

TRAUMA 101

Week 1

TRAUMA-INFORMED CAREGIVING

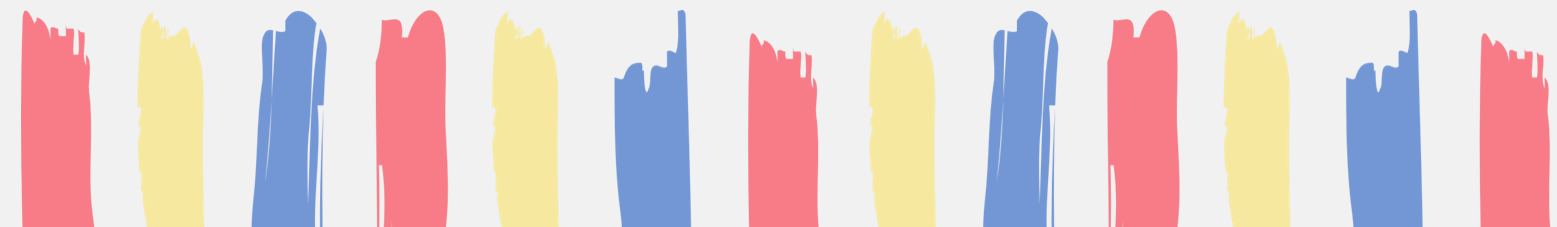
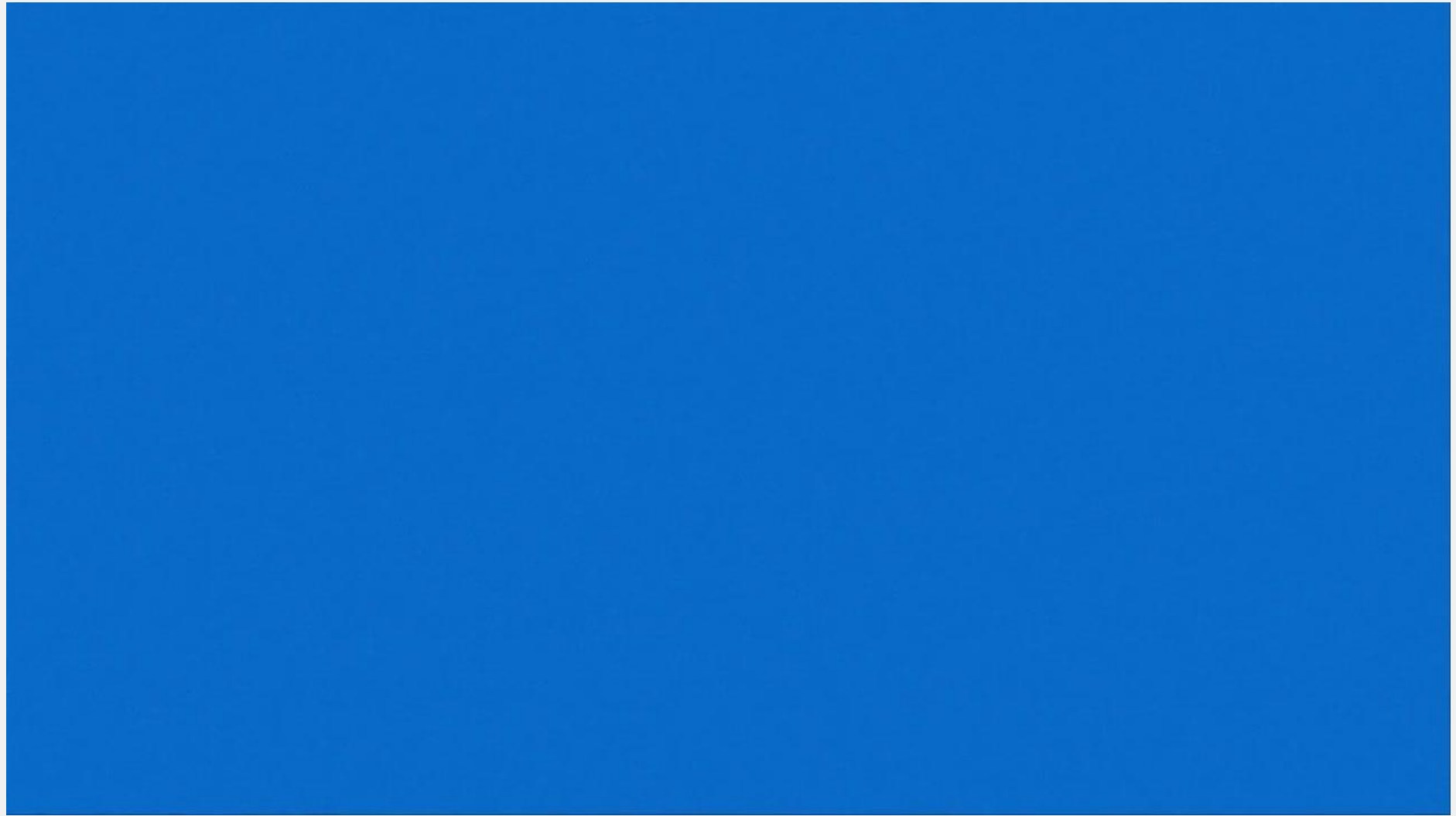


