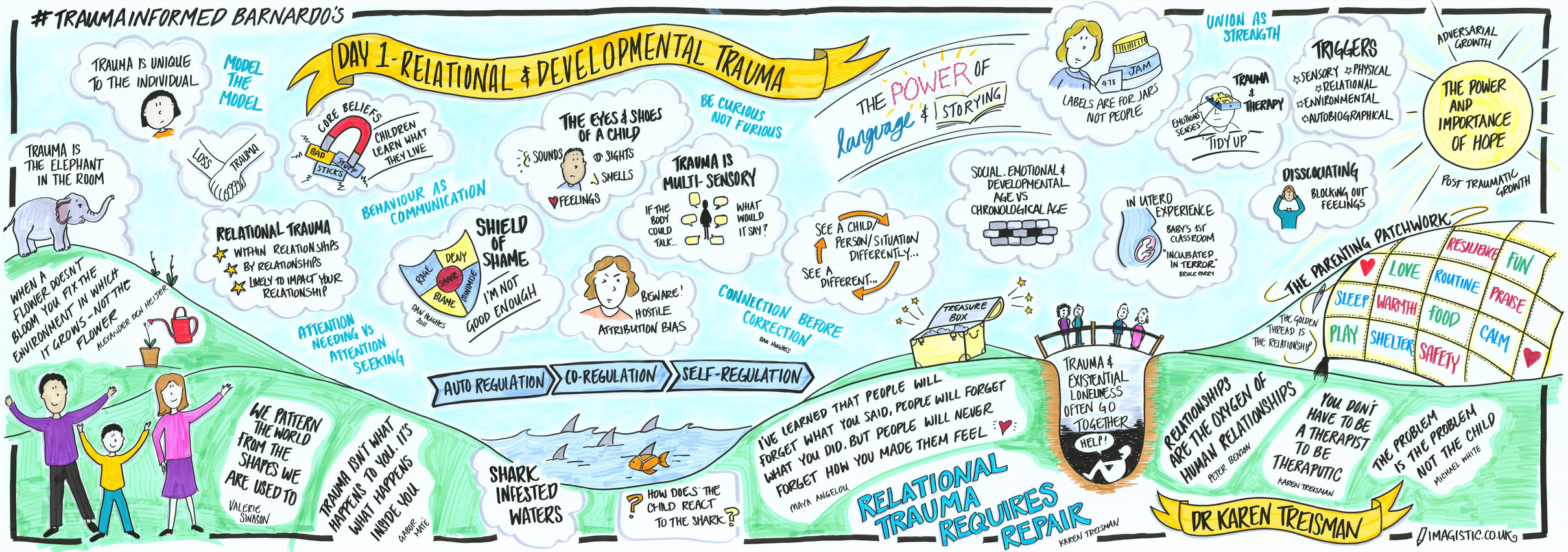
#TRAUMAINFORMED BARNARDO'S
DAY 1 - RELATIONAL & DEVELOPMENTAL TRAUMA
TRAUMA IS UNIQUE TO THE INDIVIDUAL
MODEL THE MODEL
TRAUMA IS THE ELEPHANT IN THE ROOM
LOSS
TRAUMA
CORE BELIEFS
BAD
STUFF
STICKS
CHILDREN LEARN WHAT THEY LIVE
THE EYES & SHOES OF A CHILD
SOUNDS
SIGHTS
SMELLS
FEELINGS
BE CURIOUS NOT FURIOUS
TRAUMA IS MULTI-SENSORY
IF THE BODY COULD TALK...
WHAT WOULD IT SAY?
THE POWER OF language & STORYING
LABELS ARE FOR JARS NOT PEOPLE
JAM
47%
UNION AS STRENGTH
TRAUMA & THERAPY
EMOTIONS
SENSES
TIDY UP
TRIGGERS
SENSORY
PHYSICAL
RELATIONAL
ENVIRONMENTAL
AUTOBIOGRAPHICAL
ADVERSARIAL GROWTH
THE POWER AND IMPORTANCE OF HOPE
POST TRAUMATIC GROWTH
DISSOCIATING
BLOCKING OUT FEELINGS
RELATIONAL TRAUMA
WITHIN RELATIONSHIPS
BY RELATIONSHIPS
LIKELY TO IMPACT YOUR RELATIONSHIP
BEHAVIOUR AS COMMUNICATION
SHIELD OF SHAME
DENY
RAGE
SHAME
BLAME
MINIMISE
DAN HUGHES 2011
I'M NOT GOOD ENOUGH
SOCIAL, EMOTIONAL & DEVELOPMENTAL AGE VS CHRONOLOGICAL AGE
IN UTERO EXPERIENCE
BABY'S 1ST CLASSROOM
"INCUBATED IN TERROR"
BRUCE PERRY
SEE A CHILD/PERSON/SITUATION DIFFERENTLY...
SEE A DIFFERENT...
BEWARE! HOSTILE ATTRIBUTION BIAS
CONNECTION BEFORE CORRECTION
DAN HUGHES
THE PARENTING PATCHWORK
THE GOLDEN THREAD IS THE RELATIONSHIP
LOVE
ROUTINE
RESILIENCE
FUN
SLEEP
WARMTH
FOOD
PRAISE
PLAY
SHELTER
SAFETY
CALM
WHEN A FLOWER DOESN'T BLOOM YOU FIX THE ENVIRONMENT IN WHICH IT GROWS - NOT THE FLOWER
ALEXANDER DEN HEIJER
AUTO REGULATION
CO-REGULATION
SELF-REGULATION
ATTENTION NEEDING VS ATTENTION SEEKING
TREASURE BOX
TRAUMA & EXISTENTIAL LONELINESS OFTEN GO TOGETHER
HELP!
WE PATTERN THE WORLD FROM THE SHAPES WE ARE USED TO
VALERIE SINASON
TRAUMA ISN'T WHAT HAPPENS TO YOU. IT'S WHAT HAPPENS INSIDE YOU
GABOR MATE
SHARK INFESTED WATERS
HOW DOES THE CHILD REACT TO THE SHARK?
I'VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL
MAYA ANGELOU
RELATIONAL TRAUMA REQUIRES REPAIR
KAREN TREISMAN
RELATIONSHIPS ARE THE OXYGEN OF HUMAN RELATIONSHIPS
PETER BENSON
YOU DON'T HAVE TO BE A THERAPIST TO BE THERAPUTIC
KAREN TREISMAN
THE PROBLEM IS THE PROBLEM NOT THE CHILD
MICHAEL WHITE
DR KAREN TREISMAN
IMAGISTIC.CO.UK