Supporting Services to Work Effectively with People who have Survived Torture and Refugee Trauma
STARTTS would like to thank all of our clients who generously agreed to having their photo appear in STARTTS’ publications.
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ABOUT STARTTS

NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors (STARTTS)

STARTTS is a specialist, non-profit organisation that for 30 years has provided culturally relevant psychological treatment and support, and community interventions, to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia. STARTTS also fosters a positive recovery environment through the provision of training to services, advocacy and policy work.

WHO STARTTS HELPS

STARTTS helps people from refugee backgrounds, including those seeking asylum, who were forced to leave their country due to persecution in the context of political conflict, organised violence and human rights violations. STARTTS helps people of all ages, from early childhood to older people from refugee backgrounds, no matter when they arrived in Australia. STARTTS also helps families and communities from refugee backgrounds.

WHY STARTTS HELPS

Torture and refugee trauma and the stressors of resettlement or applying for protection in Australia can cause great stress, pain and fear, and negatively impact on people’s health and everyday functioning. With timely and appropriate support people are better able to harness their own resources to heal and lead more healthy and productive lives.

HOW STARTTS HELPS

STARTTS provides individuals with torture and trauma treatment using a range of psychotherapeutic approaches tailored to the client’s needs, and other therapies such as psychiatry, physiotherapy, acupuncture, nutrition and Neurofeedback. STARTTS also offers a number of group programs, and activities to build social support networks and strengthen refugee communities.

STARTTS also provides resources, training and support to services, schools and community groups to better understand refugee trauma and resettlement issues.

STARTTS STAFF

STARTTS staff are a multidisciplinary and multicultural team of professionals with strong community links. All STARTTS staff undergo regular supervision and professional learning to maintain a high standard of service delivery.
STARTTS:
LOCATION AND MAP

CARRAMAR SITE
152-168 The Horsley Drive
Carramar, NSW 2163

Phone:  (02) 9646 6700
Fax:    (02) 9646 6710
Website: www.startts.org.au

On-site parking is available. Drive into Mitchell St at the cross-road with The Horsley Drive. Turn into the driveway on the right between Fairfield Community Health Centre and the Ambulance Station. Follow the signs to STARTTS.

The Carramar site is approximately 10 minutes walk from Carramar station and 15 minutes from Fairfield station. Alternatively, take the 904 or 905 bus from Fairfield station.
DONATE TO STARTTS

STARTTS works with survivors of war, violence, torture or forced migration. These experiences can be overwhelming and traumatic.

By donating to STARTTS you will be contributing to the many innovative and life-changing programs we run to assist individuals from refugee backgrounds, community groups and young people.

Each year STARTTS helps over 6000 people start new lives in Australia. Your donation can help us do more.

STARTTS is a registered charity and all donations over $2 are tax deductible.

“Yes, I would like to help people from refugee backgrounds at STARTTS.”

“When I first arrived my memories were strong. I’ve learned not to forget, but to deal with those memories.”

Female client

“STARTTS helped us lose our visions of the past and have a vision for the future.”

Daniel, counselling client from Burma
Amount $ .

☐ I attach my cheque/money order
☐ Please debit my credit card (Mastercard/Visa)

Card No. / / /

Expiry date / /

Name on card

Signature

☐ I will be making a direct deposit into STARTTS account.

*Please write ‘STARTTS donation’ in the subject line.*

Account Name

STARTTS

BSB: 032 072

Account number: 144 835

To make an online donation visit www.startts.org.au and click on ‘Donate’.

Your Details

Name

Tel number

Address

Suburb

State

Postcode

Email address

For more information about STARTTS’ programs or making a donation, telephone (02) 9646 6700.

Please send your form to:

Communications Officer

STARTTS

PO Box 203

Fairfield NSW 2165

STARTTS is a registered charity. Your donation is tax deductible.
STARTTS’ TRAINING PROGRAMS

STARTTS has trained over 25,000 workers, volunteers and community members in NSW over the last 5 years to support them provide appropriate and culturally sensitive services to people from refugee backgrounds. STARTTS achieves this by bringing together a range of activities such as trainings upon request, calendar workshops, seminars, Clinical Master Classes and Psychevisual online lectures, which allow for the wide dissemination of knowledge and skills in this important field of work.

**IN-HOUSE TRAININGS UPON REQUEST**

The trainings STARTTS offers to organisations in their place of work continue to be a core part of our training program. Workshops, seminars, presentations, lectures and reflective practice groups are delivered by STARTTS’ experienced workers, and each is adapted to meet the needs of the organisation.

**CALENDAR WORKSHOPS**

Service providers also have the opportunity of sending individual staff and volunteers to STARTTS’ Professional Development calendar workshops held in Carramar and regional areas.