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WHO ARE WE?



WHY A TRAUMA WORKSHOP?



- Many children who receive support from CACs or are involved in the child welfare or juvenile justice systems have experienced **trauma**.
- Trauma affects a child's behavior, feelings, relationships, and view of the world in profound ways.
- Children carry their traumas with them wherever they go.
- Trauma is not uncommon, which means many of us also have our own trauma history.



WHY A TRAUMA WORKSHOP?

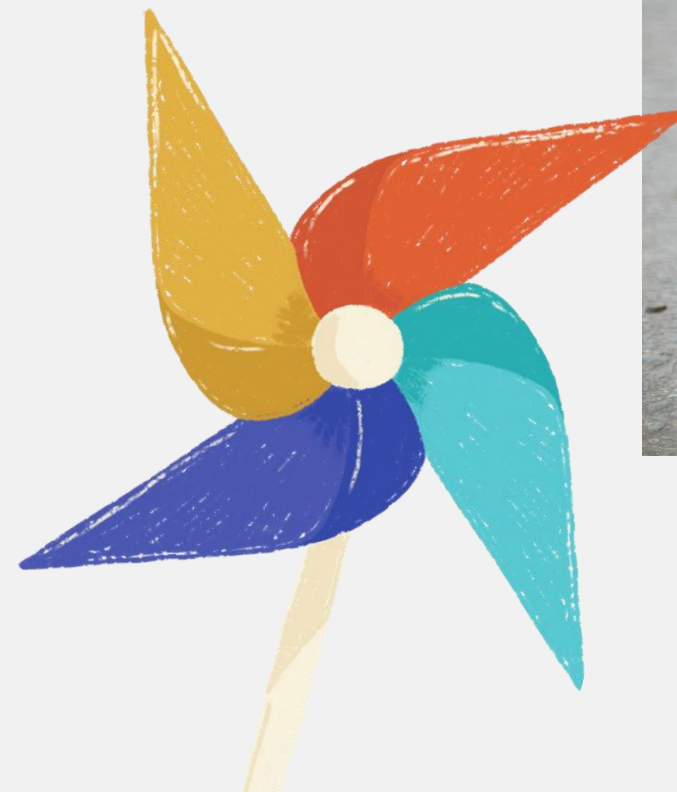
Children's trauma affects caregivers, too:


- Compassion fatigue, secondary trauma
- Painful memories and trauma reminders
- Range of emotions – confusion, frustration, unappreciated, angry, helpless (also – love, acceptance, purpose, connection)

Trauma's effects can also cause disruptions to a child's living situation

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THE SOLUTION: TRAUMA-INFORMED PARENTING

When you understand what trauma is and how it has affected your child, it becomes easier to:

- Communicate with your child
- Better understand your child's behavior and feelings
- Access the resources your child needs for support
- Reduce caregiver stress
- Become a more effective and satisfied caregiver



CREATING A SAFE SPACE

- Respect for all
- Be present
- Be vulnerable
- Gain support
- Take care of yourself
- Confidentiality





TRAUMA-INFORMED?

Realize the impact of trauma.

