



Welcome to the autumn edition of Blue Knot Review, an electronic journal chronicling recent developments and new perspectives around complex trauma and trauma-informed practice.

Presenting updated and expanded *Practice Guidelines for the Clinical Treatment of Complex Trauma*



Over 6 years since the widely acclaimed and extensively endorsed guidelines were first published, Blue Knot Foundation are updating and expanding on these. This new iteration hopes to enhance recognition, inform responses and therefore treatment, for the large numbers of people whose health has been impacted by complex trauma. [Read more here](#)

Everybody benefits from being trauma-informed

Dr Cathy Kezelman AM looks into the importance of trauma-informed legal practice which benefits clients, practitioners, colleagues and the firms/services and systems in which they work. Re-traumatisation can occur when legal services are not informed about trauma and its dynamics, so people's well-being depends on trauma-informed organisational and individual practice.

[Read more](#)



Book Review: Humanising Mental Health Care in Australia: A Guide to Trauma-informed Approaches

President of Blue Knot Foundation Cathy Kezelman and Head of Research Pam Stavropoulos have both contributed chapters to this trauma-informed book written by a diverse group of national and international experts. This book was recently released in Australia and is available for purchase from Blue Knot Foundation.

[Read more here.](#)

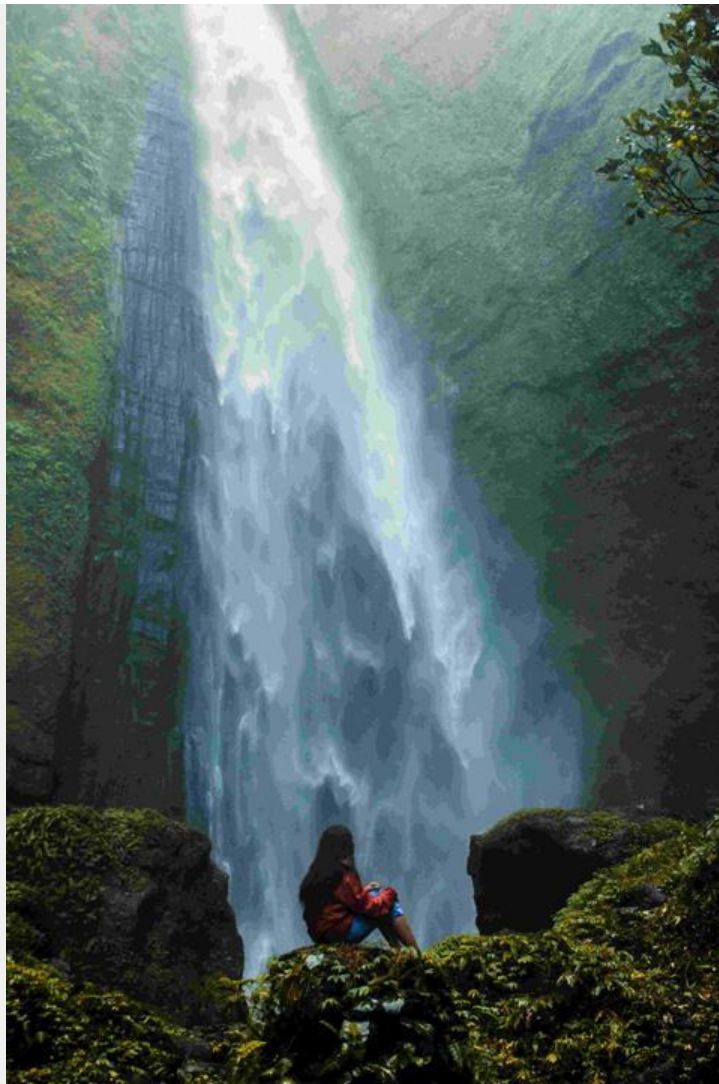


Power Threat Meaning Framework Overview

The Power Threat Meaning Framework is an alternate, evidence-based framework to the medical model of mental distress.

In February 2019, over 400 people attended workshops introducing this framework into Australia across Sydney, Melbourne and Brisbane, with additional workshops hosted in Adelaide by ISPS in 2019.

[Read more here.](#)



Talking Trauma: Introducing a new factsheet for service providers

Knowing how to ‘talk about trauma’ is essential for anyone who is supporting traumatised people. This factsheet provides a basic foundation of information about trauma, complex trauma and becoming ‘trauma-informed’ so that service providers can understand how overwhelming stress can affect the way we function as human beings and how not to compound a person’s existing levels of stress, especially traumatic stress.

