



TRAUMA INFORMED CARE AND TRAUMA SCREENING

Thursday 22 February, 7.00 – 8.00pm



ANNA ELDERS

*Nurse Practitioner/Cognitive Behavioural Therapist
Clinical lead for Just a Thought*

Dually trained nurse practitioner and cognitive behavioural therapist Anna Elders has almost two decades of clinical experience within a variety of different treatment settings. Anna works as clinical lead for online CBT tool 'Just a Thought' and works in clinical practice providing psychiatric assessment and pharmacological, psychological and nutritional/integrative treatment within a primary care setting.

This presentation will include a brief introduction to:

- Different types of trauma experiences
- The impacts of trauma across the lifespan
- Physiological impacts of trauma on different systems within the body
- Trauma informed care, and the basics of trauma screening
- Benefits of practicing in a trauma-informed way.



REGISTRATIONS REQUIRED

Use the link:

<http://tinyurl.com/CENNZ22FEB>