

Child Trauma

Hope and Healing

- ### Child Trauma
- Learning Objectives
 - > Defining trauma
 - Acute
 - Complex
 - > Understanding the impacts of trauma
 - Biological
 - Psychological
 - Social
 - > Filling up the toolbox
 - Practical skills and tools

- ### Child Trauma
- Introduction
 - > The journey
 - > Professional work with traumatized children

- ### Child Trauma - Traumatic Events
- War
 - Life-threatening injury/illness
 - Violence
 - Terrorism
 - Natural or other disasters (hurricane, earthquake, fire)
 - Rape/Assaults
 - Murder
 - Disrupted attachment
 - Sexual abuse
 - Physical abuse
 - Loss of a parent
 - Neglect
 - Emotional abuse
 - Parental substance abuse
 - Parental mental illness
 - Secondary trauma

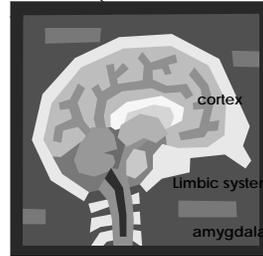
- ### Child Trauma - Definitions
- Acute Trauma
 - Chronic or Complex Trauma

- ### Child Trauma
- Impacts of complex/chronic trauma
 - > Biological
 - Brain
 - Body
 - > Psychological
 - Thought processes
 - Trauma story
 - > Social
 - Relationships
 - Attachment issues

Child Trauma

- Biological Impacts
 - > Studies of the brain – biological differences in traumatized children
 - > Amygdala – regulation issues – sensitive “smoke detector”
 - > Storage and transfer of information and traumatic experiences – hippocampus – activity and size affected by hormone releases

Child Trauma



- Biological Impacts
 - Amygdala – smoke detector / signals release of stress hormones/fear/instinct
 - Cortex – thinking processing reasoning
 - Limbic system – doing responding instinctual
 - Hippocampus – transfers information stores emotion memory
 - Stress hormones suppress hippo activity thus processing info doesn't work as well

Child Trauma

- Triggers
 - > Any situation or event that causes a traumatic response, and leads to a state of arousal/panic, fear, terror, or intense distress
 - > A trigger can be:
 - a word (name, cry, siren, etc.)
 - a smell (perfume, cigarette, smoke, etc.)
 - a sound (alarm, siren, etc.)
 - a situation / circumstance
 - a traumatic event

Child Trauma

- Key triggers in traumatized children
 - > Lack of power or control
 - > Unexpected change
 - > Feeling threatened or at risk
 - > Feeling vulnerable
 - In a group setting
 - In a situation where they are not used to
 - In a situation where they are not used to
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 - In a situation where they are not used to

Child Trauma

- Psychological Impacts
 - > Thought processes
 - Self concept
 - Self talk
 - Safety/security
 - Future thinking
 - > Trauma story
 - Recalling events/details
 - Reworking the inaccurate pieces of the story
 - Creating a future & new endings/beginnings
 - Being able to share the story outside of self w/ someone in a safe setting

Child Trauma

- Social Impacts
 - > Relationships
 - Trust
 - Safety
 - Letting others in
 - Support
 - Identity development
 - Attachment

Child Trauma

- Filling up the Toolbox
 - > Brain knowledge / Trauma knowledge
 - > Regulation strategies
 - > Creating the story
 - > Developing an identity outside of survival
 - > Relationship building
 - > Parent toolbox
 - > Support networks

Child Trauma

- Toolbox
 - > Trauma knowledge
 - Pictures of the brain for kids/parents – clay models. thinking/doing, Stinkin thinkin
 - What is my brain doing? What is my body doing? Learn to expect, to prepare, to plan, to intervene, to take control of myself (in healthy ways!) Like stop, drop, and roll – be ready so that when you aren't thinking clearly, it becomes automatic and easier to do.
 - Understanding unlocks the key for so much more – for kid and parent!