**SEMINARS**

STARTTS has a world class clinical seminar program and attracts highly regarded international speakers such as Dr Bessel van der Kolk, Dr John Briere, Dr Louis Cozolino, Dr Daniel Siegel, Dr John Arden, Dr Janina Fisher and Dr Karl Heinz Brisch.

**CLINICAL MASTER CLASSES**

Our quality Clinical Master Class Program continues to attract very high calibre speakers and is broadcast live over the internet to audiences around Australia and the world.

STARTTS has a wide range of high quality training activities available and we are sure that you will find something in our training program relevant to you and your work.

We hope to see you at one of our training activities in 2019.
Upon request STARTTS delivers workshops, seminars, presentations, lectures, keynote addresses and reflective practice groups on working with refugees to service providers, educational institutions and volunteer groups at a location of their choice.

**TRAINING TOPICS**

STARTTS’ services

- Cultural competence
- Working effectively with people from refugee backgrounds
- Working with people seeking asylum
- Working with young people from refugee backgrounds
- Working with families from refugee backgrounds
- Refugee trauma and child development
- Refugee trauma and ageing
- Clinical assessment and treatment of torture and refugee trauma
- Biofeedback
- Case study discussions
- Accidental counselling
- Community development
- Group facilitation
- Social capital evaluation
- Other topics upon request

**RURAL AND REGIONAL NSW**

As part of our rural and regional strategy, STARTTS provides training to workers and volunteers in a number of regions of NSW. In particular training is offered in those areas of rural and regional NSW that have received significant numbers of newly arrived refugees.

**TARGET GROUP**

Relevant to all service providers, educational institutions and volunteer groups in NSW. A minimum of 8 participants is required.

**TO MAKE A REQUEST**

Think carefully about your training needs and how you would like STARTTS to help you, and then fill out the training request form on STARTTS’ website. All requests need to be made at least 4-6 weeks in advance. Call the Administration Officer (Training and Events) on (02) 9646 6700 for more information.

**COST**

Free for health related organisations. A small cost may be applicable to non-health organisations. STARTTS is a non-profit organisation and any fees charged are aimed at cost recovery only.
## NEW HALF DAY WORKSHOPS

9.30am-1pm | $129

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**STARTTS Carramar**

Register at: [www.startts.org.au](http://www.startts.org.au)
CORE CONCEPTS IN WORKING WITH PEOPLE FROM REFUGEE BACKGROUNDS

WORKSHOP OUTLINE
This one-day introductory workshop is designed to put a framework of understanding around working with people from refugee and asylum seeker backgrounds. It focuses on understanding the link between what refugees have been through, the impact of torture and other traumatic events, the stressors of detention, resettlement and cultural transition. It explores how to work in a trauma informed and culturally competent way that promotes recovery and fosters feelings of trust, safety and control, while minimising the risk of retraumatisation. Participants will be encouraged to think about how to apply the concepts to their own workplace, and will leave the workshop feeling more confident in utilising their skills and experience with people from refugee and asylum seeker backgrounds.

WORKSHOP PROGRAM
The refugee experience
Impact of torture and other traumatic events
The stressors of resettlement and cultural transition
The stressors of seeking asylum in Australia
Cultural competence
Working within a recovery framework
Vicarious trauma and self care

TARGET GROUP
Relevant to anyone interested in the issues faced by people from refugee backgrounds.

COST
$249 / $199 concession

DATES
22 February 2019 (Carramar)
8 April 2019 (Armidale)
16 May 2019 (Carramar)
12 June 2019 (Albury)
23 August 2019 (Carramar)
8 November 2019 (Carramar)

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au

“The mix of activities, topics and educational methods; trainers and students sharing and discussing their own professional experiences in working with clients was valuable”
CORE CONCEPTS IN WORKING WITH CHILDREN AND ADOLESCENTS FROM REFUGEE BACKGROUNDS

WORKSHOP OUTLINE

This one-day introductory workshop has the same structure as the “Core Concepts in Working with People from Refugee Backgrounds” (it is not necessary to do both) but focuses on providing a framework for understanding the unique issues and challenges faced by children and adolescents from refugee backgrounds. It will look at the impact of war and violence from a developmental perspective, with attention paid to attachment and resilience.

WORKSHOP PROGRAM

The refugee experience
Impact of torture and other traumatic events
The stressors of resettlement and cultural transition
The stressors of seeking asylum in Australia
Cultural competence
Working within a recovery framework
Vicarious trauma and self care

“The group activities and brainstorms were valuable; it made me reflect on how to better engage with young people from refugee backgrounds”

TARGET GROUP

 Relevant to anyone interested in the issues faced by children and adolescents from refugee backgrounds.

COST

 $249 / $199 concession

DATES

13 March 2019 (Newcastle)
5 April 2019 (Carramar)
4 June 2019 (Coffs Harbour)
11 October 2019 (Carramar)
15 October 2019 (Armidale)

TIME: 9.30am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive,
Carramar NSW

Refer to STARTTS’ website for the venues in regional NSW.

