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VAN GO a partnership between WRISC Family Violence Support and Moorabool Shire

Van Go Express

Second edition

Project Update

This past month the Van Go Team have been busy undertaking Single Session Therapy with families as part of our intake process. Two therapeutic spaces have been set up for these sessions including cozy couches, cushions and a variety of toys, musical instruments and art materials for the children. From these sessions, children are being referred to the creative therapists who are expected to start seeing individual clients the beginning weeks of October. The Van is receiving it's final touches and the team are excited to get it on the road!

A high percentage of referrals are for children under 3's and as such, Van Go will be offering a "Circle of Security" Group to mothers, being run during term 4 from the Children's hub. This is an 8 week group supporting mothers to reconnect and respond to their children after family violence. If you have any questions about the Group please call Kate on 0417 615 368. [Link to flyer](#)

Staff recruitment has continued with the Women's Counsellor and Children's Therapeutic Case Manager positions being filled. The Women's Counsellor will begin in October and the Therapeutic Case Manager early November.



Therapy space



Therapy space



In the words of children

Short animations created from drawings done by children during art therapy sessions who have experienced family violence.

Creative therapy - find out more

Art Therapy:

<https://www.anzata.org/About-Arts-Therapy>

Music Therapy:

<https://www.austmta.org.au/content/what-music-therapy>

Play Therapy:

<http://www.blogtalkradio.com/freakishlywellbehavedkids/2016/01/15/so-what-is-play-therapy-how-does-it-work-anyway>

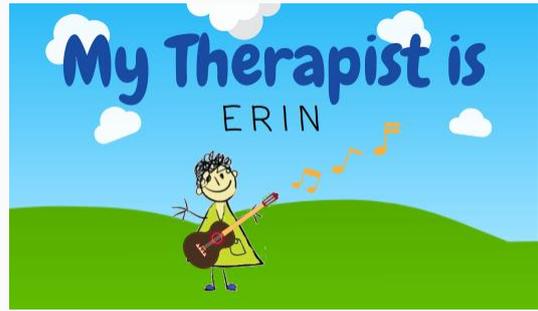
Single Session Therapy:

<http://www.bouverie.org.au/support-for-services/our-specialist-areas/specialist-area-single-session-therapy-sst-alternatively-referred-to-as-sin>

Resources

We have created or in the process of creating a number of client resources including a flyer for the children, flyer for mothers and business cards for the therapists to give to children.

The business cards have been popular with the children, they love them!



Trauma Informed Practice

Trauma-Informed Art Therapy® and Trauma-Informed Expressive Arts Therapy® are approaches developed by Dr. Cathy Malchiodi that integrate trauma-informed practices, "brain-wise" arts-based interventions, and mind-body research. The Institute is dedicated to professional education and distance learning on creative, trauma-informed practices that focus on the expressive arts. Find out more [here](#).

For more information on Dr. Malchiodi, you can also visit her website at www.cathymalchiodi.com.

There is also useful information from the Australian Childhood Trauma Group (The ACT Group). The ACT group specialises in childhood trauma and attachment, providing support services to government agencies, non-government agencies and schools including secondary consultation, training, program review, counselling, assessment, referral, and research. Find out more [here](#).



The paradox of trauma-informed care | Vicky Kelly | TEDxWilmingdon



Word of the Month - *Empathy*

What is the best way to ease someone's pain and suffering? In this beautifully

animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.

Van update

The van is now wrapped and almost ready to see clients, it is currently with IVECO for a final check and sign-off.

We will be seeing clients in the van from Monday 16th October.



Staff training

Upcoming training:

- Outcome Star
- Single Session - The Bouverie Centre
- Adopting child-led practice - DVRCV



Some of the team getting ready for their defensive driving course

Our mailing address is:

WRISC Family Violence Support - Van Go Moorabool
Building 2, 182 Halletts Way
Darley, VIC 3340
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