

**Foster** 

**VC Kids**

**21<sup>st</sup> Century Caregiving:**

**Foster VC Kids Resource Family Training  
Session 2**

# Day Two Learning Objectives

- ▶ Define **trauma** and identify **types of trauma** experienced by children.
- ▶ Describe **how children respond to trauma**.
- ▶ Explain the **impact of trauma** on physical and psychological development.
- ▶ Explain the concept of **trauma-sensitive care** and its benefits.
- ▶ Describe how to **help children recover from trauma** through *emotional regulatory healing* and *building resilience*.
- ▶ Identify strategies to help **build your own resilience**.



# Activity



Someone You  
Know: Trauma



**“There was a child  
went forth every  
day, and all that he  
looked upon became  
part of him.”**

**Walt Whitman (1819- 1892)**

American poet, essayist and journalist

# **You WILL face challenges...**

**Helplessness**

**Frustration**

**Confusion**

**Lack of Appreciation**

**ANGER**

**“What has kept me going, although it has not been easy, is reminding myself that even though it's not easy I am doing this for the children not for myself or to receive praise from people. What I do when it gets tough is pray and network with other resource families. Knowing that I am not alone in this makes me feel a whole lot better.”- Imelda C., Resource Family**



**“We knew that we wanted to be the kind of resource family who helped families reunify with their children. The back-and-forth these kids endure is extremely difficult for their development. We seek to restore love and support these special children during a traumatic time in their lives. Every single child that has come through our home has left a special mark in our hearts forever-those that are able to reunite with their parent are the most special to us”- Don A. Resource Family**

**Are you up to the challenge?**



**Resource Families  
can change the  
world.**



**...one family at a time!**

# **A traumatic experience...**

**Threatens life or  
physical integrity**

**Body Reacts  
to the Threat**

**Physical  
responses can  
be terrifying**

**Overwhelming  
Sense of Terror**



# Types of Trauma

An **Acute Trauma** is a single event that lasts for a limited period of time.

- ▶ Being in a car accident
- ▶ Witnessing (or victim of) a crime
- ▶ Going through a natural disaster
- ▶ Seeing a loved one die
- ▶ A physical or sexual assault



# Types of Trauma

**Chronic Trauma** is experiencing many traumatic events, often over a long period of time.

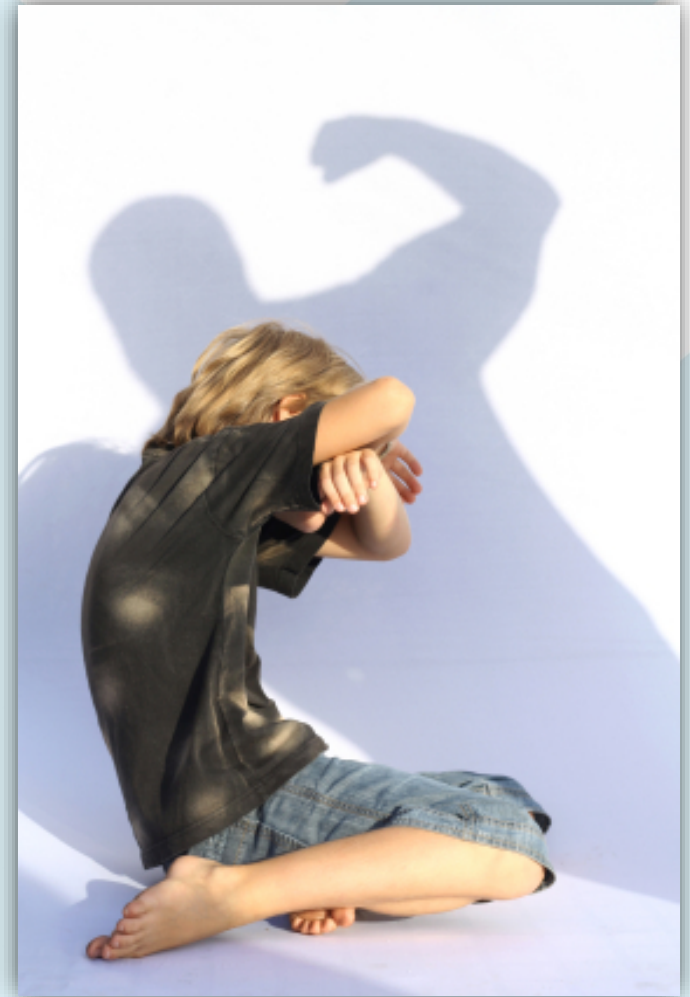
- ▶ Recurrent traumatic events of the same kind

OR

- ▶ Many different traumatic events

Some events may stand out as the most terrifying.

