



# Trauma and Violence Informed Healthcare

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CRUISING THE SOUTH  
PACIFIC DEPARTING SYDNEY

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28 Feb - 08 Mar 2026 | 24 CPD Hrs



NURSES FOR  
NURSES  
NETWORK



EDUCATION *at* SEA

## WHAT THIS CONFERENCE IS ABOUT

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

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

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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

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- 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 Cs of Boundaries - Context, Consistency, Congruence and Categories of Concern
- Strategies and interventions (through demonstrations) of using trauma informed skills

Nurses for Nurses Network and Education at Sea

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## DETAILED ITINERARY



### DAY 1: 27/02/2026 | Depart Sydney | 1845

#### 1700 - 1800: Conference Registration and Welcome Function

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

All delegates are required to attend the Conference registration session to collect their Conference pack and confirm registration details to ensure the correct issuing of their CPD certificate.

#### 1845: We set Sail

Make sure you are on deck to say bon voyage.

### DAY 2: 28/02/2026 | Conference Day

#### 0800 – 0900: Introduction to Trauma

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

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

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

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

#### Afternoon: Self-directed Activities via the Online Library

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: Networking Session

Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.



## DAY 3: 01/03/2026 | Conference Day

### Morning: Self-directed Activities via the Online Library

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: The Limbic System: A Different Approach to Calming Patients

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

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

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

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

#### 1800 – 1900: Networking Session

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*"The information that was presented is crucial to my work practice. I encourage all my colleagues to remain up to date with current best practice and these events are the best opportunity I have found, as it's a perfect mix of learning, networking and relaxation."* - Elenor | Trauma Informed Care | The South Pacific

## DAY 4: 02/03/2026 | Free Day

Take this day to explore what the ship has to offer.

#### 1800 – 1900: Networking Session

Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.

## DAY 5: 03/03/2026 | Port Villa, Vanuatu | 0700 - 1630

In Port Vila, Vanuatu's energetic capital, you'll be greeted by friendly Bislama-speaking locals and bustling street-side markets. Discover the hidden waterfalls of the Mele Cascades, nestled in the lush rainforest of Mele village, with plenty of gently sloping hiking trails to explore.

#### 1800 – 1900: Networking Session

Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.



#### **DAY 6: 04/03/2026 | Mystery Island, Vanuatu | 0700 - 1630**

Mystery Island is like stepping into a storybook, untouched by modern life. There's no electricity, no roads, and no phones—just peace and quiet. You can walk around the whole island in about 30 minutes and soak in its beauty at your own pace. Only locals from nearby Aneityum and a few visitors ever make it here, so it feels like a true escape. Stroll along the soft white sands, swim in the warm, crystal-clear waters, and snorkel to explore an underwater world that's as pure as it gets.

#### **1800 – 1900: Networking Session**

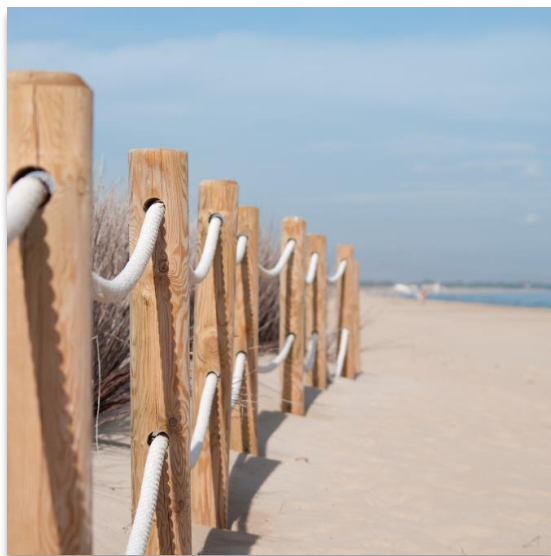
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#### **DAY 7: 05/03/2026 | Noumea, New Caledonia | 0800 - 1600**

Sunny Noumea is a vibrant mix of cultures and energy that's hard not to love. As the capital of New Caledonia, it boasts some of the best weather in the South Pacific and a lively city vibe to match. Its rich cultural heritage comes alive in its museums, theaters, and art galleries—don't miss the Jean-Marie Tjibaou Cultural Centre to dive into traditional Kanak culture. For stunning views of the island's lush palms, hibiscus, and coconut trees, climb to the top of Noumea Cathedral.

