



UNDERSTANDING THE EFFECTS OF TRAUMA

Week 3

TRAUMA-INFORMED
CAREGIVING



NCTSN

The National Child
Traumatic Stress Network



GROWING RESILIENCE



Factors that can increase resilience include:

- A strong relationship with at least one caring adult
- Feeling connected to a positive role model/mentor
- Having talents/abilities/skills **RECOGNIZED** & nurtured
- Feeling in control over some aspect of one's own life
- Having a sense of belonging to a community, group, or cause larger than oneself



GETTING DEVELOPMENT BACK ON TRACK



Pick 1 question below:

- What strengths or talents can you encourage?
- What people have served as role models?
- What people have served as sources of strength or comfort?
- What does your child see as being within their control?
- What causes could your child participate in?
- What skills you could help them master?

UNDERSTANDING DYSREGULATION: SUPPORTING A HIGHLY EMOTIONAL CHILD

Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.

When a child is dysregulated, it is harder to listen, comprehend, and cope.



REMEMBER THE THREE "R"S

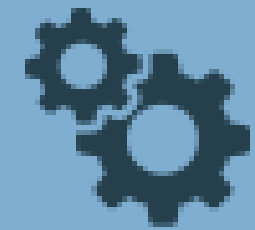
REGULATE. Focus on soothing your child. Make them feel calm, safe, and loved.



RELATE. Validate their feelings with your words and tone of voice. "I know you're upset right now. This is very hard." Focus on connecting with your child.



REASON. Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not okay.



Until a child is regulated, they are unlikely to feel related (connected and comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.



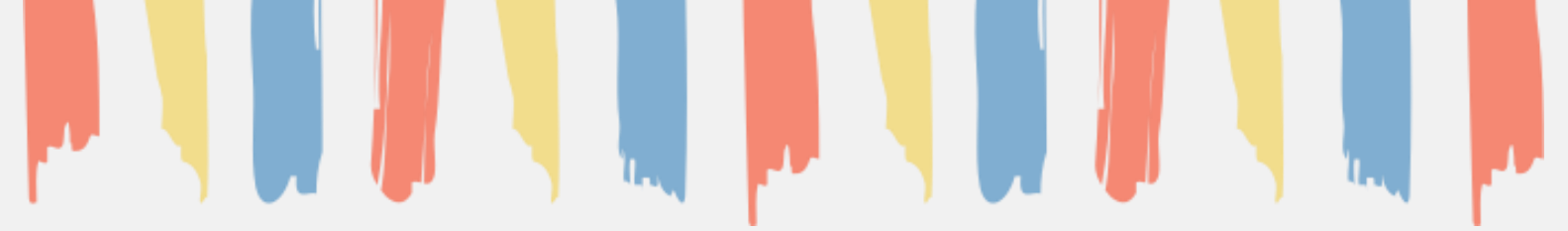
WHAT'S IN THEIR SUITCASE?

TIA AGE 16



- Early neglect & exposure to substance use
- Sexual abuse and trafficking
- Separation from family (foster care)
- Multiple placements (group homes & DJJ)
- Limited visits with mother and brother
- Multiple systems involved





TIA'S TRAUMA RESPONSES:

