



# Foundation House

The Victorian Foundation for Survivors of Torture

## Training Calendar Semester 2, 2010

Foundation House is the home of the Victorian Foundation for Survivors of Torture Inc, and provides specialised services for refugees who have survived torture and other traumatic experiences prior to arriving in Australia.

Foundation House offers training to other service providers in working with people from a refugee background in a variety of settings.

Our Training Series offers a number of streams to increase the skills and knowledge of professionals, volunteers and community members who work and interact with refugee survivors of torture and trauma. All sessions are interactive and combine PowerPoint presentations and written and video case studies with large and small group discussions. Time is allowed for participants' reflection and planning.

Our trainers are experienced social workers, psychologists, teachers and community development practitioners currently working with clients and communities. This enables trainers to draw on current issues and themes to complement the training experience for participants.

### **Spirituality and Human Service Practice – Two Day Module (New Format)**

*“God centeredness is a core value of many of the people with whom Foundation House works”.*

In response to requests, the Spirituality and Human Service Practice training course will be offered as a two-day course.

### **Courses in the Series**

**The Refugee Experience**



**Course for Incidental  
Counsellors**



**Course for Counsellors**



**Practice Seminar Series  
for  
Counsellors  
and  
Incidental Counsellors**

### **Schools Courses**

**School's in for Refugees**



**Supporting the  
Individual**



**Classroom Strategies &  
Resources**

**Training offered at Brunswick and Dandenong**

[www.foundationhouse.org.au](http://www.foundationhouse.org.au)



# Foundation House Training

Semester 2, 2010

## Courses 2010

Date

Time

Page

### July

Refugee Health Nurse Training –  
Women’s Health and Wellbeing\*  
**Brunswick**

20 July

9.15am-  
4.30pm

13

### August

School’s In for Refugees  
**Brunswick**

3 Aug

9am-4pm

10

Practice Seminar Series for Counsellors\*  
**Brunswick**

Starting  
5 Aug, then  
19 Aug,  
2 & 16 Sept

4-7pm

8

Spirituality and Human Service Practice  
**Brunswick**

10 Aug &  
16 Sept

9.30am-  
4.30pm

9

The Refugee Experience  
**Brunswick**

12 Aug

9.30am-  
4.30pm

5

Classroom strategies and resources that support the  
recovery of refugee background students\*  
**Brunswick**

16 Aug

4-7pm

11

Course for Incidental Counsellors\*  
**Brunswick**

19 & 26  
Aug

9.30am-  
4.30pm

6

Refugee Health Nurse Training – Intensive  
Introduction; Including Refugee Health Assessment  
and Care  
**Brunswick**

23 & 24  
Aug

9.15am-  
4.30pm

13

\*these courses require prerequisites



## Courses 2010

Dates

Time

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### September

Course for Counsellors* <b>Dandenong</b>	1 & 8 Sept	9.30am- 4.30pm	7
Supporting the individual: refugee background students* <b>Brunswick</b>	6 Sept	4-7pm	12
Refugee Health Nurse Training – Men’s Health and Wellbeing* <b>Brunswick</b>	14 Sept	9.15am- 4.30pm	13

### October

Practice Seminar Series for Incidental Counsellors* <b>Brunswick</b>	NEW DATES in Oct/Nov	4-7pm	8
School’s In for Refugees <b>Werribee</b>	12 Oct	9am-4pm	10
The Refugee Experience <b>Dandenong</b>	13 Oct	9.30am- 4.30pm	5
Refugee Health Nurse Training – Youth and Adolescent Health* <b>Brunswick</b>	26 Oct	9.15am- 4.30pm	13

### November

Course for Incidental Counsellors* <b>Dandenong</b>	3 & 10 Nov	9.30am- 4.30pm	6
Course for Counsellors* <b>Brunswick</b>	18 & 25 Nov	9.30am- 4.30pm	7

\*these courses require prerequisites



# Learning Pathways

## Selecting the right Training Series

These two courses are designed for people doing different kinds of work.

The **Course for 'Incidental' Counsellors** is for when basic counselling is part of the work role but not the primary activity. Those in refugee settlement, youth work, housing, employment, welfare, health, community services or education roles will benefit from this course.

The **Course for Counsellors** is for workers whose primary role is counselling, and who have had extensive training and education in counselling. Their work often involves engaging with clients in a sustained counselling process over weeks and months and sometimes years.