Effects build on each other.



# Types of Trauma

## **Complex Trauma** occurs when:

- ▶ **Children are exposed to chronic trauma from a very young age (typically younger than age five) as a result of**
- ▶ **the actions of parents or other adults who should have been caring for and protecting them.**

**Chronic physical and sexual abuse.**

**Neglect and complex trauma often go together.**



# Types of Trauma

**Neglect** is considered traumatic:

- ▶ For younger children, it feels like a threat to survival
- ▶ For older children, it can leave them vulnerable to other types of trauma

**Neglect can make children feel worthless making recovery more difficult.**



# Types of Trauma

**Secondary Traumatic Stress is a risk when:**

- ▶ **We engage empathically with someone who has been traumatized**



**“The natural consequent behaviors resulting from knowledge about a traumatizing event experienced by a significant other. It is the stress resulting from wanting to help a traumatized or suffering person.”**

**- Charles Figley**

# Case Studies



**Types  
of Trauma**



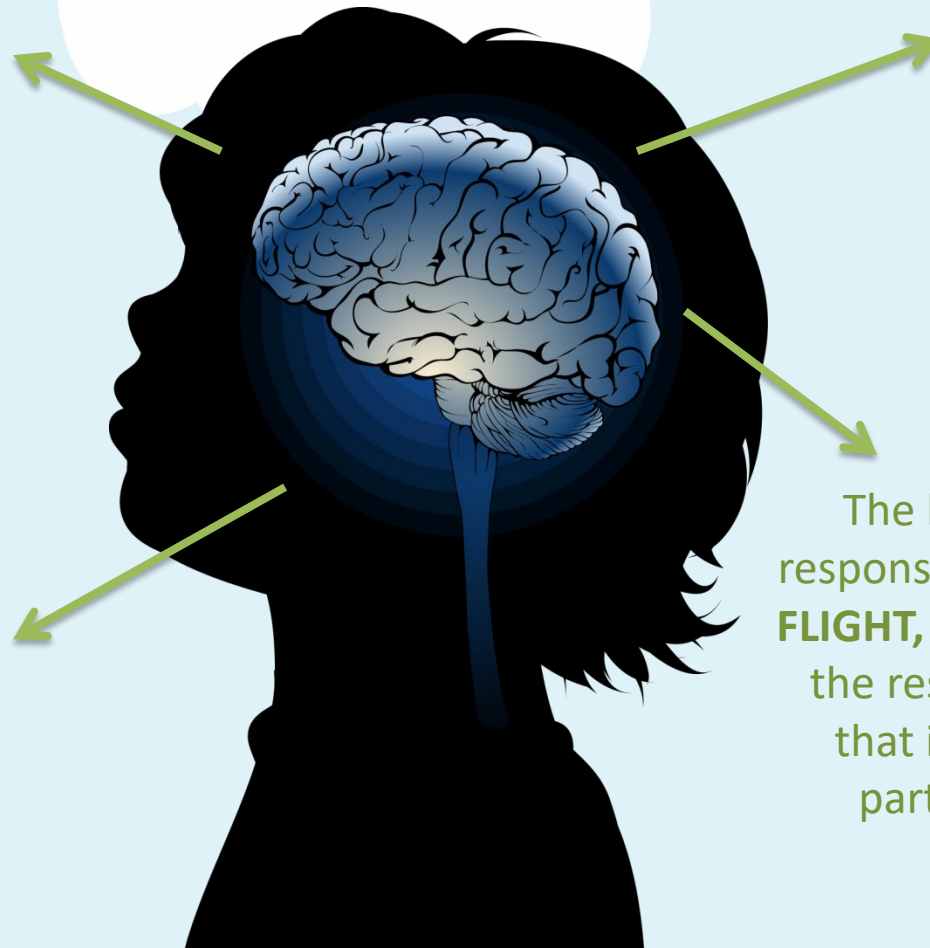
# The Brain and Trauma

Trauma creates an automatic, desperate and survival-oriented response

When this pattern is repeated, the **actual brain wiring can be shaped by trauma**

The brain kicks into an automatic level of functioning which literally **changes brain functioning**

The brain's automatic response, likely to be **FIGHT, FLIGHT, or FREEZE**, becomes the response to anything that is stressful for the particular individual



# The Brain and Trauma

Repeated traumatic experiences, particularly in very young children and especially those at the hands of caregivers, can actually alter crucial pathways in the developing brain.