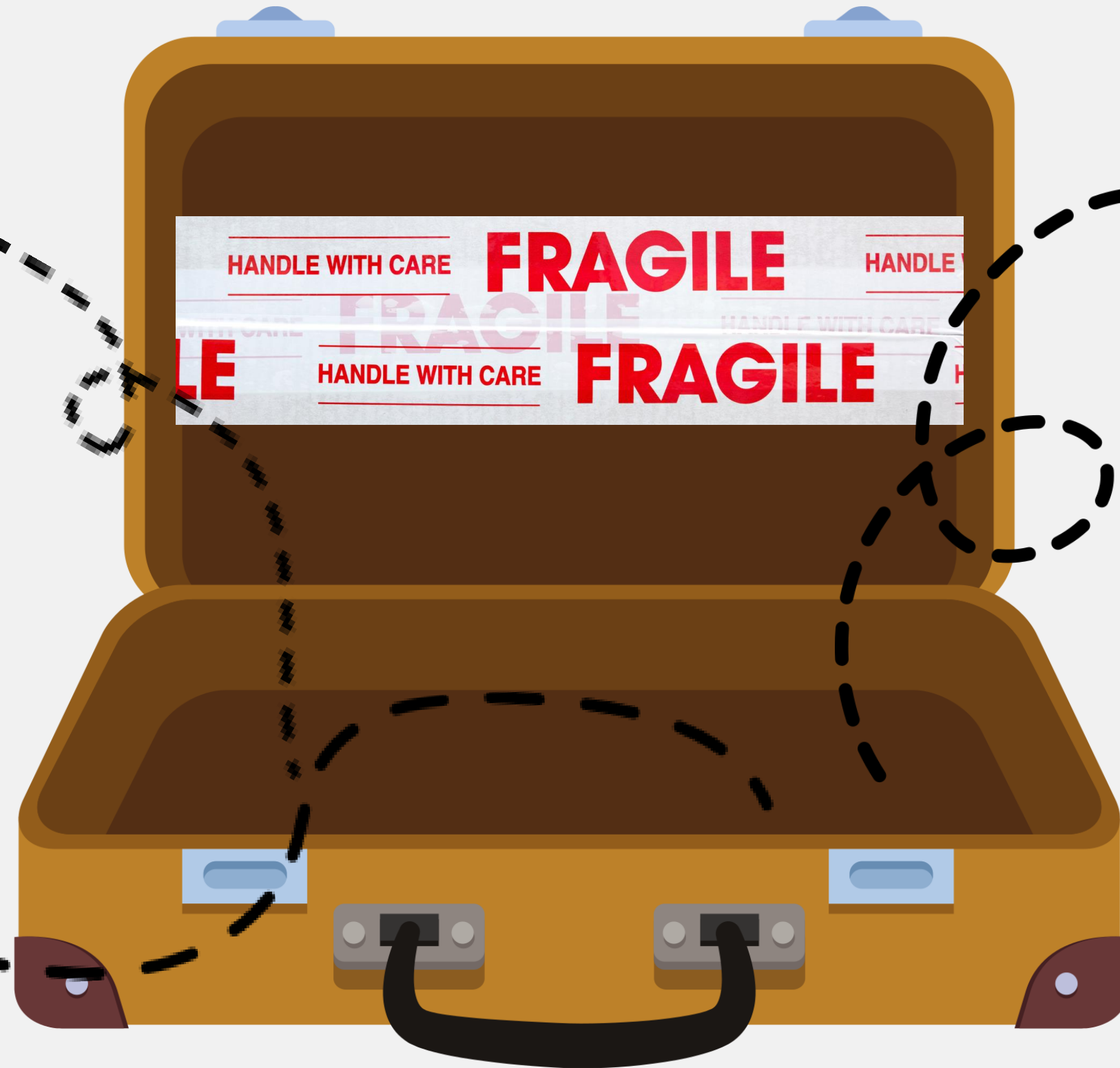
- Falling behind in school
- Skipping school
- Substance use
- Running away
- Self-harming/cutting
- Hanging with gang members



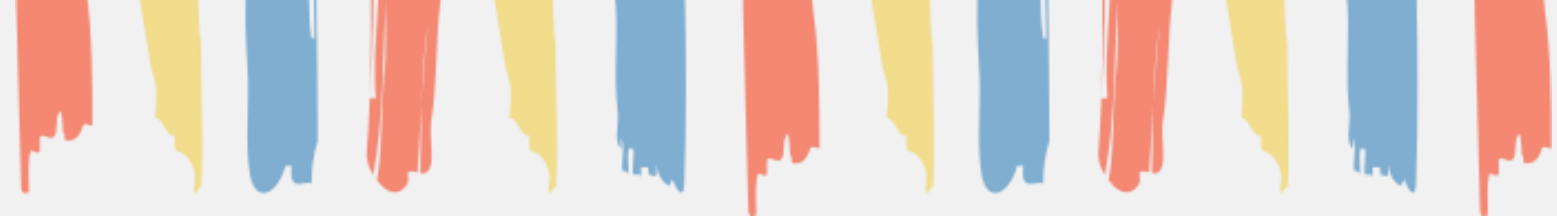
WHAT'S IN TIA'S SUITCASE?