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au
CULTURAL COMPETENCE IN WORKING WITH PEOPLE FROM REFUGEE BACKGROUNDS

WORKSHOP OUTLINE
This one day workshop will give participants a greater awareness of the key factors which impact on client-worker interactions such as one’s worldview, privilege, bias and representation. Participants will come away with general knowledge of the socio-political contexts of the main countries of origin of refugees coming to Australia and how culture, identity and meaning are impacted by torture and other traumatic events, resettlement, interactions with the host culture and the Australian service provision context. The workshop will explore key worker attitudes and skills for working in a culturally competent and trauma informed manner with people from refugee backgrounds.

WORKSHOP PROGRAM
Cultural competence and refugees
Awareness: Culture, identity and meaning
Knowledge: Torture and refugee trauma, resettlement and cultural transition
Attitudes and Skills: Worker attributes and culturally competent communication

“It created awareness for me which I didn’t have before”

TARGET GROUP
Relevant to anyone interested in being able to work with cultural competence with people from refugee backgrounds.

COST
$249 / $199 concession

DATE
6 August 2019 (Coffs Harbour)
6 September 2019 (Carramar)

TIME: 9.00am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive,
Carramar NSW

Refer to STARTTS’ website for the venues in regional NSW.

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au
WORKSHOP OUTLINE
Asylum seekers need to cope with prolonged uncertainty and the fear of being sent home associated with their protection claims, while dealing with the impact of persecution, organised violence, torture, forced displacement, a sometimes dangerous journey to Australia, and detention in Australia; all in the context of an Australian political and media environment that can be unsupportive of asylum seekers. This workshop will discuss the global situation of displaced people, the history of asylum seeker policy in Australia, the legacy caseload and the situation of offshore detention on Nauru and Manus Island. It will explore the complex challenges with seeking protection in Australia, and help participants understand how they can support asylum seekers to be able to contain their emotions and feelings, cope with what they are going through in Australia, and prepare for what may come in the future, whether that means obtaining a protection visa or being returned.

WORKSHOP PROGRAM
Asylum seekers globally and their journey
Australia’s asylum seeker policy
The impact of torture and other traumatic experiences including detention
The complexity of issues facing asylum seekers
Services available
How to support asylum seekers
The impact of the work on you and self care

NEW WORKSHOP!

TARGET GROUP
Relevant to anyone interested in the issues faced by asylum seekers.

COST
$249 / $199 concession

DATE
6 June 2019

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au

SUPPORTING ASYLUM SEEKERS THROUGH PROLONGED UNCERTAINTY IN THEIR CLAIM FOR PROTECTION
## WORKSHOP OUTLINE

This workshop focuses on building understanding of the specific issues faced by people with asylum seeker and refugee backgrounds who are LGBTIQ+, including strengths, vulnerabilities and the risks experienced in their home countries, during the journey and resettling in Australia. It will highlight the multiple oppressions faced, and explore the diversity of needs and experiences that are grouped under the LGBTIQ+ framework. Coming In will increase awareness of how to identify assumptions or biases that may impact negatively on the provision of effective assistance, and how to enhance the ability to work in partnership with LGBTIQ+ clients with the aim of enabling services to become more safe and welcoming for all their clients.

## WORKSHOP PROGRAM

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### NEW WORKSHOP!

### TARGET GROUP

Relevant to anyone interested in the issues faced by refugees and asylum seekers who identify as LGBTIQ+.

### COST

$249 / $199 concession

### DATE

22 March 2019

### TIME:

9.30am – 4.30pm

### VENUE

STARTTS
152-168 The Horsley Drive, Carramar NSW

### REGISTRATION ESSENTIAL

Please register online at STARTTS’ website [www.startts.org.au](http://www.startts.org.au)
‘ACCIDENTAL’ COUNSELLORS: RESPONDING TO REFUGEE TRAUMA RELATED BEHAVIOURS

WORKSHOP OUTLINE

There will be times when people from refugee and asylum seeker backgrounds talk about their previous traumatic experiences of war and violence to workers and volunteers; or get angry or upset, or display other types of trauma reactions. This workshop has been designed to give workers not trained as counsellors some basic tips and skills for how to recognise and deal with difficult behaviours in the workplace. It is mostly practical and focuses on a series of case studies and role plays to develop skills in dealing with trauma reactions. It is assumed that participants have attended an introductory workshop by STARTTS such as the Core Concepts or equivalent.

WORKSHOP PROGRAM

The ‘accidental’ counsellor
Skills for managing trauma responses: Case studies and role plays
Disclosure
Sadness and depression
Anger and aggression
Dissociation
Panic attacks
Suicide threats

TARGET GROUP

Suitable for people working in a range of non-clinical settings such as casework, advocacy, teaching, youth work, welfare work and community development.

