



CENTRE FOR MENTAL HEALTH NURSING

Coproducing excellent practice.

The Neuroplastic Narrative and Neuro-Ecological Diversity:

A non-pathologising,
strengths-based model of care
for trauma-informed nursing

2025 Workshop Series

3 non-consecutive days

Dr Haley Peckham (PhD)

The Centre for Mental Health Nursing



Dr Haley Peckham's 2025 Workshops *Neuroplasticity and trauma series* and INTRODUCING a new workshop on *Shame*

Welcome to the **2025 Neuroplasticity and Trauma Series**

For 2025 I have marshalled The Neuroplastic Narrative, the concept of Neuro-Ecological Diversity and the acronym Let's C.H.A.T into a coherent non-pathologizing strengths -based model of care for Trauma-informed nursing.

There are 3 workshops - better to do them in order but not essential -

1. HOW DO WE ADAPT? - This is an updated version of the Neuroplasticity and Trauma workshop delivered through to 2023 with a greater focus on formulation

Ø *How experiences shape brains*

Ø *Principles & mechanisms of neuroplasticity*

Ø *Formulating from an adaptive stance*

1. WHAT DO WE ADAPT TO?

Ø *Relationships regulate physiology and feelings*

Ø *Attachment Patterns and Affect Regulation Theory*

Ø *The therapeutic relationship as a new experience (drip drip drip healing)*

1. WHY DO WE ADAPT?

Ø *Experiences and Relationships Shape how we Live Love & Parent*

Ø *Life History Theory & why we adapt to live fast & hard or slow & easy*

Ø *Fostering a sense of agency, autonomy and purpose*

In addition we have teamed up with Professor Luna Dolezal at The Uni of Exeter in the UK to bring a new workshop on **Shame** for healthcare practitioners

The cost of the workshops to a service wanting to host a training is \$1000 per day for bookings until end of June 2025 and is \$1300 from July 1st 2025. There may be associated travel and/or accommodation costs for rural and outer metropolitan services. Regarding the group sizes I'd like to cap the number of participants to 36 but please feel free to oversubscribe as there are always people who cannot make it at the last minute.

[Click here](#) for a 15 minute video giving a taster of the material for all three workshops AND for the new workshop on **Shame** in partnership with the Uni of Exeter UK. I have also included a PDF of the PowerPoint in case that is helpful.

Workshops will be available on Mondays and Tuesdays. Generally they will not be available as sequential days except for rural services .

"Please note: Additional costs may apply for workshops held in outer metropolitan and rural areas to cover travel, accommodation, and other related expenses. Details of these charges will be discussed during the booking process. Thank you for your understanding.

To express interest in holding a workshop for your service or staff please [Click Here](#) to complete this form and you will be contacted by a member of our team to discuss further.

For other enquiries please email cmhn-info@unimelb.edu.au