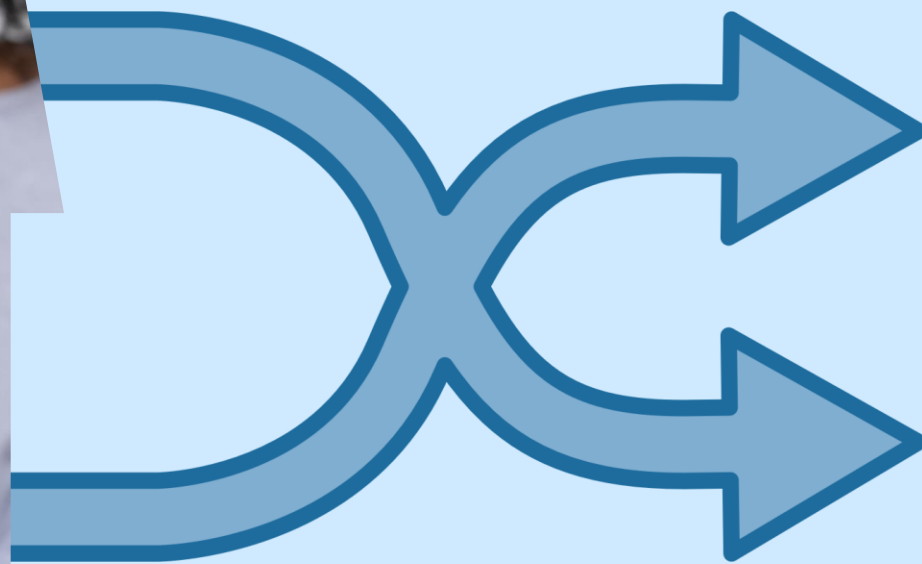
Recognize the signs of trauma.

Respond by using this knowledge

Resist causing more trauma.

BEING TRAUMA-INFORMED CHANGES OUR APPROACH

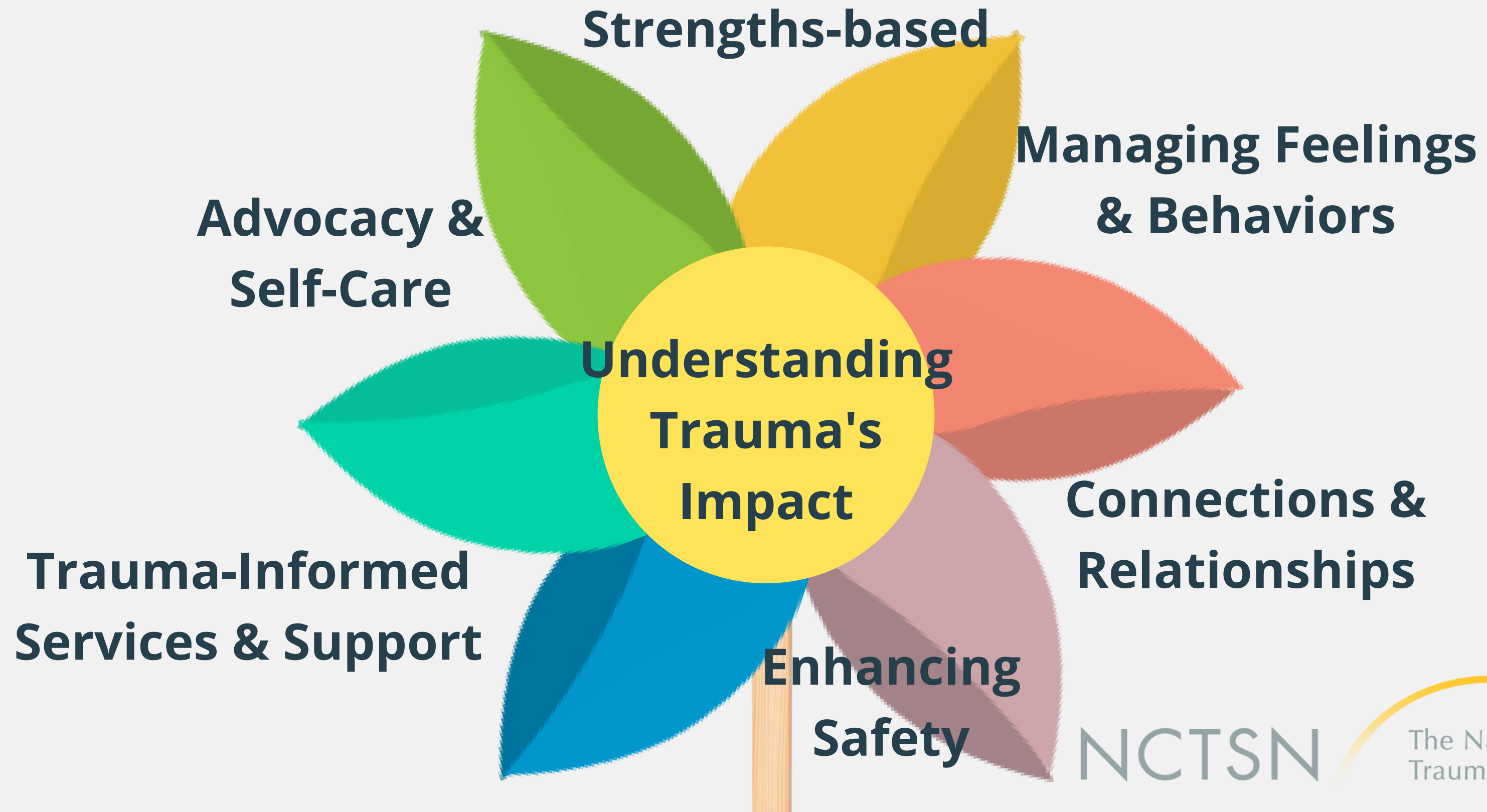
"WHAT IS WRONG WITH YOU?!?"



