

BECOMING TRAUMA AWARE

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THE COMPLEXITY OF DEVELOPMENTAL TRAUMA

TRAUMATIC EXPERIENCES INVOLVING MULTIPLE EVENTS IN CHILDHOOD

WAYS OF COPING
LIVING IN SURVIVAL FEAR MODE

IMPACT

1. Sensory Development
2. Dissociation
3. Patterns of attachment
4. Emotional Regulation
5. Behavioural Regulation
6. Cognition
7. Self Concept and Identity development

REFRAMING
THE SHIFT LANGUAGE
WHAT IS WRONG WITH ME?
WHAT IS RIGHT WITH ME?

PRIMITIVE LIMBIC CORTICAL

THE DEVELOPMENT OF THE BRAIN

ASKING: What is RIGHT with this person?



RELATIONSHIPS CHARACTERISED BY KINDNESS, COMPASSION LOVE AND CONNECTION CAN HEAL

ATTENTION SEEKING TO CONNECTION AND RECONNECTION

REMINING-SOMEONE THEY ARE NOT ALONE

UNDERSTANDING TRAUMA & LOSS

TRAUMA

"A WOUND, A HURT, A DEFEAT"

'But we are NOT our traumas'

THE THEORY OF: SHATTERED ASSUMPTIONS

- We are born believing:
1. The world is benevolent
 2. The world is meaningful
 3. We are Worthy



Can effect the way we think, feel and see.

Survivors are left searching for STABILITY and SAFETY



Being labelled "NAUGHTY" or blaming the child.

THE IMPORTANCE OF: WITHHOLDING JUDGEMENT

Understanding how someone is engaged with and experiences the world now.

IT'S ALL INDIVIDUAL

CONNECT & REMAIN CONNECTED

TO BE A LIGHT IN THE DARKNESS

THE POWER OF HUMAN CONNECTION AND LOVE

TO SIT WITH SOMEONE IN THEIR DARKNESS

INTEGRATING A TRAUMA INFORMED APPROACH IN PRACTICE

1. ESTABLISHING A SENSE OF SAFETY

2. RESTORING CHOICE AND CONTROL

3. SUPPORTING SOMEONE TO COPE

4. FACILITATING CONNECTION

5. RESPONDING TO IDENTITY AND CONTEXT

6. BUILDING THEIR STRENGTHS

How they are coping rather than how they're not

Seeing who else is there and what else they can offer.

Remain Curious and withhold judgement.

But we need to think about how we relate and communicate

GUIDED BY THE SURVIVOR

There is room for JOY and HAPPINESS

Grief doesn't get smaller, but slowly life begins to grow around it... you're BIGGER, STRONGER, BRIGHTER AND MORE RESILIENT

Grief is resolved through creating new relationships and ways of connecting.

RESILIENCE

NOTICE IT AND ALLOW IT

STORY TELLING & MEANING MAKING

TRAUMATIC GROWTH

- Intrusive thoughts and flashbacks
- Avoidance
- Numbness and detachment
- Irritability and anger
- Disengagement
- Overwhelm and difficulties containing emotions
- Hypervigilance

ASK and take time to LISTEN

UNDERSTANDING TRAUMATIC BEREAVEMENT

TOO MUCH CAUTION CREATES INACTION

A FEELING OF POWERLESSNESS

REMAIN PRESENT
I'M HERE and I'm WITH you.

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