"> an understanding of the bystander effect an understanding of how to be an effective bystander in the context of violence against women and children skills to speak up and take action to challenge sexism, reinforcement of gender stereotypes and discrimination 	3 hours
5. Language and Resistance training (Based on the work of Allan Wade and Response-based Therapy)	<p>By the end of Module 5 participants will have gained:</p> <ul style="list-style-type: none"> an understanding of the way language can be used to mask the extent and reality of violence examine current media and the way violence is portrayed to excuse the offender and blame the victim an understanding of resistance to violence 	2 hours



Trauma and Young Children – A Caring Approach

Designed for early childhood educators and professionals working with children 0-8.

This training has been developed to introduce ideas and to raise awareness about working with young children with trauma.

WHGNE trainers available on a fee for service basis. This training package is available free for you to use in your training session.

PROFESSIONAL DEVELOPMENT MODULES

<p>1. Young Children and trauma</p>	<p>By the end of this module participants will have:</p> <ul style="list-style-type: none"> • a clear understanding of the impact of trauma on young children • extended their knowledge of the types of experiences that may be traumatic for young children • developed an awareness of the impact of trauma on brain development and subsequent learning and behaviours increased their understanding of the impact of trauma on children • identified some strategies for working with young children with trauma. 	<p>3-4 hours with 12-15 participants</p>
<p>2. Developing and implementing strategies for working with young children with trauma</p>	<p>By the end of this module participants will have:</p> <ul style="list-style-type: none"> • extended their understanding of the impact of trauma on the behaviours of young children • reviewed how environments can be established for working more effectively with young children with trauma • investigated a range of strategies for working more effectively with young children with trauma. 	<p>3-4 hours with 12-15 participants</p>
<p>3. Risk, resilience, support and care</p>	<p>By the end of this module participants will have:</p> <ul style="list-style-type: none"> • extended their knowledge of identifying children with trauma • investigated the meaning of resilience and its implications for children with trauma • reflected on their practices in relation to working with the families and carers of young children with trauma • reviewed their understanding and knowledge of the support services and referral pathways available for young children with trauma and their families and carers. 	<p>3-4 hours with 12-15 participants</p>

TOOLBOX TALKS

Toolbox Talks are a short presentation and informal discussion designed to be held during staff meetings or as part of professional development Toolbox talks focus on a specific workplace issue; identify important issues and strategies; introduce ideas and are to raise awareness.

<p>1. The impact of trauma on children</p>	<p>What is trauma? What is a traumatic event? What types of trauma might children be exposed to? What effect can trauma have on children's development? What are children's reactions to trauma? What support services are available? What referral pathways are available?</p>	<p>20-30 mins</p>
<p>2. Risk Factor identification for young children with trauma</p>	<p>Do all children respond the same way to trauma? What are the risk factors related to children with trauma? Are there age-related responses to trauma? What support services are available? What are the referral pathways?</p>	<p>20-30 mins</p>
<p>3. Using relationship based practice when working with young children with trauma</p>	<p>How can we create connections when working with young children with trauma? How can we defuse conflict when working with young children with trauma?</p>	<p>20-30 mins</p>



Family Violence Awareness for Rural Financial Counsellors

The Family Violence Awareness Training Package provides rural financial counsellors (RFCs) with the understanding, knowledge and skills to identify family violence and to provide referrals when appropriate.

This training was designed for Rural Financial Counsellors working with the Rural Financial Counselling Service Program (RFCS Program). The RFCS Program provides free rural financial counselling to primary producers, fisheries and small rural businesses who are experiencing financial hardship.

WHGNE trainers available on a fee for service basis. This training package is available free for you to use in your training session.

Family Violence Awareness for Rural Financial Counsellors working with the Rural Financial Counselling Service Program (RFCS Program)

Participants will gain

- an understanding of the scope of family violence
- an understanding of the impact of family violence
- skills in identifying situations of family violence
- skills in approaching people about family violence
- skills in responding to disclosure of family violence
- information about local referral pathways

There are two parts to this package:

A five (5) hour face-to-face workshop for delivery to groups of 6–12 RFCs

A self-paced learning package for RFCs unable to attend face-to-face training.



Family Violence After Natural Disasters

This workshop is designed to provide emergency services and recovery workers with an understanding of family violence after natural disaster. It provides participants with the knowledge and skills to identify family violence after natural disasters and to provide referrals where appropriate.

WHGNE trainers available on a fee for service basis. This training package is available free for you to use in your training session.

Family Violence After Natural Disasters

Participants will gain:

- Information about family violence after natural disasters based on current research.
- Practical skills for responding to family violence after natural disaster.
- Information about local referral pathways.

The workshop takes 4–5 hours to complete when presented to 12–15 participants.



Tools for Change

Designed for mentoring participants with the Tools For Change program.

The modules provide financial mentors with the skills, knowledge and understanding to enable them to support women exiting family violence to develop their financial confidence and autonomy.

WHGNE trainers available on a fee for service basis. This training package is available free for you to use in your training session.

<p>Module 1</p> <p>Understanding gender, power and money</p>	<p>By the end of the module the participants will have an understanding of:</p> <ul style="list-style-type: none"> • the roles of financial mentors and mentees • the relationship between financial mentors and mentees • the mentoring process • maintaining boundaries in mentoring relationships and self-care • gender based inequities and their impact on women’s financial situations • the impact of family violence on women 	<p>The three modules have been developed for face-to-face delivery. Total training time is approximately 12 hours plus breaks.</p> <p>The training is most effective when delivered in sequence, as each module builds on the previous learning.</p> <p>6 hours</p>
<p>Module 2</p> <p>Money management tools</p>	<p>By the end of the module the participants will:</p> <ul style="list-style-type: none"> • undertake financial goal setting • complete a spending diary • complete a budget. 	<p>3 hours</p>
<p>Module 3</p> <p>Pathways forward</p>	<p>By the end of the module the participants will have an understanding of:</p> <ul style="list-style-type: none"> • issues and challenges mentees may confront in relation to debt • tools for supporting mentees to manage debt • low interest/no interest loan schemes • tools for maintaining paperwork • wills • powers of attorney • the process of making referrals • the range of services and organisations in their local area. 	<p>3 hours</p>

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