"What happened to you?"

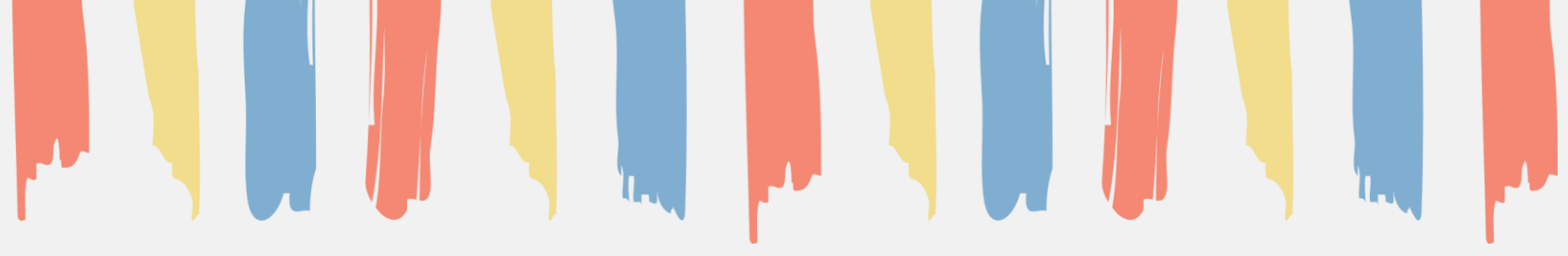


THE ESSENTIAL ELEMENTS OF TRAUMA-INFORMED PARENTING



