

# The South Pacific



## THE NEXT BIG SHIFT IN THE WAY NURSING SERVICES ARE DELIVERED: TRAUMA AND VIOLENCE INFORMED HEALTHCARE

28 MAR - 04 APR 2025



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA

*Trust, Respect, Acceptance, Understanding, Meaning, Autonomy - Isn't that what we all want?*

## **CONFERENCE SYNOPSIS:**

The impact of trauma on people's lives is all over social media at the present moment.

In this conference, you will learn about trauma and violence-informed care that has been gaining prominence since the 1990s as a framework for working with and relating to people who have experienced negative consequences after exposure to dangerous experiences. Such experiences include and are not limited to child adverse experiences (CAE), accidents, war, displacement, incarceration, domestic violence, workplace bullying, and, for some, living through life-threatening illness and psychotic episodes.

In each session, you will explore and discuss content that will assist you in dealing with and managing the anxiety, fear, anger and shame of patients you find yourself providing care to.

You will get to experience several models of care, which, when explained, "make sense of" your interactions with other people – patients and colleagues! The presenters will demonstrate different "easy to integrate" interventions you can use wherever you nurse.

Your presenters, Wendy & Colleen, have over 60 years of experience working in mental health and providing care to individuals who have experienced a broad range of trauma and violence. They integrate compassion, respect, reflection and stories into their presentations.

Patients have an increasing expectation that healthcare professionals will be trauma-informed. How informed are you?

## **LEARNING OUTCOMES:**

At this conference you will:

- Explore the importance of Trauma Informed Care in all areas of health care delivery
- Discuss models which can assist us understand the dynamics in the relationship between nurses collegially and with patients
- Review the clinical guidelines which support trauma informed care
- Investigate appropriate interventions which demonstrate provision of care which is trauma-informed

## **YOU WILL ALSO LEARN ABOUT:**

- Trauma - what does it mean for individuals, societies, global citizens
- Principles of trauma informed care
- Integrating trauma informed care into individual, team and organisational practice
- Link between trauma and chronic medical conditions, mental illness and substance use
- Your safety when working with patients in a trauma informed framework
- Patient safety
- Your duty of care to self
- Why understanding the Limbic System is so important in the treatment process
- The Window of Tolerance - what it is and why it is so important
- Transference and where that fits in the therapeutic relationship
- Parent Adult Child Model
- The Third Space framework
- Drama Triangle
- Maslow's Hierarchy
- Focal conflict model
- The importance of breathing
- Chemicals and hormones in trauma
- Professional boundaries - you'll be surprised what you don't know
- The Four C's of Boundaries - Context, Consistency, Congruence and Categories of Concern
- Strategies and interventions (through demonstrations) of using trauma informed skills

## OUR PRESENTERS (in alphabetical order):

### COLLEEN REID

Most of my professional nursing career was spent in adult mental health in public and private mental health hospitals and community settings. I managed a mental health special care unit for many years. The last five years of my professional life was spent teaching in the Diploma of Nursing TAFE.

I have now retired and like many of my fellow Nurses - there came a time when it was right to do so. So now there is a little more time to reflect and read many of those articles that sat waiting for the elusive spare time. There have been many changes in our practice since I commenced training in 1974 (psychiatric then general and obstetrics) and our narrative about who we are and what we do has often been revised.

Whether in my clinical roles, in hospital or community settings or in my teaching roles our story and how this interacts with clinical practice has been both fascinating and frustrating. And fabulous and funny. Want to hear a good story?...ask a Nurse."

**DR WENDY MCINTOSH, RGN, RMHN, GRAD. DIP MH, MN, CERT IV WORKPLACE ASSESSMENT & TRAINING, GROUP LEADERSHIP CERT, MRCNA, MANZCMHN, AANZPA**

Wendy has over 30 years of experience as a health professional (clinical, education, and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying.

Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups. Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

Wendy is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations.

With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.