### The Refugee Experience

A one-day course introducing the refugee experience using the Foundation House framework about the psychosocial impact of torture and trauma.

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A one-day course introducing the refugee experience using the Foundation House framework about the psychosocial impact of torture and trauma.

### Course for Incidental Counsellors

Two-day course providing an approach for working with refugee survivors in a range of settings.

### Course for Counsellors

Two-day course provides counsellors with additional skills for working with refugee survivors of torture and trauma.

### Practice Seminar - Incidental Counsellors

Four, three hour seminars providing opportunity for case discussion and further professional development

### Practice Seminar - Counsellors

Four, three hour seminars providing opportunity for case discussion and further professional development



# The Refugee Experience

The first course in both training series is 'The Refugee Experience' which is offered in Dandenong and Brunswick. This one-day course provides an overview of the refugee experience using the Foundation House framework for understanding the psychosocial impact of torture and trauma. This module is designed for both new and experienced workers and introduces some key frameworks that are the basis for further training modules with Foundation House.

## Content includes:

- Australia's humanitarian program and recent refugee settlement patterns in Victoria
- the traumatic experiences of refugees
- the impact on individuals, families and communities
- how to identify possible survivors of torture and trauma
- relevant services for refugee survivors and referral processes
- the Foundation House framework about the impact of torture and trauma which forms the basis for interventions
- the range of psychosocial effects of traumatic experiences
- strategies to achieve recovery goals

## Comments from participants:

*"The staff that ran the training had very useful personal experience and examples of working with refugees and their range of needs."*

*"I now understand the range of psychosocial effects – I never thought about the experiences of refugees like that."*

**Suitable for anyone working with refugee survivors of torture and trauma, and a prerequisite for those wishing to do a Foundation House specialist course.**

## One Day Course

**\$198 per person**

**Light Lunch Included**

**REGISTRATION ESSENTIAL**

## BRUNSWICK

**Thursday 12<sup>th</sup> August**

**9.30am – 4.30pm**

Foundation House  
6 Gardiner St, Brunswick

## DANDENONG

**Wednesday 13<sup>th</sup> October**

**9.30am – 4.30pm**

Foundation House  
155 Foster St, Dandenong

**Please note:** The Dandenong training room is not wheelchair accessible. If you have physical access needs please consider our Brunswick training venue which is accessible. Alternatively, please contact us immediately and arrangements may be able to be made for the course to be held at a different venue in Dandenong.



# Course for Incidental Counsellors

This two-day course provides an approach for working with refugee survivors of torture and trauma in a range of settings. Participants will gain skills and strategies for building relationships with refugee clients, and for handling difficult and distressing situations.

## Content includes:

- the principles of a good working relationship with traumatised clients
- cross-cultural considerations
- basic counselling skills to enhance responsiveness to refugee clients and families
- the emotional responses of workers and implications for practice
- the limits of your work with refugees and when and how to refer to relevant services

## Pre-requisite:

Participants need to have completed the first course in this training series, 'The Refugee Experience' or 'Introduction to working with Refugees'.

## Comments from participants:

*"Was a wonderfully useful and supportive environment for training – Thank you!"*

**SIGN UP FOR PRACTICE SEMINAR SERIES AT SAME TIME TO RECEIVE 10% OFF TOTAL REGISTRATION COST.**

Suitable for people who are currently working with refugees in settlement, youth work, housing, employment, welfare, health, community services, or education.

## Two Day Course

\$319 per person

Light Lunch  
Included

**REGISTRATION  
ESSENTIAL**

## BRUNSWICK

Thursday 19<sup>th</sup> August  
&  
Thursday 26<sup>th</sup> August

9.30am – 4.30pm

Foundation House  
6 Gardiner St, Brunswick

## DANDENONG

Wednesday 3<sup>rd</sup> November  
&  
Wednesday 10<sup>th</sup> November

9.30am – 4.30pm

Foundation House  
155 Foster St, Dandenong

**Please note:** The Dandenong training room is not wheelchair accessible. If you have physical access needs please consider our Brunswick training venue which is accessible. Alternatively, please contact us immediately and arrangements may be able to be made for the course to be held at a different venue in Dandenong.



# Course for Counsellors

This two-day course provides counsellors with additional skills for working with refugee survivors of torture and trauma.