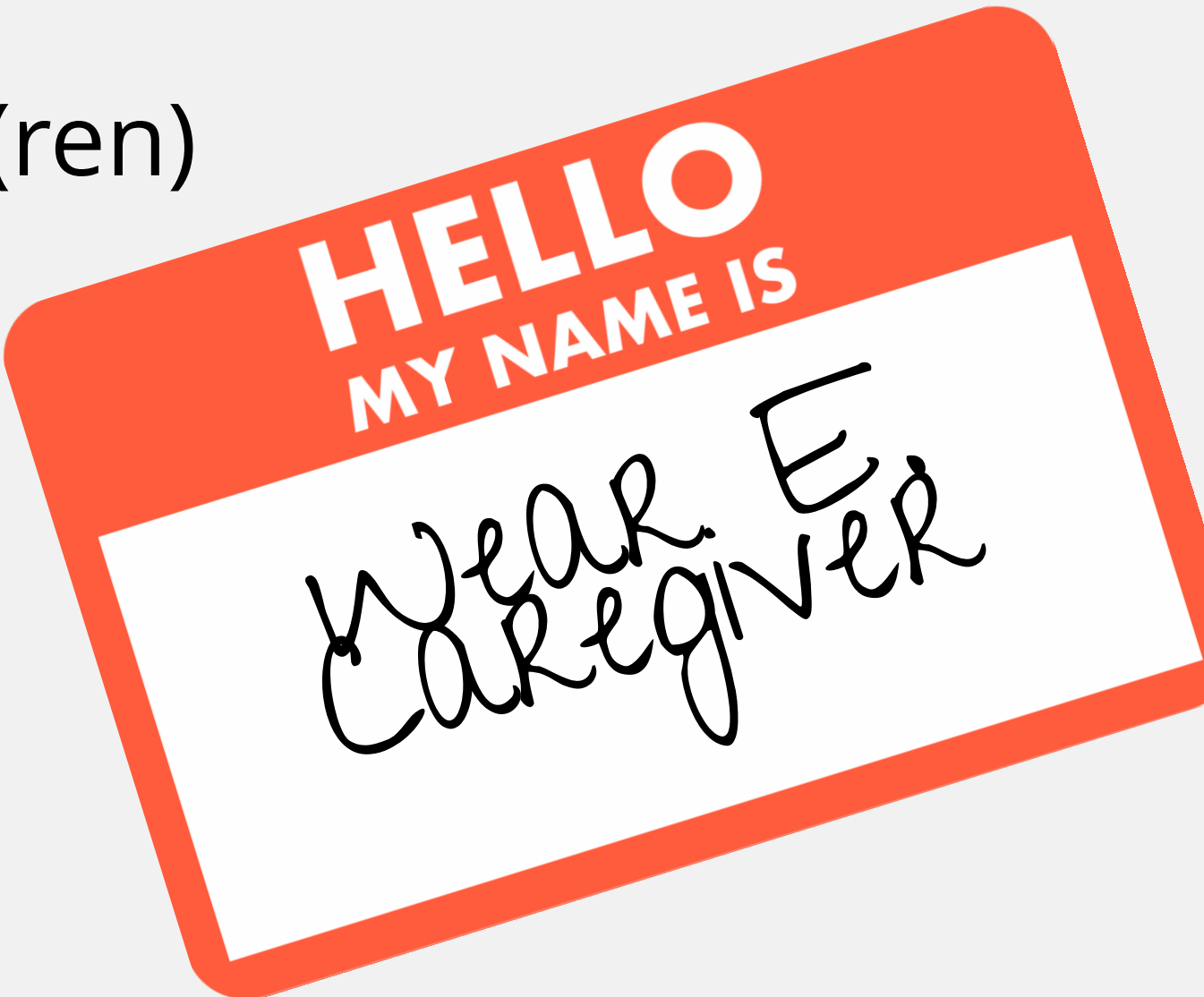
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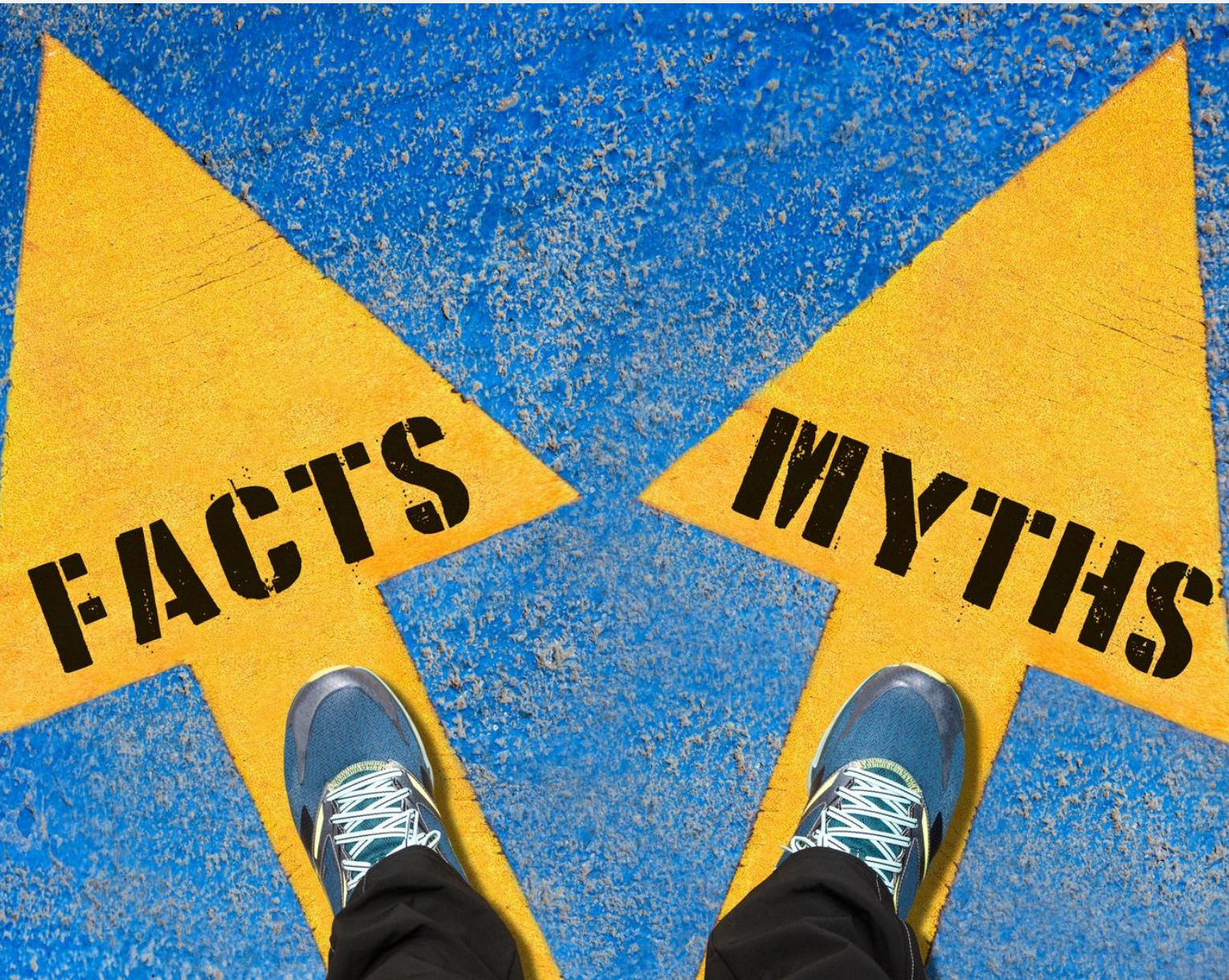
GETTING TO KNOW EACH OTHER