COST

$249/ $199 concession

DATES

15 March 2019 (Carramar)
9 April 2019 (Armidale)
13 June 2019 (Albury)
4 July 2019 (Wollongong)
21 August 2019 (Newcastle)
11 September 2019 (Wagga Wagga)
31 October 2019 (Carramar)

TIME: 9.30am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive,
Carramar NSW

Refer to STARTTS’ website for the regional NSW venue details.

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au

“The theory and how to apply in a practical event was valuable”
REFUGEE TRAUMA SENSITIVE CONFLICT RESOLUTION

WORKSHOP OUTLINE
Refugees have experienced persecution, torture and other traumatic experiences in the context of organised violence, which has implications for healing from trauma and rebuilding lives in Australia. It is essential that workers have the skills to manage conflict when it arises and provide a safe service provision environment. This practical workshop focuses on understanding and resolving conflict in a trauma-sensitive way. It is informed by latest research in the conflict and trauma field, and aims to draw the link between the two fields. Participants will come out of the training with an understanding of how conflict, violence, the trauma experience and trauma-healing are related, and practical skills of facilitating resolution of conflict in a trauma-sensitive way.

WORKSHOP PROGRAM
Conflict, violence and the refugee experience
Using a trauma-lens to understand conflict
Resolving conflict in a trauma-sensitive way
Conflict-resolution and trauma-healing

NEW WORKSHOP!

TARGET GROUP
Relevant to anyone interested having the understanding and skills to manage conflict when working with people from refugee backgrounds.

COST
$249 / $199 concession

DATE
20 September 2019

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive, Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au
FACILITATING GROUPS WITH PEOPLE FROM REFUGEE BACKGROUNDS

WORKSHOP OUTLINE
This one-day workshop will give participants a greater understanding of the impact of torture and refugee trauma on group participation and dynamics, and how it can be effectively managed. It will cover the general principles of group facilitation in a cross-cultural context; and the things to be aware of and techniques to create a safe and engaging learning experience, to encourage a meaningful exchange of ideas, and to involve each member in thinking through different issues. Group facilitation tools and practical exercises to encourage meaningful participation will also be covered.

WORKSHOP PROGRAM
The refugee experience

Benefits of group work

Torture and refugee trauma and group dynamics

Stages of group development

Recovery principles

Effective cross-cultural communication

Fostering participation

Managing conflict and other issues

TARGET GROUP
Suitable for community workers, social workers, project and team leaders, trainers and educators interested in facilitating groups with people from refugee backgrounds.

COST
$249 / $199 concession

DATE
13 September 2019

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive, Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au
CROSS-CULTURAL ASSESSMENT AND TREATMENT OF TORTURE AND REFUGEE TRAUMA WITH ADULTS

WORKSHOP OUTLINE

This two-day clinical workshop incorporates close to 30 years of STARTTS’ experience working with torture and refugee trauma in the context of resettlement and is based on the latest research in the trauma field. It aims to provide counsellors with a framework of the essentials of best practice in moving beyond symptoms to the context of clients from refugee backgrounds which includes socio-political aspects, cultural transition, resettlement and collectivism. It will cover the distinct biopsychosocial sequelae of torture and refugee trauma, including on the nervous system and memory; ways to overcome barriers to engaging clients from refugee backgrounds in therapy; and the importance of utilising a combination of body and mind approaches in a phased trauma treatment approach. It will emphasise the importance of incorporating family and community; and working with other professionals to achieve desired clinical outcomes.

WORKSHOP PROGRAM

The refugee experience
Considerations and challenges of refugee trauma work
Clinical implications of torture and refugee trauma manifestations
Effective cross-cultural engagement
Comprehensive refugee clinical assessment
Formulating a case and treatment plan for torture and refugee trauma
Psychoeducation
Trauma treatment strategies
Ending treatment and measuring clinical outcomes
Self care in the face of highly traumatised clients

TARGET GROUP

Suitable for clinicians only (psychologists, social workers, counsellors, psychiatrists, etc).

COST

$349 / $299 concession

DATE

11-12 April 2019

TIME: 9.00am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au
WORKSHOP OUTLINE

Loss and associated grief are defining characteristics of the refugee experience. This two-day clinical workshop will give participants a greater awareness of the key components of loss and grief counselling when assessing and treating refugee survivors of torture and trauma. It will introduce participants to a model of cross cultural grief treatment and its relevance to the refugee resettlement context associated with the loss of loved ones and homeland, change of social status, and a loss of a sense of belonging, meaning and purpose. It will give participants practical strategies for how to treat grief, including traumatic grief, and assist clients rebuild their lives in Australia.

