



THEiA Trauma, Health and Education
International Academy

Care Excellence Programme for Carers

Free online course (on Zoom)

<https://theia.ac/course/care-excellence-programme/>

**Funded Training
Limited
availability -
book your place
now!**

There is nothing more important for children and young people than their primary care givers. This course is a 5-day programme for all those who are providing care for a child or adolescent who has been impacted by early life trauma.

WHAT YOU'LL LEARN

- The latest understanding of Child Development and Attachment
- A unique and assessable guide to trauma and behaviour
- The importance of story and commentary to provide a framework for connecting and healing
- Making sense of fragmented lives through knowledge of behaviour challenges and neuro diversity
- The importance of self-care, vicarious trauma and reflective regulation

DATES AND DELIVERY/WHO IS PROVIDING CONTENT:

Date	Time (AEST)	Content	Facilitator/Trainer
Thursday 23 July 2026	10am-2pm	Child Development & Attachment	Professor Richard Rose
Friday 24 July 2026	10am-2pm	Trauma and impacts on the brain, body and spirit	Professor Richard Rose
Monday 27 July 2026	10am-2pm	Recovery through hearing, holding and loving	Elise Saunders
Tuesday 28 July 2026	10am-2pm	Caring for children and young people with complex needs	Elise Saunders
Wednesday 29 July 2026	10am-2pm	Vicarious trauma and self-care	Professor Richard Rose

Expectation: Carers are expected to use at least the last half an hour to connect and debrief together each day as they are required to complete 200 word reflection each day (in their hand-books).

FOR MORE DETAILS AND HOW TO REGISTER:

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Should you require any assistance with registering for this course please view the video on this page which offers guidance on signing up to attend or contact Jo via training@theia.ac