- Your name – how would you like to be addressed?
- Age of your child(ren) & your relationship to them
- Tell us something great about your child(ren)
- Anything you hope to gain from this trauma-informed caregiver workshop?
- What's an interest/hobby/passion you have?





COMMON MYTHS



- My love should be enough to erase the effects of everything bad that has happened to my child.
- My child should be grateful and love me as much as I love them.
- My child shouldn't love or feel loyal to an any adult who has hurt or abused them.
- It's better to just move on, forget, and not talk about past painful experiences.

WHAT DOES "TRAUMA" MEAN?



A TRAUMATIC EXPERIENCE CAN:

- Expose a child to actual or threatened death, serious injury, or sexual violation
- Happen to the child or to a close family member or close friend
- Produce intense physical effects such as pounding heart, rapid breathing, trembling, dizziness, or loss of bladder or bowel control



TYPES OF TRAUMA

acute trauma



happens once.

car crash
theft house fire
natural disaster



chronic trauma

repeats over time.

war
sexual abuse
domestic violence

complex trauma

compounded events

varied

often interpersonal & against a child





OTHER TRAUMAS:

- Neglect
- System involvement
- Intergenerational trauma
- Historical trauma
- Human trafficking

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WHAT ABOUT NEGLECT?



- Failure to provide for a child's basic needs
- Perceived as trauma by an infant or young child completely dependent on adults for care
- Opens the door to other traumatic events
- May reduce a child's ability to recover from trauma



TRAUMA'S IMPACT CAN DEPEND ON

- Age and developmental stage
- Temperament
- Perception of the danger faced
- Trauma history (cumulative effects)
- Adversities faced following the trauma
- Availability of adults who can offer help, reassurance, and protection

THOUGHTS, REFLECTIONS, OPINIONS, & QUESTIONS

What **stood out** to you today?

What did you **HEAR** for the first time today?

What did you **agree** with?