WHAT DOES
TIA BELIEVE
ABOUT
HERSELF?

WHAT
DOES TIA
BELIEVE
ABOUT
THE
WORLD?



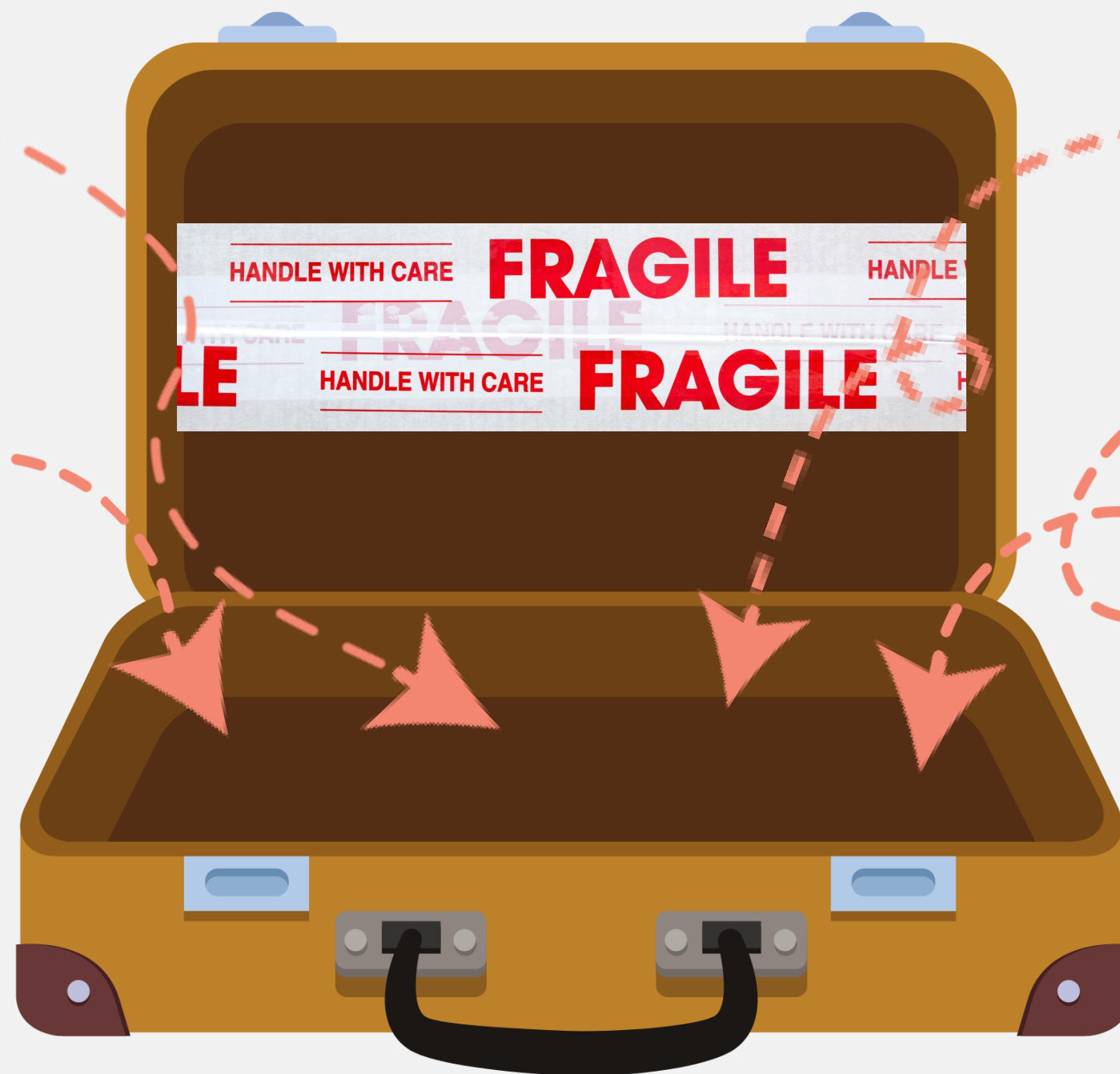
WHAT DOES
TIA BELIEVE
ABOUT HER
CAREGIVERS?



