

# DEVELOPING TRAUMA INFORMED PRACTICE

SILVER LEVEL

WITH NICOLA LESTER



Being WITH them.



# CREATIVE TRAUMA INFORMED PRACTICE

The willingness to explore, imagine and innovate

We can only start from where people are and join them there.

Darkness does not have to remain dark



## FACILITATING RELATIONSHIPS

Recovery can only take place in the context of Relationship

Working with parents & carers



Spending time where they are in their place.

## FROM DISCONNECTION TO CONNECTION

The skills of humanity.

Goes BEYOND connection

Offering a spark of HOPE

Using Resources

In play there is only us.

## PLAY



The use of art and creativity



Trauma Brownies



Be aware of our own trauma jar

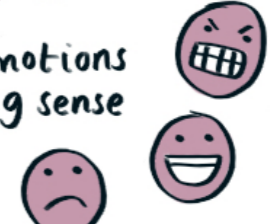
The Glass Jar

What is best suited?

HOW FULL?



Offers the opportunity for CONTROL & a means of expressing emotions and making sense



## The gift of RECONNECTION

is to be

SEEN

HEARD

VALUED



We all have this capacity

cannot happen from a distance

our capacity for connection is limitless

Nothing beats Kindness, it sits quietly beyond all things

CHARLIE MACKESY

Being committed to the Journey with someone

## COMMITMENT AND COURAGE

vulnerability is not weakness, it is the greatest measure of courage

BRENE BROWN

## CREATIVITY

There is no formula.

## COMPASSION

To suffer with...

To sit and REMAIN

Expressing Gratitude is a practice - it becomes easier to recognise these moments of joy.



## FREEDOM

It's always possible.

The "right" approach will take time but Kindness and compassion will catch us if we mistep

## EMPATHY



Listen to what it's like to be in your shoes.

## UNDERSTANDING, CURIOSITY AND HUMILITY



There is no "wounded" and no "healer"

Stay OPEN, CURIOUS and HOPEFUL

An acceptance of ourselves and who we find there.

## BEARING WITNESS AND HOLDING SPACE

WITHOLDING JUDGEMENT AND EXTENDING ACCEPTANCE

TO CARE WITH OUR WHOLE HEARTS

## STORY STEWARDSHIP

There is no greater privilege

## ENEMIES OF TRAUMA INFORMED PRACTICE

Pity and Sympathy

Rescuing, Fixing and Problem Solving

Comparison and identification

Pushing Gratitude.

## Language matters

it can change and heal

it's OK to not know what to say.



## STAY PRESENT

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