**Content includes:**

- the distinctive psychological sequelae of torture and refugee trauma
- conducting comprehensive assessments of survivors of torture and trauma
- cross cultural considerations
- strategies and approaches for dealing with symptoms and behavioural problems
- counsellor responses to clients; counter-transference and vicarious traumatisation

**Pre-requisite:**

Participants need to have completed the first course in this training series, 'The Refugee Experience' or equivalent.

**SIGN UP FOR PRACTICE SEMINAR SERIES AT SAME TIME TO RECEIVE 10% OFF TOTAL REGISTRATION COST.**

Suitable for people who are currently working with refugee survivors in a counselling capacity including psychologists, social workers, counsellors, domestic violence and drug & alcohol workers.

## Two Day Course

\$319 per person

Light Lunch Included

**REGISTRATION ESSENTIAL**

**Comments from participants:**

*"This was an invaluable and supportive training exercise, thank you to both trainers."*

*"Thank you for the wealth of personal knowledge and experience you brought to the training."*

## DANDENONG

Wednesday 1<sup>st</sup> September  
&  
Wednesday 8<sup>th</sup> September

9.30am – 4.30pm

Foundation House  
155 Foster St, Dandenong

## BRUNSWICK

Thursday 18<sup>th</sup> November  
&  
Thursday 25<sup>th</sup> November

9.30am – 4.30pm

Foundation House  
6 Gardiner St, Brunswick

**Please note:** The Dandenong training room is not wheelchair accessible. If you have physical access needs please consider our Brunswick training venue which is accessible. Alternatively, please contact us immediately and arrangements may be able to be made for the course to be held at a different venue in Dandenong.



## Practice Seminar Series for Incidental Counsellors & Counsellors

In response to ongoing demand for further opportunities for case discussion and ongoing professional development, Foundation House has developed a series of practice seminars to follow the training for Incidental Counsellors and Counsellors.

The seminar series will include presentations from trainers about practice issues and opportunities to further explore your own work. The focus of this series will be on “Structuring Interventions for Clients with Extensive Needs” and “Managing Transition and Closure”.

### Comments from participants:

*“Ongoing opportunity to attend these sessions have been valuable to my work.”*

*“Please continue to provide training. Exceptional opportunities.”*

*“A nice mixture of theory and practice.”*

*“Case discussions in small groups was very useful.”*

*“I feel like I have better tools, awareness and confidence for working with these issues.”*

### Pre-requisites:

**These seminars are specifically designed for people who have completed either the *Course for Counsellors* or the *Course for Incidental Counsellors*.**

### 4 Sessions

\$180 per person

Snack Provided

**REGISTRATION  
ESSENTIAL**

## BRUNSWICK

### Practice Seminar Series for Incidental Counsellors & Counsellors

**Thursday 7<sup>th</sup> October**  
Then 21<sup>st</sup> October, 4<sup>th</sup> & 18<sup>th</sup> November

**4pm – 7pm**

Foundation House  
6 Gardiner St, Brunswick



## Spirituality and Human Service Practice

God centeredness is a core value of many of the people with whom Foundation House works. World views that give primacy to spiritual beliefs provide an important context for our therapeutic work. Spirituality is often inextricably linked to healing and recovery. The relationship between spirituality and human service practice is thus clearly important.

The purpose of this two day course is to affirm the importance of spiritually sensitive human service practice and to provide a space and a place for human service practitioners to intentionally and reflectively engage with spirituality and practice. Both the process and content of the sessions will be shaped by participants' preferences, but will involve case discussion, critical reflection on practice and gentle and respectful exploration of diverse spiritualities, theologies and world views. Our reflections and discussions will be of particular relevance to human service practitioners working with refugees but will also have a broader applicability and will be enhanced by exposure to selected readings. It is anticipated that these sessions will be in nature part supervision, part professional development and part training

The two days are five weeks apart and reflection tasks will be set for participants to encourage continued learning. A maximum of twelve participants will be offered a place. Given the privileging of reflection and conversation it is expected that participants attend both sessions.

