

# Trauma Informed Practices in the Early Years.



The Preschool Inclusion Program is excited to welcome Deb Costa for this insightful Professional Development opportunity

Deb is passionate about her role as Psychologist, Educator and Psychology Training Provider, based within the renowned team of staff at The Hummingbird Centre.



**Overview:** Running over 3 Consecutive Tuesday evenings...

This training will provide early childhood educators with the following:

- ❖ an understanding of developmental processes during the early years, including brain development, and the role of attachment experiences and the impacts of trauma and neglect during this time.
- ❖ a range of tools and approaches for supporting children and adults in early years settings.

The practical and engaging nature of these workshops will provide:

- ❖ insight, knowledge, and practice application ideas for working with all children and enhancing work with vulnerable children.

Participants will cover topics set out below, access resources and engage with activities, discussion, and planning.

## Session 1:

- # Caring for self when working with children
- # Introduction to childhood trauma
- # Resources, Discussion, Planning

## Session 2:

- # Brains – it takes a team to build one
- # Relationships
- # Resources, Discussion, Planning

## Session 3:

- # Regulation
- # Routine
- # Resources, Discussion, Planning

**Dates: Tuesday 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> March 2021**

**Time: 5.30pm – 7:30pm**

**Cost: \$35.00 per person**

**Where: Club Charlestown**

5 Lincoln Street, Charlestown (plenty of parking under the venue)

**RSVP by: Monday 14<sup>th</sup> March.**

Places are limited. To register for this event please go to [Events on the Firstchance website](#): speak with your PIP EI Educator.



# Deborah Costa

## Educator, Psychologist, Psychology Training Provider

Deborah has expertise in trauma informed systems, techniques and treatments within education settings. Deborah was awarded the 2017 NSW Premier's Scholarship and travelled throughout the USA and UK researching whole of school reparative and resilience projects for addressing the needs of traumatised students in schools. Deborah has specialist qualifications from the Trauma Center at JRI in Boston, extensive knowledge and experience and is a recognised leader in the field.

Deborah regularly presents to education and health audiences at local, state and national level conferences and forums and delivers directly to schools.

Deborah is experienced in designing and delivering professional learning packages for health and education professionals:

- Emotion Coaching in education settings Practitioner Trainer
- Member of the International Association of Trauma Professionals
- Australian Childhood Foundation Trauma Recovery Team supporter and guest blogger
- Author of 'REWIRE' (a systematic adaptable school-based model for supporting traumatised students strategically, safely and successfully).



## Little bit about the Hummingbird Centre:

The Hummingbird Centre is a multi-disciplinary team, comprised of Psychologists, Clinical Psychologists, Mental Health Accredited Social Workers, Occupational Therapy, Paediatrician, Psychiatrist, and Administrative Support staff who help adults, children, teenagers and families to create positive changes in their lives. We are also dedicated to providing training and professional development opportunities to other professionals to support their important work in various sectors.

We aim to continue to find evidence-based yet innovative ways to provide exceptional levels of service to our clients and body of professionals we provide training for. We value connection, growth, fun, innovation, safety and contribution.

See [www.hummingbirdcentre.com.au](http://www.hummingbirdcentre.com.au) for further information.