WORKSHOP PROGRAM

Challenges of working with loss and grief
Loss, grief, bereavement and mourning in the context of refugee trauma
Stages of grief in the context of refugee experiences
Cultural bereavement
Mourning across cultures
Cross-cultural interventions and practical strategies
Transference and countertransference
WORKSHOP OUTLINE

This two-day clinical workshop incorporates close to 30 years of STARTTS’ experience working with refugee trauma and is based on the latest research in the trauma field. It aims to provide counsellors with a framework of the essentials of best practice in moving beyond symptoms to the context of children and young people from refugee backgrounds which includes cultural transition, resettlement, integrating into a school community and collectivism. It will cover the distinct biopsychosocial sequelae of torture and refugee trauma, including on the developing nervous system, memory and attachment; ways to overcome barriers to engaging young clients from refugee backgrounds in therapy and groups; and the importance of utilising a combination of expressive and body and mind approaches in a phased trauma treatment approach. It will emphasise the importance of incorporating family, the school and community; and working with other professionals to achieve desired clinical outcomes.

WORKSHOP PROGRAM

The refugee experience
Considerations and challenges of refugee trauma work
Clinical implications of torture and refugee trauma manifestations
Effective cross-cultural engagement
Comprehensive refugee clinical assessment
Formulating a case and treatment plan for torture and refugee trauma
Psychoeducation
Trauma treatment strategies
Ending treatment and measuring clinical outcomes
Self care in the face of highly traumatised clients

TARGET GROUP

Suitable for clinicians (child psychologists, social workers, school counsellors, psychiatrists, etc).

COST

$349/ $299 concession

DATES

25-26 July 2019

TIME: 9.00am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au
WORKSHOP OUTLINE

This two-day clinical workshop is informed by STARTTS’ research and is focused on the unique challenges of working clinically with children from refugee backgrounds under six years of age and their parents/caregivers who have experienced war and violence. It will explore how direct and indirect traumatic experiences impact on the mother and child pre- and post-natally. Consideration will be given to influences such as the developing nervous system, memory and attachment, potential delays in all areas of development as a result of the complex interactions of refugee-related trauma, ways to overcome barriers to engaging young children from refugee backgrounds and their parents in therapy; the importance of balancing structure with child-centred/relationship based following of the child, regulating emotions, using play, music and movement. Attention will also be given to how to act as a role model, mentor and supporter for parents. The workshop will discuss incorporating the family’s cultural beliefs in therapy and how to integrate an interpreter into sessions.

WORKSHOP PROGRAM

The refugee experience
Considerations and challenges of refugee trauma work
Clinical implications of torture and refugee trauma manifestations
Effective cross-cultural engagement
Comprehensive refugee clinical assessment
Formulating a case and treatment plan for refugee trauma
Psychoeducation
Trauma treatment strategies
Ending treatment and measuring clinical outcomes
Self care in the face of highly traumatised clients

TARGET GROUP

Suitable for clinicians and other people working in different capacities in community or early childhood roles.

COST

$349/ $299 concession

DATES

17-18 October 2019

TIME: 9.00am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au

“The case study vignettes and opportunity to engage in play material and to understand the relevance of using these in working with young children was valuable.”
WORKSHOP OUTLINE
This one-day workshop is designed to equip participants with appropriate knowledge and skills to run Jungle Tracks within an integrated therapeutic model. Jungle Tracks is a program that includes five short stories that mirror real life struggles related to the lives of children, adolescents and parents with a background of refugee trauma. The stories promote hope and empowerment and assist the reader/listener to process and reconcile their past experiences and ongoing difficulties in transition.

WORKSHOP PROGRAM
The refugee experience and its impact on children and adolescents
Therapeutic storytelling
The therapeutic strategy in jungle tracks
The Road Ahead – Outcomes and integrating therapeutic approaches

“The stories that the facilitators shared of their own personal experiences was valuable”

TARGET GROUP
Suitable for school counsellors, school teachers, clinicians and other staff interested in applying the Jungle Tracks storytelling approach in their work with children and adolescents from refugee backgrounds.

COST
$299/ $249 concession (Includes a Jungle Tracks kit worth $90)

DATES
4 July 2019

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive, Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au
HEART RATE VARIABILITY (BIOFEEDBACK) TREATMENT FOR TRAUMA

WORKSHOP OUTLINE

For more than a decade STARTTS has used HRV biofeedback in work with trauma survivors, children, young people and adults alike with a great success. Biofeedback therapies are non-pharmacologic treatments that use scientific instruments to detect and amplify internal body activities too subtle for normal awareness, making information about one’s body available to the conscious mind. At STARTTS HRV is used as an adjunct to trauma treatment; it is easy to learn and relatively inexpensive. In this one-day workshop we will provide participants with the theoretical background to Heart Rate Variability (HRV) as well the clinical insights into its implementation with various client groups and settings. This is an experiential workshop and the great emphasis is on the hands on experience in using HRV software and practicing assessment, treatment and understanding the results.

