



# Donna Zander & Associates

## 2024 Training Calendar

Trauma, Family Violence, Child Abuse, Play Therapy, Private Practice

### Grow Your Team with Our Expert Professional Development!



Donna Zander is an Accredited Mental Health Social Worker with the Australian Association of Social Workers (AASW), Associate Member APS, and Accredited Play Therapist (AAPTA). She has expertise in trauma, child abuse and family violence, and in working therapeutically with infants, children, women, couples, and families. She has worked in this field for over 35 years both as a professional and a volunteer. Donna has a history of developing high quality training programs for the Domestic Violence Resource Centre Victoria, Australian Childhood Foundation, and Post Trauma Victoria. Donna's personalised, energetic, and dynamic presentation style sees her services as a keynote speaker and facilitator in great demand both nationally and overseas including Bougainville, New Guinea; Nazareth Rehabilitation Centre, Israel (facilitating Gottman Method at the 2017 Marriage and Family Therapy Conference); and Fiji for our Conference 'Come Play with Me Fiji 2018.'

### 'Let's Beat Counting Sheep!' - Conquering Sleep Post Trauma

6<sup>th</sup> – 7<sup>th</sup> June  
Broome, W.A. & Zoom

### 'Unlocking Childhood Trauma!' - Keys to Transforming the Body and Mind

19<sup>th</sup> June  
Melbourne & Zoom

### Unlocking Complex Trauma in Adults Traumatized as Children - Keys to Transforming the Mind, Brain and Body!

6<sup>th</sup> – 7<sup>th</sup> August  
Melbourne & Zoom

### Unravelling Complex Mental Health & Disability

21<sup>st</sup> – 22<sup>nd</sup> August  
Melbourne & Zoom

### Introduction to Sandtray and Water Play Therapy

Dr. Joanne Wicks (Play Away)  
& Donna Zander  
2<sup>nd</sup> – 3<sup>rd</sup> September  
Melbourne, Vic

5<sup>th</sup> – 6<sup>th</sup> September  
Perth, WA

### Unlocking Trauma – 'Keys to Exposing Exposure Therapy and C.B.T.'

26<sup>th</sup> – 27<sup>th</sup> November  
Melbourne & Zoom

Donna also provides professional supervision and coaching, and customised training. These include:

Taming Traumatic Anger

'Unlocking Childhood Trauma!' - Keys to Transforming the Body and Mind

'Let's Beat Counting Sheep!' - Conquering Sleep Post Trauma

'The Roller Coaster Ride of Private Practice!'

Unlocking Trauma via P.L.A.Y. - 'Play, Laughter, Art, Animals & You!'

Let's Get Physical! Advanced 'P.L.A.Y.': Music & Movement, Dance & Drama

More detailed information of workshop content can be found online, with secure registration, by visiting:

[www.donnazanderandassociates.com.au](http://www.donnazanderandassociates.com.au)

Phone: 0411 399 747 - Email: [info@donnazanderandassociates.com.au](mailto:info@donnazanderandassociates.com.au)

Cost (AUD): 1 x Day \$250 to \$230

Cost (AUD): 2 x Half Days \$250 to \$230

Cost (AUD): 2 x Days range from \$440 to \$650

Cost Includes: GST, Lunch, Morning & Afternoon Teas (in-person only), Training Material and USB.