REPACKING TIA'S SUITCASE WITH NEW EXPERIENCES AND BELIEFS

THERE ARE ADULTS I CAN TRUST.

NOT EVERY MAN WILL HURT ME.



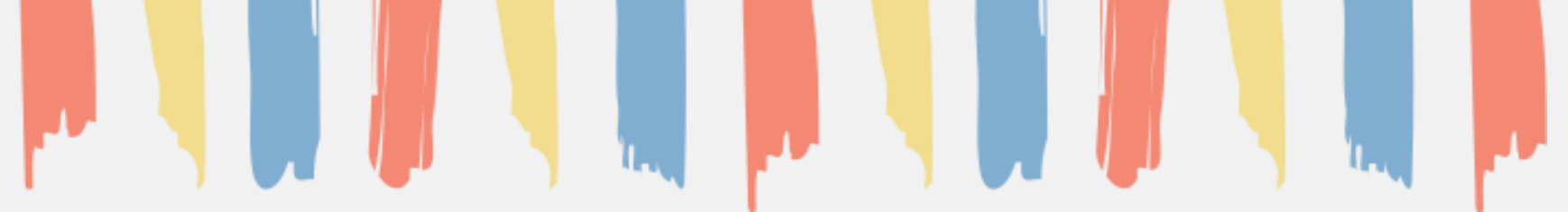
I AM LOVEABLE.

I HAVE TOOLS & SKILLS TO MANAGE MY STRESS.

LET'S UNPACK

- What is one belief your child may have about themselves?
- One belief about caregivers/adults?
- One belief about the world in general?





NOW REFLECT

- What is one belief you have about yourself as a parent/caregiver/family member?
- What is one belief you have about your child?
- What is one belief you have about the world in general?