WORKSHOP PROGRAM

The role of Heart Rate Variability (HRV) and coherence training on the Autonomic Nervous System

HRV in work with trauma survivors – case examples

Polyvagal theory and the role of the ‘smart heart’

Using and integrating HRV in your practice

Assessment and treatment – practical experience

TARGET GROUP

Suitable for all interested clinicians, teachers and counsellors working with children, adolescents and adults.

COST

$249 / $199 concession

DATES

29 August 2019

TIME: 9.30am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive, Carramar NSW

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au
As a part of STARTTS’ commitment to promoting excellence in clinical practice in working with refugees, we invite international and national speakers recognised as experts in their field to conduct two high quality clinical seminars per year on cutting edge topics relevant to the treatment of trauma.

In past years we have hosted Dr Bessel van der Kolk, Dr John Briere, Dr Janina Fisher, Dr John Arden, Dr Daniel Siegel, Dr Stephen Porges, Dr Louis Cozolino and more many.

Refer to STARTTS’ website for the 2019 clinical seminar program.

**TARGET GROUP**
Relevant to clinicians including psychiatrists, clinical psychologists, psychologists, counsellors, psychotherapists, social workers and other health professionals working with traumatised clients.

**COST**
Our seminars normally attract a fee due to the expense of bringing experts to Sydney. However STARTTS is a non-profit organisation and fees are meant to recover costs only.

**REGISTRATION ESSENTIAL**
To register visit our website [www.startts.org.au](http://www.startts.org.au)
STARTTS’ annual research symposium aims to summarise the latest information and research in the field of torture and refugee trauma by bringing together the expertise of three well known researchers whose work has gained international recognition. Each speaker will present and this will be followed by a panel discussion.

**LIVE WEBINAR**

If you can’t make it in person then you can save on time and petrol by watching the live webinar of these events from your own computer. It is free and you will be able to participate in the panel discussion by sending in your typed questions which are answered live.

**PRESENTATION RECORDINGS**

These events are recorded by Psychevisual and are available for viewing on the internet at a later date for a fee. Please see the Psychevisual website www.psychevisual.com.

For the 2019 Research Symposium Program and date please check STARTTS’ website at www.startts.org.au.

**TARGET GROUP**

Suitable for all interested clinicians, students and service providers.

**COST**

Free to attend in person and watch the live webinar.

**TIME:** 9.30am-12.30pm

**VENUE**

Refer to STARTTS’ Website.

**REGISTRATION ESSENTIAL**

To attend in person:
Register at STARTTS’ website so we can plan adequately for seating.

To watch the live webinar:
No need to register.
STARTTS’ Clinical Master Classes are held five times per year and aim to provide an opportunity for clinicians working with people from refugee backgrounds to extend their understanding of torture and refugee trauma by inviting expert speakers to present on interesting and practical topics. These presentations are followed by a case study presentation by an experienced STARTTS clinician and a panel discussion.

**LIVE WEBINAR**
If you can’t make it in person then you can save on time and petrol by watching the live webinar of these events from your own computer. It is free and you will be able to participate in the panel discussion by sending in your typed questions which are answered live.

**PRESENTATION RECORDINGS**
These events are recorded by Psychevisual and are available for viewing on the internet at a later date for a fee. Please see the Psychevisual website www.psychevisual.com.

**TARGET GROUP**
Suitable for all interested clinicians, students and service providers.

**COST**
Free to attend in person and watch the live webinar

**TIME:** 6-8pm

**VENUE**
STARTTS
152-168 The Horsley Drive, Carramar NSW

**REGISTRATION ESSENTIAL**
To attend in person: Register at STARTTS’ website so we can plan adequately for seating and catering.

To watch the live webinar: No need to register.

For the 2019 Clinical Master Class Evening Program please check STARTTS’ website at www.startts.org.au.
SUPPORTING REFUGEE COMMUNITIES RECOVER, RESETTLE AND REBUILD IN AUSTRALIA

WORKSHOP OUTLINE
This workshop is based on over 30 years of STARTTS experience and theoretical frameworks developed by eminent practitioners such as Dr Jim Ife; as well as the essential community development models: social capital development; asset based community development; and collective narrative approaches. It will include practical examples and experiential activities that participants can use and adapt in their own work. Participants will leave the workshop with a strong understanding of how persecution, organised violence, forced displacement and resettlement can create unique challenges for refugee communities, and how they can work with and alongside communities to enhance their strengths, heal from trauma and rebuild in Australia.

WORKSHOP PROGRAM
Torture and traumatic experiences, resettlement and refugee communities
Community development: Definitions, models and processes
Application of community development principles with groups from refugee backgrounds
The challenges of working with refugee communities
Case studies

“...models to refugee communities was valuable”

TARGET GROUP
Suitable for community workers and social workers wishing to develop professional skills in community development with refugee communities in Australia. Participants will need to have an existing understanding of basic community development principles.