What did you **disagree** with?

What's something you want to **try**?

What do you want to know **more** about?

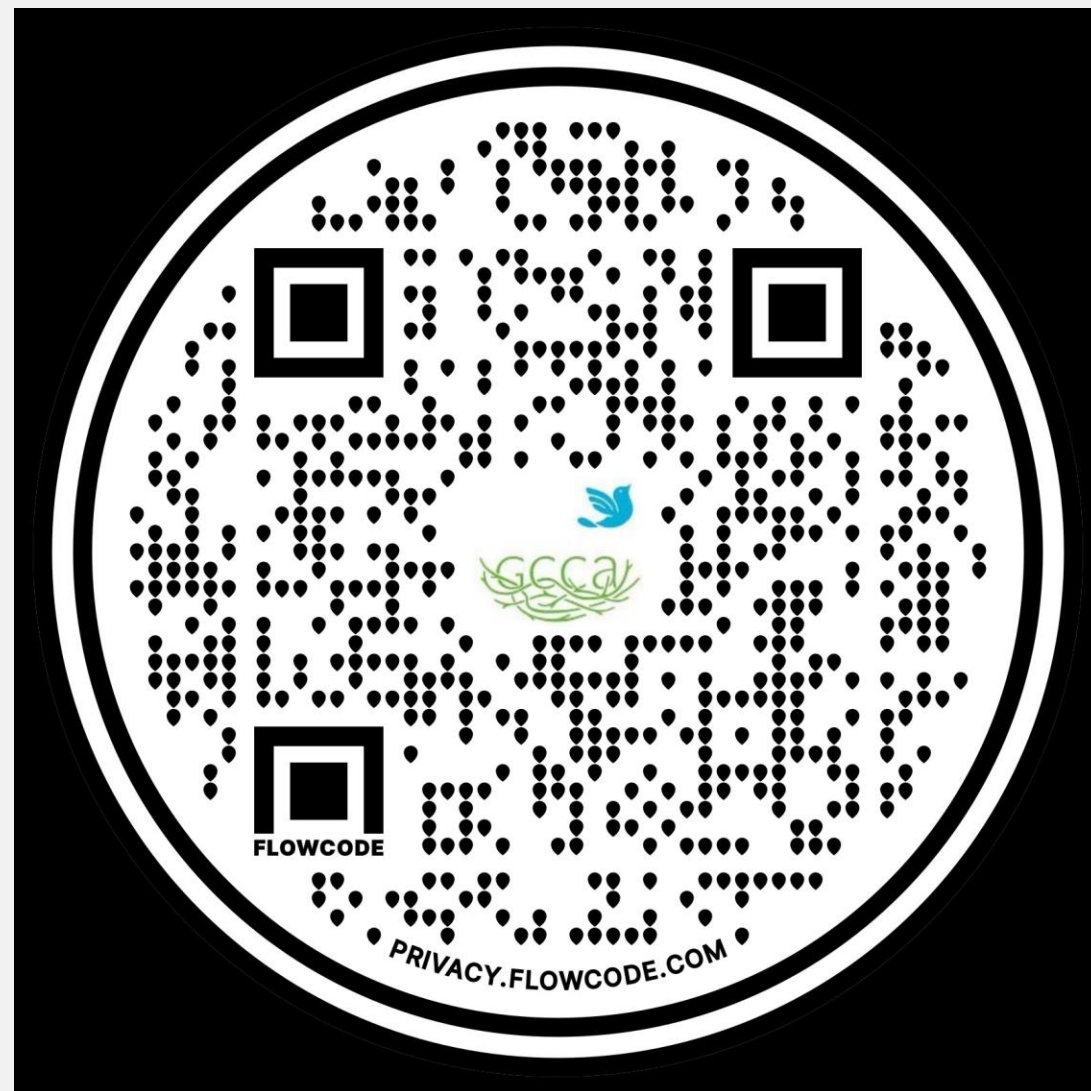




HOMework

- What do I know about my child's life experiences (before they came into my home or while they were away from my home)?
- What would I like to know?
- My child's traumas and losses – complete trauma and loss inventory:

BEFORE YOU GO



Step 1: Scan this QR code

Step 2: Select “Caregiver Survey 1” for this module

Step 3: Provide your feedback

Thank you!

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