



## Taking a Trauma Informed Approach

When children or young people experience trauma or toxic stress, without resilience factors or treatment, they may grow up to continue to suffer from the effects of their own adverse childhood experiences, or they may lack healthy socialisation or parenting skills, thereby causing trauma to the next generation, and the next, and the next..... When we participate in building resilience in children and young people who have experienced trauma, we provide hope for the next generations. Taking Positives Steps is a culturally competent service provider, incorporating a trauma informed approach to mental wellbeing inside out.

In delivering our services we take into account trauma, and are aware that trauma can be an underlying factor

### WHAT IS TRAUMA?

Trauma for our purposes is anything that causes an increased physiologic stress response in the body of children and young people.

Some Trauma in life is unavoidable – natural disasters, witnessing violence, being involved in accidents, undergoing scary medical procedures, bullying, peer to peer grooming, the death of ones friend or relative etc.

Trauma that is prolonged, frequent, intermittent, or unbuffered, with no ability for the person to defend themselves can result in the brain becoming “stuck” in an adaptive survival mode, which may result in decreased ability to learn, and behaviours that are less acceptable in society.

The words Trauma, Toxic Stress, Complex Neurodevelopmental Trauma, Childhood Adversity, and Adverse Childhood Events (ACEs) are all used to describe the cause of this change in the brain.

<https://www.nctsn.org/what-is-child-trauma/about-child-trauma>

### **Course content;**

- Terminology
- The body responds to trauma
- Things that can go wrong
- How the brain may cope
- Coping Mechanisms
- Timing of trauma
- Mixed Maturity
- Understanding the consequences
- The next generation

### **Learning outcomes**

- Attendees will gain a good understanding of trauma
- Why we need to apply a trauma informed approach to our service delivery
- How trauma can affect the behaviour of children and young people
- Understanding the consequences
- Mental wellbeing 'Inside Out'