COST
$249 / $199 concession

DATES
31 May 2019

TIME: 9.30am – 4.30pm

VENUE
STARTTS
152-168 The Horsley Drive,
Carramar NSW

REGISTRATION ESSENTIAL
Please register online at STARTTS’ website www.startts.org.au
WORKSHOP OUTLINE

Monitoring and evaluation is integral to good community development and not something that should be left only to an outsider or an ‘expert’. When done properly, evaluation facilitates an ongoing process of learning among all involved in group and community development projects. It also enables the continual development of projects and programs to be more effective and successful. This two-day workshop will introduce the central concepts of community development evaluation with refugee communities.

WORKSHOP PROGRAM

Setting Project Goal, Objectives and Activities
Clarifying Evaluation Purpose and Scope
Defining the Evaluation Questions
Identifying the Information we Need
Deciding on Data Collection Methods
Using the Data

“Practice simulations of evaluation goals, objectives and questions was valuable”

TARGET GROUP

Suitable for community workers and social workers wishing to develop professional skills in community development with refugee communities in Australia. Participants will need to have an existing understanding of basic community development principles.

COST

$349 / $299 concession

DATE

15-16 August 2019

TIME: 9.30am – 4.30pm

VENUE

STARTTS
152-168 The Horsley Drive, Carramar NSW

REGISTRATION ESSENTIAL

Please register online at STARTTS’ website www.startts.org.au
STARTTS has been actively involved in providing opportunities for student learning for many years, aiming to increase the number of health, social and behavioural sciences professionals in the field who are specialised in working with trauma and refugee communities. STARTTS provides opportunities for students currently engaged in both undergraduate and post-graduate programs in Psychology, Social Work and other appropriate disciplines as well as individuals who are currently completing a Psychology Registration Program. Availability of placements is dependent on a number of factors including the availability of appropriate supervision and the nature and appropriateness of the projects which are taking place at the time.

TO APPLY

To apply for a placement at STARTTS, you are required to submit:

- A letter of introduction from your tertiary institution or if you are currently completing a Psychology Registration Program, a letter of introduction from your employer;
- A resume/curriculum vitae which includes the contact details of at least two referees; and
- A letter of application addressing the selection criteria.

Successful applicants will be contacted and invited for an interview (except for those doing short placements). Applicants who are successful at the interview stage will be required to undergo a criminal records check (if not already undertaken within the last three months prior placement). If you have any questions, please contact the Clinical Projects Officer (Student Liaison) on (02) 9646 6700.
In addition to general student placements, the opportunity for those wishing to undertake clinical placements at STARTTS is also available. Participants of the clinical placements will be providing assessment and psychotherapeutic interventions to our clients and will have access to professional clinical consultation from Clinical Psychologists, Psychologists or other senior clinicians as required/appropriate.

**TARGET GROUP**

To be eligible to participate in the STARTTS clinical placements, students need to be engaged in post-graduate programs of Masters in Clinical or Forensic Psychology; Social Work, or other relevant Allied Health professions. Other relevant post-graduate or masters programs in psychology/counselling/psychotherapy or creative/expressive therapies will also be considered. Individuals completing an approved Psychology Registration program are also eligible to apply.

A STARTTS clinical placement is not suitable as the student’s first external placement. To be eligible to participate, this must be the student’s third or final clinical placement.

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**TO APPLY**

To apply for a placement at STARTTS, you are required to submit:

- A letter of introduction from your tertiary institution or if you are currently completing a Psychology Registration Program, a letter of introduction from your employer;
- A resume/curriculum vitae which includes the contact details of at least two referees; and
- A letter of application addressing the selection criteria.

Successful applicants will be contacted and invited for an interview. Applicants who are successful at the interview stage will be required to undergo a criminal records check (if not already undertaken within the last three months prior placement). If you have any questions, please contact the Clinical Projects Officer (Student Liaison) on (02) 9646 6700.
Regular use of this relaxation recording and visualisation helps decrease tension and improves self-regulation by helping you better understand the connection between body and mind.

Languages available:
- English
- Arabic
- Bosnian
- Cantonese
- Dari
- Khmer
- Serbian
- Spanish
- Tamil
- Vietnamese
- French
- Karen
- Somali
- Kiswahili
- Assyrian
- Kurdish (Sorani)

COST: $12 per USB (includes postage)

Purchase a copy from STARTTS’ website www.startts.org.au
The ‘Jungle Tracks’ kit contains a facilitator’s guide and five story books in which the characters in the stories encounter many of the events and issues that refugee children and young people face including grief and loss, depression, emotional outbursts, low self-esteem, sleep difficulties and fear and anxiety. These, together with the themes of hope and empowerment, are addressed in the stories.