You simply need to understand that childrens' responses to stress, after having experienced trauma, may not be within their control and may, instead, be based on the way that their brain and body coped with life-threatening and terrifying events in the past.



# Effects on Physical and Psychological Development

**Children who have survived trauma often find it difficult to:**

- ▶ Trust other people
- ▶ Feel safe
- ▶ Understand and manage their emotions
- ▶ Adjust and respond to life's changes
- ▶ Physically and emotionally adapt to stress



# Responses to Trauma

**A child's response to a traumatic event will vary depending on factors such as:**

- ▶ Age and developmental stage
- ▶ Basic temperament
- ▶ Perception of danger
- ▶ Past experience with trauma
- ▶ What happens afterward
- ▶ The availability of adults who can offer help, reassurance, and protection



# What is Emotional Regulatory Healing?

Juli Alvarado's model of *Emotional Regulatory Healing* is based on a deep understanding that:

- ▶ when an when people are traumatized, they may not have the ability to manage, or regulate, overwhelming emotions.
- ▶ This is because of the ways that trauma can impact our brain wiring and development.





# What is Emotional Regulatory Healing?

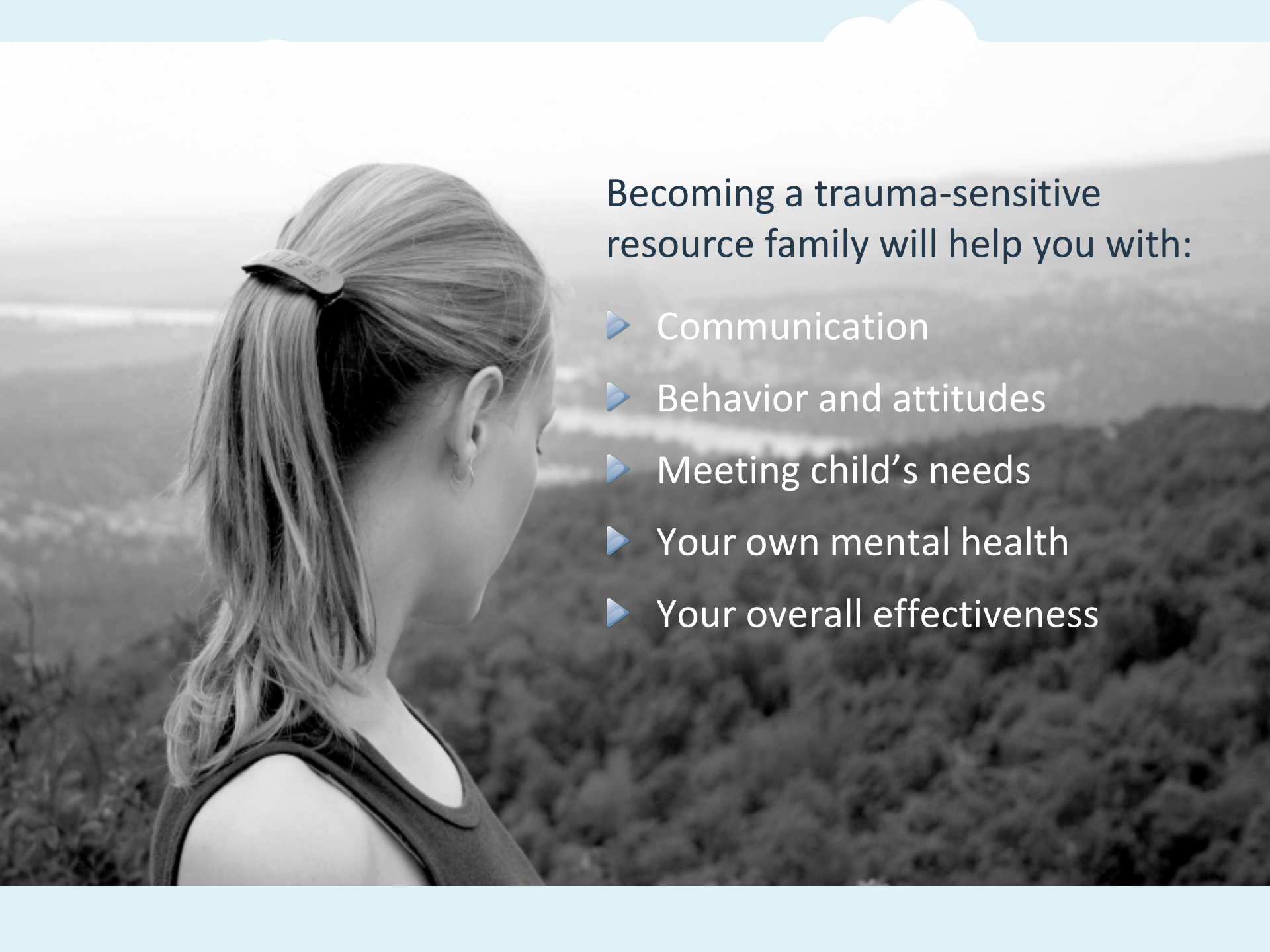
**Emotional Regulatory Healing** emphasizes adults take responsibility for the children first, before the children can take responsibility for themselves.