## WHAT ATTENDEES HAVE TO SAY ABOUT WENDY AND COLLEEN:

<p><i>"The expertise of the presenters [Wendy and Colleen] were engaging and committed to sharing their stories while challenging the participants to reflect upon their own practice."</i></p> <p>– Shannon   The Impact of Stress and Trauma on Mental Health and Wellness   Cambodia</p>	<p><i>"Well presented information, some new, some consolidating old knowledge by the presenters, Wendy and Colleen."</i></p> <p>– Peter   The Impact of Stress and Trauma on Mental Health and Wellness   Cambodia</p>	<p><i>"Wonderful to hear of Wendy's experiences preceeding mine by about 20 years. She gives incredible insights and makes a way moving forward to continue to ensure the best outcomes for our most vulnerable citizens here in Australia."</i></p> <p>– Linda   Webinar: Thirty Years as a Psychiatric Nurse: What has changed, what has stayed the same</p>
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## CRUISE SHIP:

Royal Caribbean's Quantum of the Seas departing Brisbane cruising to The South Pacific

## THE PROGRAM:

### Day One: 28<sup>th</sup> March 2025 | Depart Brisbane

#### 1700 – 1800: Welcome drinks and Registration Event

Come along and meet the presenters and other conference attendees. Pick up your conference pack and find out about the optional events you have chosen to attend.

### Day Two: 29<sup>th</sup> March 2025 | Conference Day

#### 0800 – 0900: Introduction to Trauma | Colleen Reid

Trauma-informed care goes beyond recognizing the immediate physical impact of trauma; it acknowledges the potential long-term psychological and emotional effects that trauma can have on individuals.

In this session we begin by defining trauma and its various forms, Discuss the prevalence of trauma within society highlighting that many individuals have experienced trauma to varying degrees and review the psychological model of what we humans need to thrive and what happens when the basics are not met.

#### 0900 – 1000: Model Transference | Wendy McIntosh

Model transference in the context of trauma-informed care refers to the phenomenon where individuals who have experienced trauma project their past traumatic experiences and expectations onto the behaviour and intentions of care providers.

This can influence their interactions and reactions in a healthcare setting.

Colleen will also discuss "PAC" in the context of trauma-informed care which typically refers to the "Person-Centered, Attunement, and Collaboration" approach. This framework embodies several key principles and strategies that guide how healthcare providers interact with individuals who have experienced trauma.

#### 1000 – 1030: Break

#### 1030 – 1130: Post Traumatic Stress Disorder | Wendy McIntosh

In this session we will explore the criteria, signs and symptoms, and what dissociation is. The Model we will discuss is the – Triangle of Impact. Presenters will demonstrate – working with patients who are hallucinating or re-experiencing trauma.

#### 1130 – 1230: Childhood Adverse Events and the Link to Chronic Medical Conditions, Mental Illness and Substance Use | Wendy McIntosh

The "Third Space Model" will be explored. The Third Space is a model developed to assist create a conscious boundary between work and home. Nursing patients who have had negative experiences of trauma which still cause significant disruption in their lives can have an overwhelming impact on nurses who provide care to them. The Third Space provides the steps to leave work at work and look forward to being at home without intrusive work experiences.

#### 1230 – 1330: Lunch

#### Self-directed Activities

This afternoon you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.

#### 1800 – 1900: Social Get Together | Venue: TBA

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

### Day Three: 30<sup>th</sup> March 2025 | Conference Day

#### Self-directed Activities

This morning you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

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#### 1230 – 1330: The Limbic System: A Different Approach to Calming Patients | Wendy McIntosh

An understanding of our subconscious response to stress and trauma is enlightening and provides us with an understanding of why our patients respond as they do. The five F's (Fight, Freeze, Faint, Fawn and Flee) will be reviewed and the concept of Calm nurse Calm patient explored.

#### 1330 – 1430: Why the Vagus Nerve is Known as the Self-care Nerve | Wendy McIntosh

The vagus nerve is an essential component of the parasympathetic nervous system, which is responsible for the "rest and digest" response, in contrast to the sympathetic nervous system's "fight or flight" response. framework.

The model explored in this session is the Window of Tolerance and the presenters will demonstrate the importance of acceptance and validation of a person's experience.

#### 1430 – 1500: Break

#### 1500 – 1600: Those Essential Hormones and Chemicals: Cortisol, Serotonin, Adrenaline, GABA | Wendy McIntosh

These hormones and chemicals are closely interconnected and play essential roles in maintaining the body's equilibrium, especially during times of stress or challenges.

#### 1600 – 1700: The Power of Written Reflection for Self and as an Intervention with Patients | Wendy McIntosh

In this session we explore Ira Progoff Intensive Journal Process. Let's practice this as a group.

#### 1800 – 1900: Social Get Together | Venue: TBA

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

### Day Four: 31<sup>st</sup> March 2025 | Free Day | Mystery Island, Vanuatu

Take this day to explore this port of call at your leisure.

#### 1800 – 1900: Social Get Together | Venue: TBA

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

### Day Five: 1<sup>st</sup> April 2025 | Free Day | Port Villa, Vanuatu

Take this day to explore this port of call at your leisure.