#### **1800 – 1900: Networking Session**

Each night conference Facilitators and Presenters will be at the venue and would love to meet with you.



#### **DAY 8: 06/03/2026 | Conference Day**

#### **0800 – 0900: Let's Explore the Learning & Insights Gained so Far**

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**

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**

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**

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**

## DAY 8 CONTINUED: 06/03/2026 | Conference Day

### Afternoon: Self-directed Activities via the Online Library

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### 1800 – 1900: Networking Session

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## DAY 9: 07/03/2026 | Conference Day

### Morning: Self-directed Activities via the Online Library

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### 1230 – 1330: Implementing a Trauma-informed Process

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

### 1330 – 1430: Welcome Back to PAC, Drama Triangle and Transference

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 presenter.

### 1430 – 1500: Break

### 1500 – 1600: Professional Boundary Strategies

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

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 10: 08/03/2026 | Arrive Sydney

Disembark – safe travels!



*“The expertise of the presenter [Wendy] was engaging and committed to sharing her stories while challenging the participants to reflect upon their own practice.” - Shannon | The Impact of Stress and Trauma on Mental Health and Wellness | Cambodia*

## OUR PRESENTER

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**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.

*“I met some wonderful nurses who have become friends. I learnt so much at this conference, so it was very worthwhile. Having a holiday at the same time on board a wonderful cruise ship topped it off.” - Penelope | Trauma Informed Care | The South Pacific*

## OUR CONVENOR

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### HELEN KANSKY



Helen is a specialist in Continuing Professional Development events organisation. Helen has worked in this field for the past 10 years and during this time has gained a thorough understanding of the CPD requirements of Nursing Professionals.

In addition, Helen manages the intricacies of providing an excellent Conference Program with the key requirements to ensure an exceptional educational travel experience. She has a vast array of administrative skills that she applies to ensure that every NFNN Conference attendee has a most enjoyable and fruitful CPD education travel adventure.

Helen enjoys exploring various cuisines and the challenge of recreating them at home for her family. In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses, Midwives, Allied Health Professionals and Teachers/Educators the opportunity to update and improve their skills in diverse and unique locations.

## REGISTRATION COSTS

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**\$1390.00** incl GST (NB: Registration cost doesn't include travel, accommodation, or travel insurance.)

### 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!

## VENUE

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### Royal Caribbean's Anthem of the Sea

The Anthem of the Seas, a Quantum-class cruise ship from Royal Caribbean International, is designed to impress. Whether you're an adventure junkie, a food lover, or someone who lives for a good thrill, this ship has something for you. Picture yourself trying out the skydiving simulator, soaking in panoramic views from the North Star, or savouring incredible meals at its world-class restaurants. It's not just a cruise—it's a floating adventure, with the perfect mix of excitement, relaxation, and amazing food. If you're looking for an unforgettable getaway, the Anthem of the Seas is calling your name.

## INCLUSIONS

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- An extensive Conference program based on current best practice
- Conference Presenters that 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 Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenter
- A Certificate of Completion identifying the CPD hours for you to include in your CPD Evidence Portfolio

## INSURANCE

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*The Nurses for Nurses Network and Education at Sea 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.*

## DISCLAIMER

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The opinions and statements of facts expressed in the Papers in these proceedings are those of the Authors and do not necessarily represent those of the Nurses for Nurses Network (NfNN), the editors, the organising committee or the supporters of this Conference. The organisers can accept no responsibility for errors or omissions in the individual papers. Sessions are correct at time of publication. Sessions are subject to change without notice due to circumstances beyond the control of the organisers. NfNN reserves the right to alter charges, cancel, postpone, change or withdraw the product or service at any time.



## CONDENSED ITINERARY

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0630: Disembark - safe travels!