

South Coast Child Wellbeing Network Conference 2022

Tuesday 6th September 2022

The Pavilion, Kiama

Cost
\$70



Registration opens 8am | Conference from 9am until 4pm

Connect, Care, Play - Keeping Children in Mind

In celebration of Child Protection Week, we welcome clinicians and other professionals who work with children and their families to our annual conference.

This year we are excited to feature our Keynote Speaker, **Heather Irvine-Rundle** as well as **Sue Buratti, Fiona Beale, Mark Donovan and Sharlene Vlahos Karitane** who will be presenting fantastic workshops.



Buy tickets at www.sccwn.org.au/conference2022

Closes Monday 29th August 2022

Heather Irvine-Rundle

www.sccwn.org.au

Child Protection Week
4 - 10th September 2022

Keynote Speaker

Attachment and attunement: Exploring the key components underpinning healthy relationships for children to promote positive mental health and connections across the lifespan.

Heather Irvine-Rundle is a senior clinical psychologist and the director of The Read Clinic, which is one of the largest psychology practises in Australia. As well as practising in Australia, Heather has also spent three years in the UK working with some of the most deprived families in Liverpool and London. She also led a service providing advice and consultations on mental health to all the schools in the South London area.

As well as practicing for over two decades, Heather is a published author with her latest book Hello Baby. Heather speaks regularly on local ABC radio, has appeared on a number of television shows including 60 Minutes, and writes regular articles for print and digital media.

In 2019, Heather was appointed as Adjunct Professor of Practice in the School of Psychology at the University of Newcastle to reflect the extensive work she conducts with students, interns and registrars. She is also an internationally accredited Lifestyle Medicine Practitioner and advisor to council on the Status of Women on the Central Coast.

In this presentation, the value of adult connection and attunement to children's needs are explored within scientific and theoretical frameworks, with practical ideas for multiple adaptations to the early learning environment. Educators will be encouraged to connect, reflect and attune to themselves in the process, ensuring authentic engagements with the young people in their care.

Session One

Wellbeing Session

Deanne Dale has a social work career of over 30 years working as a frontline clinician, team leader, senior manager, consultant and educator in a range of NSW child protection, sexual assault and domestic violence services.

Deanne currently has an independent practice providing clinical supervision to social workers and other allied health and welfare professionals. Since 2016 she has moved into social work education; teaching in bachelors and masters qualifiers courses at a range of universities in NSW and also supervises students in field education.

Resisting 'Burnout' By Holding Values And Mattering At The Heart Of Our Work With Children And Families

When the values and intentions that guide our work are compromised, we can become vulnerable to 'spiritual pain' that Canadian community activist and clinical supervisor Vikki Reynolds argues contributes to worker 'burnout'.

This pain can be compounded by 'de-mattering' experiences of children, their families and ourselves as workers within systems and institutional structures that may steal hope and dignity and create darkness and despair. In this workshop we will be exploring our guiding values and intentions and sharing stories of how they show up in our work and make us come alive.

Together we will locate resistance as 'hope in the cracks' and reach out for solidarity in unexpected places to support practices of child-centred 'mattering' founded on a collective ethics of social justice 'doing'.

Workshop 1

Finding Professional Relational Safety in the Midst of Trauma Work

Sue Buratti - Sue is the Senior Manager for Therapeutic Services NSW for the Australian Childhood Foundation. She has worked in NGO, Government and private sectors for many years. She has provided therapy, supervision, training and consultancy, with a predominant focus on childhood trauma and its impact across the lifespan. She is an advocate for children's rights. Sue has trained and presented both Nationally and internationally.

OurSPACE have designed a tool that helps support co-regulation, decreasing a child/young person's trauma behaviours/symptomology by recommending prescribed therapeutic responses which are matched to their needs. This workshop will focus on safe adults providing a response that calms the child's anguish, aiming at mitigating an escalation of behaviours and creating opportunities to deepen relational connection.

It is commonly understood that children express their traumatic states via their behaviours; however, the professional systems that support them can discount these expressions and miss the essential signals these children are showing when they do not have the words to express their fear or confusion. Children's trauma-based behaviours are an attempt at co-regulation and emotional soothing.

Despite the growing body of knowledge in trauma-sensitive approaches, there can be a tendency to rely on behavioural assessments, which can unwittingly characterise traumatised children and young people as the problem. Children form their sense of self in the context of their relationships. When these relationships are unsafe or threatening, children's nervous systems can become reactive.

If trauma can be assessed and intervened initially from a biological perspective rather than a behavioural one, we can settle the same states of arousal that inhibit children from engaging in relationships that can be a resource for their healing. These moments of repair are essential for both the adult and child, as they

Workshop 2

Reaching Children Where They Are: A framework for understanding the main elements which contribute to a child's emotional capacity and for developing a relationship which will nurture their emotional growth

Fiona Beale is a Senior Occupational Therapist and DIR Floortime® Practitioner with 30 years' experience working with young children. Fiona is currently working with Noah's Inclusion services in the Illawarra region. Over the past 10 years she has worked closely with educators in Early Childhood Education Centres, providing mentoring and training and together developing strategies to support children with engagement and emotional regulation. Fiona is passionate about giving every child the opportunity to feel emotionally connected and to develop self-worth and confidence in their early years.

In this workshop, we will use the DIR Floortime® Model to explore the stages of emotional development and look at body, mind, relationship and environment factors through videos and case studies. The aim of the workshop is to provide you with practical skills and knowledge that can be used in your work with children.

Workshop 3

Playful approaches to managing anxiety in a challenging world

Mark Donovan is a clinical psychologist with 30 years experience across clinical practice and academic settings in Australia and the UK, and has specialized in working with children and families for 25 years. He is inspired by ideas from narrative therapy, acceptance and commitment therapy, attachment theory, but mostly by ideas from the families he has worked with.

The world has been a changing and challenging place to inhabit over the past few years. This has particularly impacted children and families, and all those who work to support families and communities. This workshop provides an understanding about how children respond to challenges, leading to practical ideas and tools on how to help children, families and ourselves at times of anxiety and distress.

Workshop 4

Having difficult conversations with parents - Maintaining the relationship and working in partnership

Sharlene has been a Child and Family Health Nurse for over 20 years and has worked in many areas of Child and Family Health during this time. Sharlene is currently the Director of Education and Business Development at Karitane and has extensive experience in providing education and support to professionals and parents and is an Adjunct Fellow at Western Sydney University for the Masters of Child and Family Health.

Sharlene is the Executive Manager for Karitane's Communities for Children programs and Targeted Early Intervention programs and leads a team of educators providing education to professionals supporting children and families in the health, social and education sector. Sharlene is a facilitator of Circle of Security, Tuning into Kids and Family Partnership training.

There are times when working with families that requires the professional to have difficult and challenging conversations with the family. When these situations arise, it can be hard to navigate and challenges our own practice, however there are unique skills and qualities a professional can bring to the situation when having a difficult conversation and still maintain engagement and connection with the family.

This interactive session will discuss the key principles and skills and also provide a unique opportunity for participants to participate in skills practice session of having difficult conversations with families.