

POST CONFERENCE WORKSHOP



Recognising, Nurturing and Protecting The 'Survivor Self' 12-July 2010

This workshop has been designed for professionals.

Its aims are:

- **Encourage and challenge participants to reflect on their own perceptions and experiences of survivors and trauma.**
- **Framework the concept of the 'Survivor Self'**
- **Demonstrate how participants can shift their focus to the 'Survivor Self' narrative**
- **Examine expressions and facets of the 'Survivor Self'**
- **Explore strategies on how to nurture and protect or negate these expressions and facets**

The Facilitators



Pamela Trotman has forty years of practice and teaching experience in a variety of social work contexts and with different client groups. Her practice focus has moved increasingly to acknowledge and explore what she saw as the human spirit's capacity to regenerate itself, even in the midst of great turmoil and horror. Through working with survivors of sexual assault and refugees Pamela has found ways to hear and honour their experiences without being frightened by the prospect of vicarious traumatising. **This led to another rich encounter and source of real healing energy: the presence of *Survivor Self*.**



Leisha Townson is a Social Worker and Counsellor of nearly 20 years experience working with survivors of trauma, particularly in the areas of sexual assault, domestic violence, rehabilitation and more recently, the issues surrounding the role of unpaid family carers. Leisha has been a passionate participant in the movement against injustice and discrimination, with focus on violence against women, children and people with a disability. She has a private practice in which she hopes to fulfil her other great passion – community education. Leisha feels both humble and privileged by the many who have given their trust and their stories so far.

leisha.townson@hotmail.com pam.trotman@bigpond.com