#### 1800 – 1900: Social Get Together | Venue: TBA

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

### Day Six: 2<sup>nd</sup> April 2025 | Conference Day

#### 0800 – 0900: Let's Explore the Learning & Insights Gained so Far | Colleen Reid and Wendy McIntosh

This morning we are checking back in as a group. As well as the strategies that we have started to implement.

#### 0900 – 1000: The Importance of Establishing and Maintaining Boundaries in Trauma Informed Care | Wendy McIntosh

If I never say no – the yeses become unimportant. The importance of congruence in boundary work – will be investigated.

"Congruence" refers to the alignment and consistency between one's thoughts, feelings, behaviours, and boundaries. It involves being authentic and true to oneself while maintaining clear and healthy boundaries in relationships and interactions.

Demonstrations of techniques will be provided the presenters.

**1000 – 1030: Break**

**1030 – 1130: Let's Explore the Language of Professional Boundaries | Colleen Reid and Wendy McIntosh**

What is the professional boundary framework that supports safe professional interventions? Demonstrations of the techniques will be provided by the presenters.

**1130 – 1230: Trauma-informed Care in your Practice | Wendy McIntosh**

In this session, as a group activity, we will investigate a number of case scenarios embedding trauma informed care in your practice. This is an opportunity to add to your toolbox.

**1230 – 1330: Lunch**

**Self-directed Activities**

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**1800 – 1900: Social Get Together | Venue: TBA**

A bit of fun and get to know each other. Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

**Day Seven: 3<sup>rd</sup> April 2025 | Conference Day**

**Self-directed Activities**

This morning you have self-directed learning activities that equate to three hours of CPD. You can choose to complete these activities in the time allocated, or you may choose to complete them before the commencement of the conference or after its conclusion.

The online library where the activities are located is available to you a week before the conference begins and for two weeks after the conference finishes.

**1230 – 1330: Implementing a Trauma-informed Process | Colleen Reid and Wendy McIntosh**

This session will present more case scenarios to explore implementing a trauma-informed process.

**1330 – 1430: Welcome Back to PAC, Drama Triangle and Transference | Colleen Reid and Wendy McIntosh**

Let's explore the reasons for boundary transgressions through investigation of a number of case studies. We will be identifying the model that best explains the reasons for the transgressions in the case studies via demonstration by the presenters.

**1430 – 1500: Break**



**1500 – 1600: Professional Boundary Strategies | Wendy McIntosh**

In this session we explore strategies to ensure your professional boundaries are effective to keep you and your patients safe. We again touch base with the limbic system and investigate the “just breath and boundary pause”.

**1600 – 1700: Bringing it all Together | Wendy McIntosh**

This is our final session together – in this reflective exercise we will explore the significant learning’s from the conference and next steps for your professional development.

**1730 – 1830: Farewell Reception**

Take this opportunity to enjoy a complimentary function as the conference draws to a close and we say farewell to new friends and colleagues.

**Day Eight: 4<sup>th</sup> April 2025 | Arrive Brisbane**

**Disembark – safe travel!**

**REGISTRATION COSTS:**

**\$1290.00 incl GST**

Please note: Registration cost does not include travel, additional accommodation, or travel insurance.

All conference payments are being handled by Education at Sea (EAS), our conference partner.

**WHAT ARE YOU WAITING FOR?**

Contact Education at Sea or ask them for a no obligation personalised quote.

02 7908 7774 | [enquiries@educationatsea.com.au](mailto:enquiries@educationatsea.com.au)

Ask about a personalised payment plan!

**COSTS AND INCLUSIONS:**

- An extensive Conference program based on current best practice
- Education content that meets the same exacting standards as anything offered in an Australian land-based program
- Conference Presenters who are recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
- An online Conference library filled to the brim with educational content that allows you to create your own learning experience by completing pre-conference education activities
- A Registration Reception including complimentary drinks where you can meet other Conference Attendees and network with Conference Convenors and Conference Presenters
- A Conference pack that includes a notepad, pen, lanyard (to attach your room key, which becomes your lifeline on a ship) and additional information to support a fantastic Conference experience
- The opportunity to meet as a group in various Conference open forums, in one of the many fabulous locations on the ship
- A complimentary Farewell Drinks and Canapes Function held on the last night of the Conference to celebrate new friendships and information gained
- A Conference Transcript that identifies each session held at the Conference, including the session synopsis and session presenters
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio

*The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event to cover any unforeseen circumstances that may prevent them attending and thus incurring any financial loss.*

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