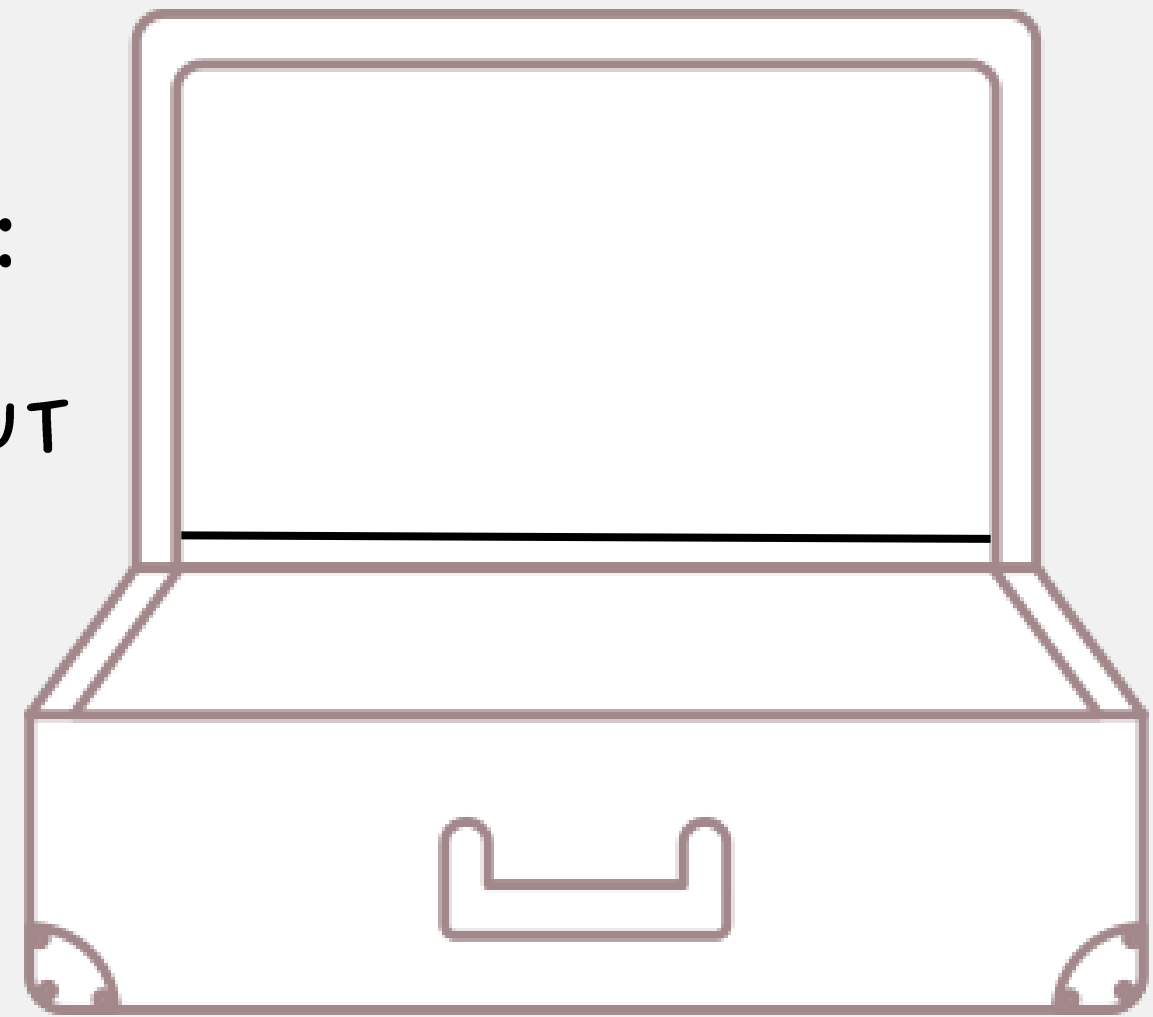
HOMework

My Child's Invisible Suitcase.

BELIEFS ABOUT CAREGIVERS:

BELIEFS ABOUT SELF:

BELIEFS ABOUT THE WORLD:



Repacking the Suitcase: Things I can do to make my child feel safe, capable, and loved.

My Suitcase.

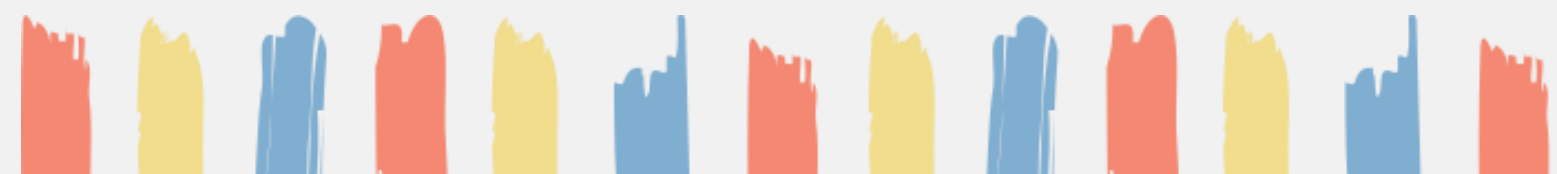
BELIEFS ABOUT SELF:

BELIEFS ABOUT OTHERS:

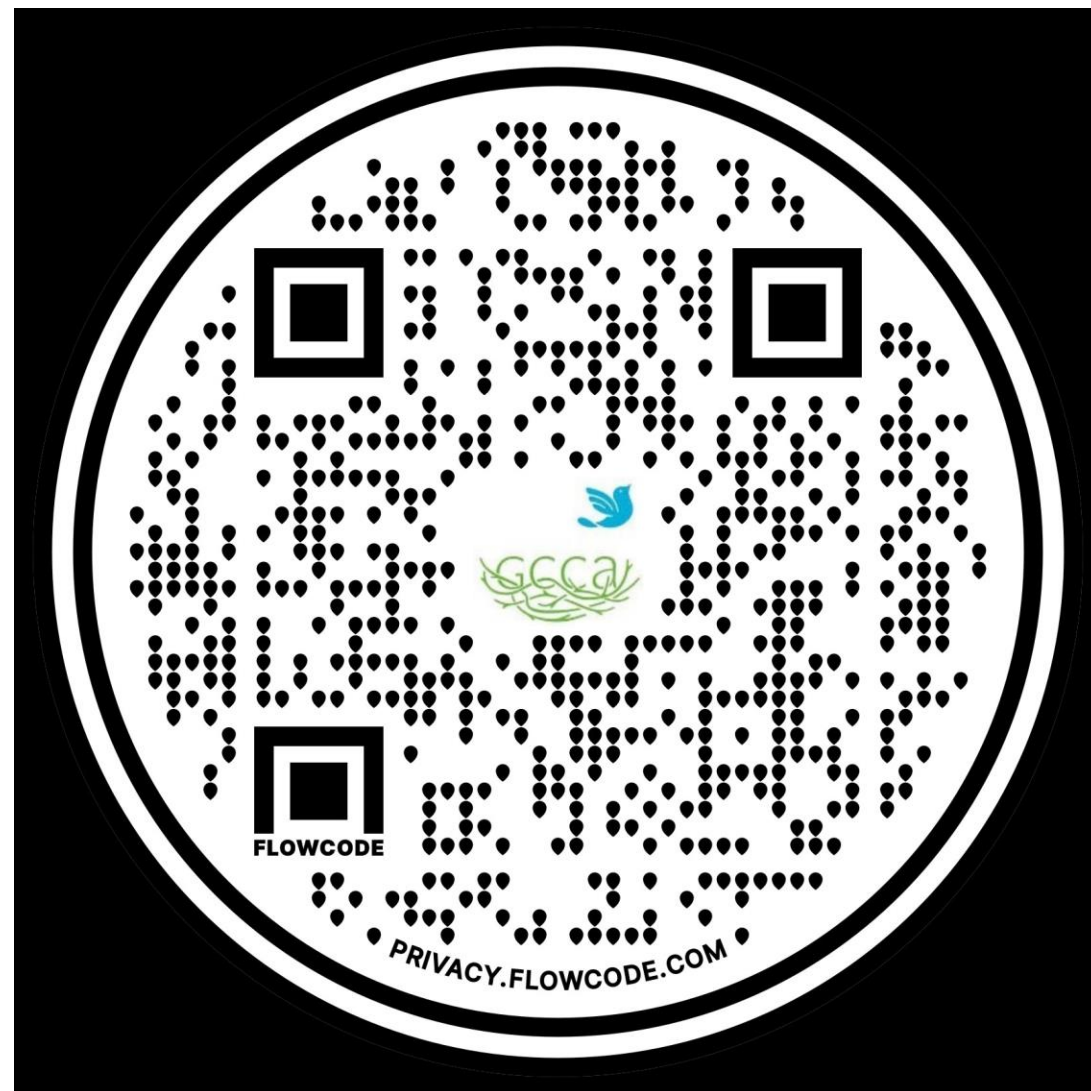
BELIEFS ABOUT THE WORLD:



What do I need help with to repack?



BEFORE YOU GO



Step 1: Scan this QR code

Step 2: Select “Caregiver Survey 3” for this module

Step 3: Provide your feedback

Thank you!

NCTSN

The National Child
Traumatic Stress Network