[Read more here.](#)



Professional development training opportunities - learn the skills needed to work relationally with trauma survivors.

Introducing the redeveloped and refined Trauma-Informed Care and Practice training. Level 2 has been developed in response to participant feedback, suggestions and needs identified by the Level 1 training, to equip participants with the knowledge and tools to create safe environments for trauma survivors.

[Read more here.](#)



Book Review: Healing Trauma with Guided Drawing: A Sensorimotor Art Therapy Approach to Bilateral Body Mapping

Blue Knot Foundation trainer and supervisor, Jane Daisley-Snow, who was trained under the author Cornelia Elbrecht at the Sensorimotor Art Therapy Institute, reviews this trauma-informed book.

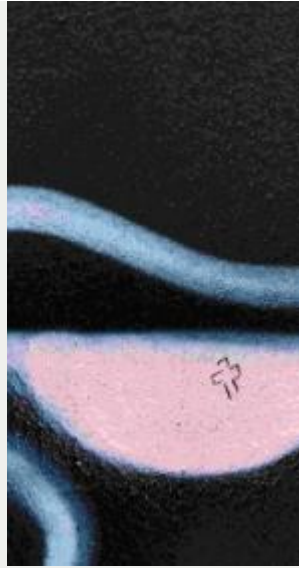
[Read more here.](#)



Poem: Open the Can of Worms

Written by Tracey Farrell, a mental health social worker and passionate advocate for overcoming childhood trauma and adversity, this poem was written after speaking to many survivors about their experiences of the mental health sector, and practitioners who described asking about trauma histories as ‘opening a can of worms’.

[Read more here.](#)



Professional Development Training

As a thought, policy and practice leader in the fields of complex trauma, vicarious trauma and trauma-informed practice, Blue Knot Foundation delivers professional development training across Australia.

Download our training calendar [here](#).

To discuss in-house training for your organisation, email trainingandservices@blueknot.org.au or call our offices on (02) 8920-3611 to speak to our training team.



Supervision

Blue Knot Foundation runs a brokerage service whereby we match the needs of organisations/services seeking group/team based supervision with a suitably skilled supervisor.

Supervisors are able to facilitate the following: group clinical and non-clinical supervision, group case consultation and debriefing as well as group based support around vicarious trauma and self-care. Other consultation services are available on request.

To find out more, visit <https://www.blueknot.org.au/Supervision>



Organisational Consultancy

Blue Knot Foundation's organisational consultancy supports organisations to design and/or modify their current culture, practices, policies and procedures around the core trauma-informed organising principles of safety, trustworthiness, choice, collaboration and empowerment.

To find out more, visit <https://www.blueknot.org.au/Consultancy>.



Blue Knot Foundation would like to thank Keren Seelander (b.1957 Keith S.A.) for her generosity in allowing us to use extracts of her artwork for the banner of Blue Knot Review. Each issue will give readers a taste of her art. Critics say Keren's artwork has the ability to touch people deeply, and we think so too! You can view her work: <http://www.seelander.com.au>.



Blue Knot Review is an electronic journal chronicling recent developments and new perspectives around complex trauma and trauma-informed practice. Contact newsletter@blueknot.org.au for feedback or to contribute.

SUBSCRIBE



[Subscribe here](#) to Blue Knot Review for your monthly digest of relevant trauma-related research. Please share this email with anyone who may be interested.

REFERRAL DATABASE
blue knot
HELPLINE
1300 657 380

The [Blue Knot Helpline](#) has established a [referral database](#) of mental health practitioners, doctors, service providers and support groups to provide referral options to callers requesting them. For information on how to apply to be considered for our referral database, [please click here](#).




[Blue Knot Foundation](#) is the National Centre of Excellence for Complex Trauma, empowering recovery of the five million (1 in 4) Australian adult survivors of childhood trauma.



Blue Knot Foundation
 www.blueknot.org.au | admin@blueknot.org.au | 02 8920 3611
 Blue Knot Helpline - 1300 657 380

You are receiving this email because you have expressed an interest in health, the law and/or trauma recovery and trauma-informed practice and related fields.

-  Like
-  Tweet
-  Share
-  Forward

[Unsubscribe](#)