Child Trauma

- Toolbox
 - > Regulation strategies
 - Focus on what calms, what soothes, what brings the child back to a healthy regulated state. Focus not so much on consequence but on what will help to get back to the state the child needs to be in and the PROCESS of getting there so that it (the PROCESS) can be learned by the child and begins to form as a routine (the opposite of what the child had learned previously to survive) – TIME / PATIENCE

Child Trauma

- Toolbox
 - > Regulation Strategies
 - Physical activity vs time outs / sitting in the corner
 - Breathing skills – smell the flowers and blow out the candles
 - Expression of feeling – creatively and safely!
 - Co-regulation
 - Modeling

Child Trauma

- Toolbox
 - > Developing an identity
 - Nurturing and discovering who I am outside of my trauma
 - Emphasis on survival in past didn't allow for this
 - Exploration games – using the senses!
 - Choices and options whenever possible
 - Finding something to be competent in, finding my uniqueness. What makes me special and building on that.
 - Identity within the family is also important

Child Trauma

- Toolbox
 - > Relationship building
 - Safety
 - Co-regulation
 - Communication skills
 - Social skills building
 - Being willing to accept unique ways of expressing emotions and receiving nurturing from others

Child Trauma

- Parent toolbox
 - › Creating an environment for safety
 - Routines and rituals
 - › Attunement
 - Uncovering and responding to the message behind the behavior
 - › Depersonalizing
 - It's not about you
 - › Coregulation
 - Managing own affect, supporting child through the regulation process

Child Trauma

- Toolbox
 - › Creating the story
 - Putting the pieces together
 - More than just the details of the events
 - Includes a deeper level of how it impacts me and my life
 - It works through faulty thinking and misconceptions of what might have resulted in negative self concept-my stinkin thinkin
 - It adds new chapter and a plan for a sequel!
 - Be creative in format and expression!

Child Trauma

- Toolbox
 - › Support networks
 - Child needs support continuously – even on the not so good days!
 - Parents need support in order to keep going. Support groups, respite, educating extended family
 - Social workers need support – to be able to stay positive, to see the strengths, to pull our heads together and be creative

Child Trauma

- Effective Treatments for Youth Trauma
 - › www.nctsn.org -2005
 - Teaching children stress management and relaxation skill to cope with triggers
 - Using "exposure therapies" that talk about the trauma and feelings at a speed that doesn't distress the child
 - Telling the trauma story
 - Correcting untrue or distorted ideas about what happened and why.
 - Changing unhealthy views that have resulted from the trauma.
 - Involving parents

Child Trauma Resources

- www.bethany.org ADOPTS program – adoption trauma treatment model
- www.childtraumaacademy.com - Bruce Perry - online trauma education courses
- Trauma focused Cognitive behavioral therapy online courses www.tfcbt.musc.edu
- www.traumacenter.org Margaret Blaustein/Kristine Kinniburgh – ARC trauma model
- Cavalcade Productions – The Traumatized Child DVD training video series
- www.nctsn.org – trauma interventions and information dissemination
- Traumatic Experience and the Brain – by Dave Ziegler
- Traumatic Stress – Bessel Vanderkolk
- Bryan Post – Healing the Attachment Challenged, Angry, & Defiant Child DVDs
- Loving God With All Your Mind – Elizabeth George – biblical insights on letting go of past and moving forward - adult
- To Be Told – Dan Allender – telling your story - adult
- Secondary Traumatic Stress and the Child Welfare Professional – Pryce, Shackelford, & Pryce
- Kids books
 - › *A Terrible Thing Happened*, by M.M. Holmes
 - › *Finding the Right Spot*, by Janice Levy
 - › *The Mad Family Gets Their Mads Out*, by Lynne Namka
 - › *A Trauma Is Like No Other Experience*, by William Steele
 - › *A Volcano In My Tummy*, by Elaine Whitehouse
 - › *Real Life Heroes*, by Richard Kagan

Child Trauma Resources

- Helpful Articles