

Supporting Yourself & Others

in the aftermath of Cyclone Gabrielle

FREE

Online
Workshops
& Resources

Online Workshops for the Community

These online workshops are designed for people in the community that are wanting to gain skills and tools to support themselves and their whānau in the aftermath of Cyclone Gabrielle.

- **Recognising and Responding to Psychological Distress in the Community**
Learn fundamental skills to understand and support others who may be experiencing mental distress and/or mental illness, especially from the impacts of the cyclone.
Tuesday 9 May, 10.30am - 12.00pm • Wednesday 10 May, 7.00pm - 8.30pm • Wednesday 14 June, 7.00pm - 8.30pm
- **Understanding and Managing Change**
Explore aspects of perception and control and how these processes play a key role in managing change.
Thursday 8 June, 10.30am - 12.00pm • Thursday 22 June, 7.00pm - 8.30pm
- **Impacts of Trauma on Sleep and Life**
Discover the impacts of trauma and other ongoing challenges on the brain, body and mind. Gain practical strategies to support regulation, sleep and life.
Tuesday 13 June, 10.30am - 12.00pm • Monday 26 June, 2023 - 7.00pm - 8.30pm

Online Workshops for the Workforce

These online workshops are designed to provide essential skills in psychosocial disaster response and self-care for frontline workers, first responders and others working with cyclone-affected people.

- **Trauma Informed Care for Frontline Workers: Responding to Challenges**
Explore common elements and stages of healing, principles of Trauma Informed Care, strategies to respond to challenges, and how to work with complexity in a practice context of limited time and resources.
Wednesday 17 May, 7.00pm - 8.30pm
- **Disaster Recovery: Managing the Stressors Experienced by First Responders and Other Helpers**
Explore the signs of stress-related impacts to traumatic events and disasters, and learn steps and strategies you could use to mitigate or eliminate them.
Thursday 18 May, 7.00pm - 8.30pm • Thursday 1 June, 7.00pm - 8.30pm • Thursday 8 June, 7.00pm - 8.30pm
- **Empathy Fatigue: Recognising the Signs and Strategies for Prevention and Recovery**
Those in helping-professions have an inherent risk of developing empathy fatigue. Learn how to identify fatigue and respond to empathy fatigue, what factors increase the likelihood of burnout, and strategies to enhance resilience.
Wednesday 31 May, 7.00pm - 8.30pm
- **Self-Care and Professional Practice When Working with Trauma and Tragedy**
Develop skills to be the best you can be when practising support during a tragedy, how to recognise and acknowledge traumatic experiences and work through them effectively.
Tuesday 20 June, 7.00pm - 8.30pm • Thursday 29 June, 7.00pm - 8.30pm

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TE MANATŪ WHAKAHIATO ORA



Resources for Natural Disaster Trauma and Recovery

Access eBooks and audiobooks anytime from your device with our **free eLibrary**.
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