



Knowledge Translation Session: Parent Carer Trauma - Insight for Clinicians

Presented by Jane Hamer

Paediatric Physiotherapist and Clinical Leader of Paediatric Physiotherapy
(part-time), for Te Whatu Ora Waitematā

➔ 12pm - 12.30pm | Tuesday 10 March, 2026 | [Hosted on Teams](#)

In this session, Jane Hamer joins us for a knowledge translation session following her [February presentation](#) on key insights and practical tips from her attendance at a *Parent Carer Trauma* Masterclass.

You can [re-watch the original presentation here](#).

This session will provide space to reflect together on how we translate knowledge into practice within our own contexts.

To guide our discussion, we will explore three key questions:

1. In your workplace, what service processes contribute to ongoing 'small t' trauma for parents? What changes could you make, or advocate for to reduce unnecessary service trauma?
2. What have you done/ or think you need to do to support your wellbeing to manage the impact of vicarious trauma on you?
3. Make a commitment to spend at least 30min exploring the HealthCare Toolbox website (www.healthcaretoolbox.org). Then at our Knowledge Translation session share with us:
 - What was your 'aha' learning?
 - What did you share/ discuss with a colleague or manager?
 - What did you try and implement in your work with children and their parent carers?

About Jane

Jane Hamer is a paediatric physiotherapist and is the Clinical Leader of Physiotherapy in the Child, Women and Family Division in Te Whatu Ora Waitemata. Jane completed her MHSoc through the University of Otago and published her research exploring caregivers experience of implementing sleep systems for children with complex neurodisability in POTP Journal March 2025. For Jane, this journey with families highlighted the burden of care they shouldered, their wellbeing, and the importance of support and partnership. Jane claims no expertise in trauma informed care, but is a curious novice who wants to share her learning in the hope that we can practice in ways that reduce trauma and creates psychologically safe environments.

Access the session here



Contact us

If you would like to join our mailing list, have a suggestion for a topic or are interested in presenting at one of our workshops, [please get in touch](#).

For any technical issues or queries please reach out to the Neurodevelopment Network Project Coordinator, Kati Wilson, by email to neurodevelopment@paediatrics.org.nz or phone: 021 237 9903.