The course cost includes a copy of the book:

**“Spirited Practices: Spirituality and the Helping Professions (Practice in Society)”**

by Fran Gale, Natalie Bolzan, and Dorothy McRae-McMahon

### Two Day Course

\$250 per person

Light lunch  
Included

**REGISTRATION  
ESSENTIAL**

### BRUNSWICK

Tuesday 10<sup>th</sup> August  
&  
Thursday 16<sup>th</sup> September

9.30am – 4.30pm

Foundation House  
6 Gardiner St, Brunswick

**NEW  
FORMAT**

#### Comments from participants:

*“They (the practice seminars) were fantastic!! Endorsed the importance of addressing spirituality with clients.”*

*“Thought provoking...confronting...challenging...reassuring.”*

*“Enjoyable experience that allowed me to look at both myself and my practice.”*

*“Enjoyed the group discussions and learnt heaps.”*



# School's In for Refugees

This is a comprehensive introductory training that is recommended as the first training from Foundation House for those working with refugee background students. This training is appropriate for those working in schools and other educational settings, at primary, secondary and post compulsory levels.

**The training covers:**

- the refugee experience for young people including their prior education experiences
- the impact of trauma on young people's learning and wellbeing
- strategies that support the recovery process that teachers and other staff can use in the classroom
- a whole school approach and key areas where schools can increase support for refugee background students.

Participants will receive a copy of *School's In for Refugees, a Whole School Guide to Refugee Readiness*, a resource that assists schools in understanding refugee background issues and guides the implementation of a whole school approach to support. Participants will be introduced to other Foundation House resources for small group and classroom programs and activities.

**School's In for Refugees Online**

When you register for the **School's In for Refugees (SIFR)** training, your email address will be used to create an online membership to **School's In for Refugees Online (SIFRO)**; our online resource for those supporting refugee background students). During SIFR training you will be introduced to the SIFRO site and participate in online training activities.

If you have any queries or wish to opt out of the SIFRO online registration, please contact: Briele Hansen [hansenb@foundationhouse.org.au](mailto:hansenb@foundationhouse.org.au)

Foundation House has a long history of working in schools. The work includes individual counselling, group work with students and families and professional development for school administrators, teachers and school support staff.

**One-day Course**

Free

Light Lunch  
Included

**REGISTRATION  
ESSENTIAL**

BRUNSWICK	CASEY	WERRIBEE
Tuesday 3 <sup>rd</sup> August	Date TBA	Tuesday 12 <sup>th</sup> October
9am – 4pm	9am – 4pm	9am – 4pm
Foundation House 6 Gardiner Street, Brunswick	Venue TBA	Wyndham Youth Resource Centre 86 Derimut Road, Hopper Crossing



## Classroom strategies and resources that support the recovery of refugee background students

This workshop showcases a range of activities from Foundation House resources and programs (*Klassroom Kaleidoscope*, *Healthwise*, *Taking Action*, and *Rainbow*) that help promote safety, dignity, and identity for those who have refugee experiences. These activities also help build connections between new arrivals and the wider student body in the classroom context.

**Prerequisite:** 'School's In for Refugees'

**Cost:** The training is free however participants *must* complete the registration form and return it via fax/email/post.

Foundation House has a long history of working in schools. The work includes individual counselling, group work with students and families and professional development for school administrators, teachers and school support staff.

3hr Session

### Comments from participants:

*"Excellent. Some very practical materials that link curriculum to recovery/wellbeing goals very important for refugee students."*

*"I will slow things down a little. Cater less to classroom teacher's demands and more to the needs of the children."*

*"Some good ideas to explore and some useful tips for inclusivity."*

Free  
**REGISTRATION  
ESSENTIAL**  
Snack Provided  
Note prerequisite

## BRUNSWICK

Monday 16<sup>th</sup> August

4pm – 7pm

Foundation House  
6 Gardiner Street, Brunswick



# Supporting the individual: refugee background students

This workshop is delivered by a Foundation House counsellor. It builds on the understanding of the impact of trauma on learning and wellbeing to explore case studies and develop strategies for supporting the individual in the school setting.

**Prerequisite:** 'School's In for Refugees'

**Cost:** The training is free however participants *must* complete the registration form and return it via fax/email/post.

## Comments from participants:

*"Engaging. Relevant. Up to date. Great short course."*

*"Presenter very good, showed empathy."*

*"Resources available to support workers and students in programs very useful."*

*"I will now be more aware of the wide range of factors that impinge on kids' learning and their response to the learning environment."*

*"Case study brought up so many issues."*

*"I will make sure I link with teachers more to follow-up students who aren't coping so well."*

Foundation House has a long history of working in schools. The work includes individual counselling, group work with students and families and professional development for school administrators, teachers and school support staff.