- ▶ Work towards the **healing of a child** not just behavior modification
- ▶ Move from holding them responsible to **understanding them**
- ▶ **Listening to behavior** instead of reacting



**Emotional Regulatory Healing** also emphasizes that adults have to remain on their "platforms" in order to be effective healers. Regulation and healing are "relationship dependent".





Becoming a trauma-sensitive resource family will help you with:

- ▶ Communication
- ▶ Behavior and attitudes
- ▶ Meeting child's needs
- ▶ Your own mental health
- ▶ Your overall effectiveness



## The essential elements of Trauma-Sensitive Care include:

- ▶ Understanding impact of trauma
- ▶ Creating a feeling of safety
- ▶ Managing emotions

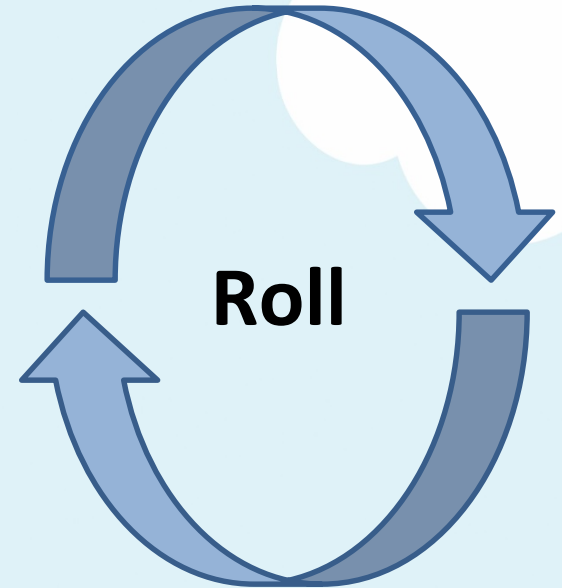
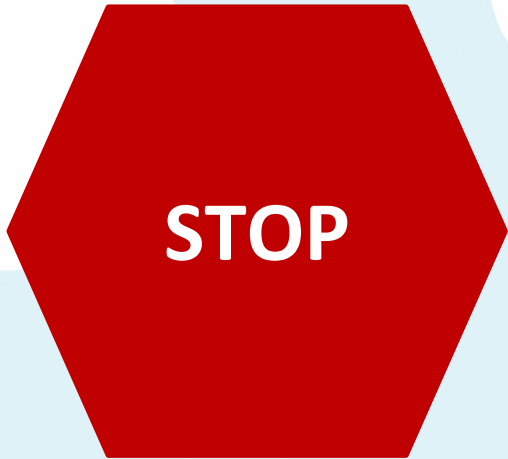




## The essential elements of Trauma-Sensitive Care include:

- ▶ Identifying a child's reaction and response to trauma
- ▶ Supporting connections and relationships
- ▶ Helping child develop strong sense of self

# Stop, Drop and Roll





The essential elements of Trauma-Sensitive Care include:

- ▶ Advocating for the child
- ▶ Looking at your own responses
- ▶ Taking care of yourself



# Peace

“Peace ... it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of things and still be calm in your heart.”

**Author Unknown**





Resilience is the child's ability to recover from traumatic events and see him/herself as

- ▶ Safe
- ▶ Capable
- ▶ Lovable





## Some resiliency factors include:

- ▶ Having a strong, supportive relationship with a competent and caring adult
- ▶ Feeling a connection with a positive role model or mentor





## Some resiliency factors include:

- ▶ Feeling their talents and abilities are being recognized and nurtured
- ▶ Feeling some sense of control over their own lives
- ▶ Feeling investing in and part of a larger community



# Case Studies



**Building  
Resilience  
and  
Emotional  
Regulatory  
Healing**

# End of Day Two



**Thank you  
for participating.**