The detailed facilitator’s guide describes how the storytelling approach is used in Jungle Tracks. It outlines the objectives of each story together with its themes. The facilitator’s guide includes suggestions to guide children and young people’s reflection. It also has an appendix with handouts and exercise.

The kit also contains a USB with relaxation/visualisation recordings in English and some other languages. Please enquire about the most up-to-date list of languages available.

The stories and program are relevant for a broad range of ages from early primary and possibly younger to older high school students. The stories are suitable for use in individual and group therapy. Reading the stories may also help parents and children to share their thoughts and feelings.

The five stories in the program are:

1. **Sam and Sonia**, a story about orphaned children which helps to introduce the concept of counselling and the Jungle Tracks program.

2. **Colours of the Wind** which follows a monkey named Charlie who is forced to leave his home to save his life. The main focus of this story is dealing with bereavement and loss and finding peace.

3. **Deano Learns to Smile Again** which features a young deer whose home is destroyed by fire. When he arrives at his new place he is ridiculed because of he is different. The focus of this story is learning to deal with discrimination and building self-esteem skills.

4. **Enter the Lion** is a story about a metaphorical lion that lives with Sam, the orphan from our first story. Sam learns how to tame the beast and wave him good bye. The focus of this story is learning to manage anger and stress as well as dealing with flashbacks. It also introduces relaxation techniques.

5. **Chui and Teeter** follows a leopard and turtle dove who appear in the orphan Sonia’s dreams. She learns how to take control of her dreams and not be afraid of them. The focus of the story is on improving sleep and addressing distressing dreams.

**COST:** $110 per kit
*(includes postage)*

Purchase a copy from STARTTS’ website [www.startts.org.au](http://www.startts.org.au)
‘Families in Cultural Transition’ (FICT) is a group program for newly arrived refugees and migrants which aims to help adults adjust to life in Australia.

**DURING THE PROGRAM PARTICIPANTS**
- Learn from each other
- Have their feelings and reactions normalised
- Learn about different family structures and roles
- Find out about support services available to refugees and others
- Form good relationships

Facilitators of the FICT program should have good contacts with their community, have some experience in running groups and have a good knowledge of English (as well as their communities’ language/s). In some situations an interpreter can be used. They must also receive training in running the FICT program, either from STARTTS or another organisation experienced with FICT.

**THE FICT KIT USB CONTAINS**
- A helpful facilitator introduction on how to implement the programs
- Introduction to the program for parents and getting to know each other
- Support systems
- Budgeting and finance
- Trauma and healing
- Families
- Children
- Gender
- Youth
- Enjoying the environment
- Board games (temporarily unavailable as they are being updated)
- Handouts and overheads
- Sample evaluation forms.

**COST:** $30
*(includes postage)*

Purchase a copy from STARTTS’ website [www.startts.org.au](http://www.startts.org.au)
‘SETTLING IN’ KIT (3RD EDITION)

‘Settling In’ is a group program for newly arrived refugee and migrant students which aims to help students adjust to life in Australia. Although it is most often used with school students, Settling In can be used in a range of community settings. The kit has recently been revised and updated through a collaborative process with key stakeholders, including the NSW Department of Education.

DURING THE TEN WEEK PROGRAM
STUDENTS

- Have their reactions and feelings normalised
- Build emotional literacy and coping strategies
- Build trust and familiarity with school support staff
- Build respectful relationships with each other
- Are supported in their recovery from trauma

It is recommended that the Settling In program be delivered by at least two facilitators (including one qualified counsellor). Both facilitators should have experience in running groups and have experience in cross-cultural issues and helping people who have survived trauma. It is also recommended that facilitators attend STARTTS’ Settling In Facilitator Training (one day).

THE SETTLING IN KIT CONTAINS

- A Student Workbook to help reinforce students’ key learnings in each session
- A Program Manual that includes permission notes, handouts, relaxation scripts, evaluation measures and guides for facilitating each session, on topics such as:
  - Feelings about resettlement
  - Likes and dislikes about Australia and country of origin
  - Dealing with anger, anxiety and depression
  - People and places that can help
  - Settling goals and problem solving
  - Self-confidence and personal strengths

Sound recordings of relaxation and visualisation exercises for use

Permission notes and selected handouts are available in English, Arabic and Farsi.

COST: $70 for the complete 2019 revised edition of the Settling In Kit on USB (includes postage)

Purchase a copy from STARTTS’ website www.startts.org.au
Refugee Transitions is a magazine produced by STARTTS with over 30 issues published. Refugee Transitions reports on a wide range of refugee and human rights issues which are relevant to our work. The magazine focuses attention on the impact of organised violence and human rights abuses on health and provides ideas on intervention models to address the health and social needs of refugees. It debates and campaigns for changes necessary to assist, empower and strengthen refugee communities in their settlement process.

To learn more, read articles from previous editions or to subscribe to Refugee Transitions, visit STARTTS’ website www.startts.org.au.