**3hr Session**

Free

**REGISTRATION  
ESSENTIAL**

Snack Provided

Note prerequisite

## BRUNSWICK

Monday 6<sup>th</sup> September

4pm - 7pm

Foundation House  
6 Gardiner Street, Brunswick



# Refugee Health: Training for Nurses

The Refugee Health Nurse training is a two year program, divided into themed modules. The program aims to provide an overview of the key areas of refugee health and wellbeing relevant to Refugee Health Nurses and other nurses who are working with people of a refugee background.

The two day introductory course, it will provide an overview of refugee health and wellbeing to inform community based practice. Subsequent sessions over 2010 will be open to all nurses working in refugee health who have undertaken introductory sessions in 2010 or previously.

It is an exciting time to be working in refugee health as the sector develops and there are new developments in a range of clinical and social health areas, relevant to nursing practice. The training days will provide an overview of emerging research, policy and service development in refugee health as well as the opportunity to share valuable practice experience.

Free

**REGISTRATION  
ESSENTIAL**

To register visit  
[www.foundationhouse.org.au](http://www.foundationhouse.org.au)  
and download the "information  
about refugee health nurse  
training" (saved on the  
Professional Development page)  
or call Georgia on 9389 8914

Lunch is provided

## TOPICS AND DATES

**Intensive Introduction:  
including Refugee Health Assessment and Care**

**Monday 23<sup>rd</sup> August**

**&**

**Tuesday 24<sup>th</sup> August**

**9.15am-4.30pm**

Foundation House  
6 Gardiner St, Brunswick

**Women's Health and  
Wellbeing\***

**Tuesday 20<sup>th</sup> July**

**9.15am-4.30pm**

Foundation House  
6 Gardiner St, Brunswick

**Men's Health and  
Wellbeing\***

**Tuesday 14<sup>th</sup> September**

**9.15am-4.30pm**

Foundation House  
6 Gardiner St, Brunswick

**Youth and Adolescent  
Health\***

**Tuesday 26<sup>th</sup> October**

**9.15am-4.30pm**

Foundation House  
6 Gardiner St, Brunswick

\*Intensive Introduction is a prerequisite for these courses



# Foundation House Training

## Semester 2, 2010

Please complete and fax/mail/email the registration form to:

### Foundation House

6 Gardiner Street, Brunswick 3056

Fax: 03 9387 0828

[PDregistrations@foundationhouse.org.au](mailto:PDregistrations@foundationhouse.org.au)

ABN 52 783 974 656

### Your details:

Name:

Organisation/School:

Address: (Home or Business)

Phone:

Fax:

Email:

Professional Background:

Your current work:

How long have you been in this role:

Nature of your work with refugee survivors of torture and trauma:

How did you hear about Foundation House training?

Word of mouth

Foundation House email

Foundation House website

Training Calendar

Newsletter

Other – please specify \_\_\_\_\_

Have you attended any form of Foundation House training before? Please describe:

Do you want to apply for an exemption from the pre-requisites? If so please explain:

Do you have any dietary requirements (vegetarian, gluten free, dairy free, etc):





## Pre-requisites

Participants in the specialist courses need an understanding of the refugee experience and the Foundation House frameworks for understanding the impact of torture and trauma (please see page 4 for further details). We acknowledge that some people come to courses with extensive knowledge and experience in working with refugee clients and we will consider exemptions from pre-requisites.

**For further information and registration enquiries contact:**

**Georgia Phillips  
03 9389 8914**

**PDregistrations@foundationhouse.org.au**

## Physical Access Needs

The Dandenong training venue is not wheelchair accessible. If you have physical access needs please consider our Brunswick training venue which is accessible. Alternatively, please contact us immediately and arrangements may be able to be made for the course to be held at a different venue in Dandenong.

## Training Requests

Foundation House also provides training and professional development on an onsite basis, tailored to meet the needs of individual organisations. Foundation House is committed to ensuring access to training for workers in rural areas. We are able to travel with special arrangements for costs. Please download and complete a training request form from [www.foundationhouse.org.au](http://www.foundationhouse.org.au) if you would like to request some training for your organisation or network. A minimum of ten participants is required and fees are by negotiation.

**For more information and enquiries contact:**

**Philippa Duell-Piening  
Training and Professional Development Coordinator  
03 9389 8972**

**PDenquiries@foundationhouse.org.au**