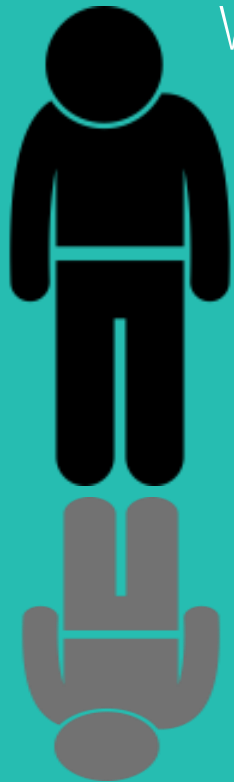


# Complex Trauma & Trauma Informed Care

INFORMATION SHEET



## What is it?

- Exposure to multiple traumatic events in childhood
- These are severe and pervasive
- They can happen early in life and throughout childhood
- This affects their ability to form healthy attachments with their caregiver
- This lack of attachment will affect the child's physical and mental development

# Resilience Model (SAMHSA 2012)

How services can respond and help people

## Initial Awareness

1. Tracking when you feel unsafe
2. Resourcing what builds feelings of safety
3. Grounding on being in the present and building resilience
4. Spontaneous Awareness of when you jump into fight/flight or freeze

## Consolidating Awareness

5. Strategy & Response by building support away from services
6. Wellness & Wellbeing by changing your mentality to constantly building positive experiences, not waiting for re-traumatizing feelings

## Onward Recovery Awareness

8. Gradual Exposure supporting and encouraging people to take positive risks
7. Pendulation challenging traumatization with positive thinking. Hardwiring your brain for positive responses
9. Consolidation by reviewing the whole process and moving on positively

## How?

### ATTACHMENT



An insecure attachment means that the child has had inconsistent, neglectful, distant, disengaged or unsafe parents. The child is unable to know intimacy and internalizes the world

### ADVERSE CHILDHOOD EXPERIENCE



If a child experiences abuse, neglect or 'household dysfunction', it increases the likelihood of health problems and can affect their attachment. This was one of the first key studies to highlight the magnitude of Complex Trauma

### NEURO DEVELOPMENT



Experiencing trauma throughout childhood means that the brain will develop in response to the trauma. The brain will focus on survival rather than on regulation, social/emotional relationships and cognition. People can often then be labelled as difficult or challenging