

Caring for children who have experienced trauma

A Resource Parent Curriculum



A short history

- 2009: Inspired by the work of Bruce Perry I developed a training on trauma and attachment for foster parents
- 2010: Caring for children who have experienced trauma
- 2012: Dutch translation



A short history

- 2012: Start train-the-trainer curriculum
- 2015: Teaching traumatized children – A practical handbook for teachers in primary education
- 2016: Start train-the-trainer curriculum
- 2018: Revision Caring for Children who have experienced trauma





Essential elements of the RPC



Module 1 Introductions



Leony Coppens, Clinical Psychologist November 2017

Why a training for caretakers?

Brainstorm



“The research on the most effective treatments to help child trauma victims might be accurately summed up this way: what works best is anything that increases the quality and number of relationships in the child’s life.”

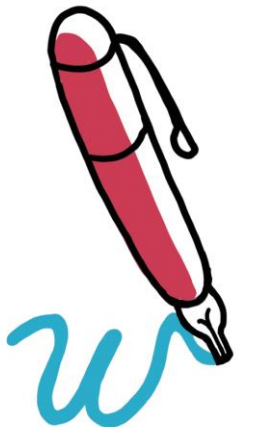
Bruce D. Perry & Maia Szalavitz (2006)

Caring relationships between children and caregivers, teachers, or mentors drive change more than specific treatment models or techniques.

Benard (2004), Werner (2013)

Worksheet 'My Child'

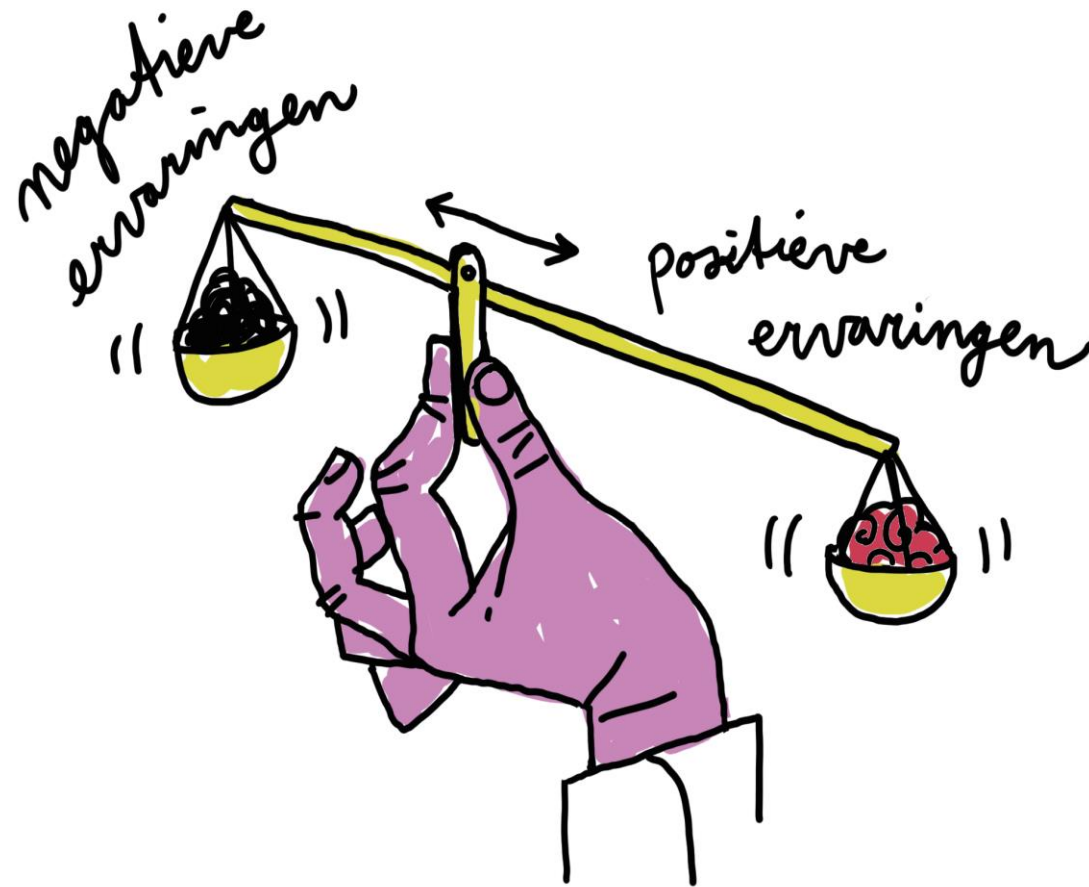
- Think of the child that now lives in your home.
- Write down the basic information like first name, age and gender.
- Write down what you know about the life of the child before it came to live with you.
- Write down everything you want to understand better about this child.



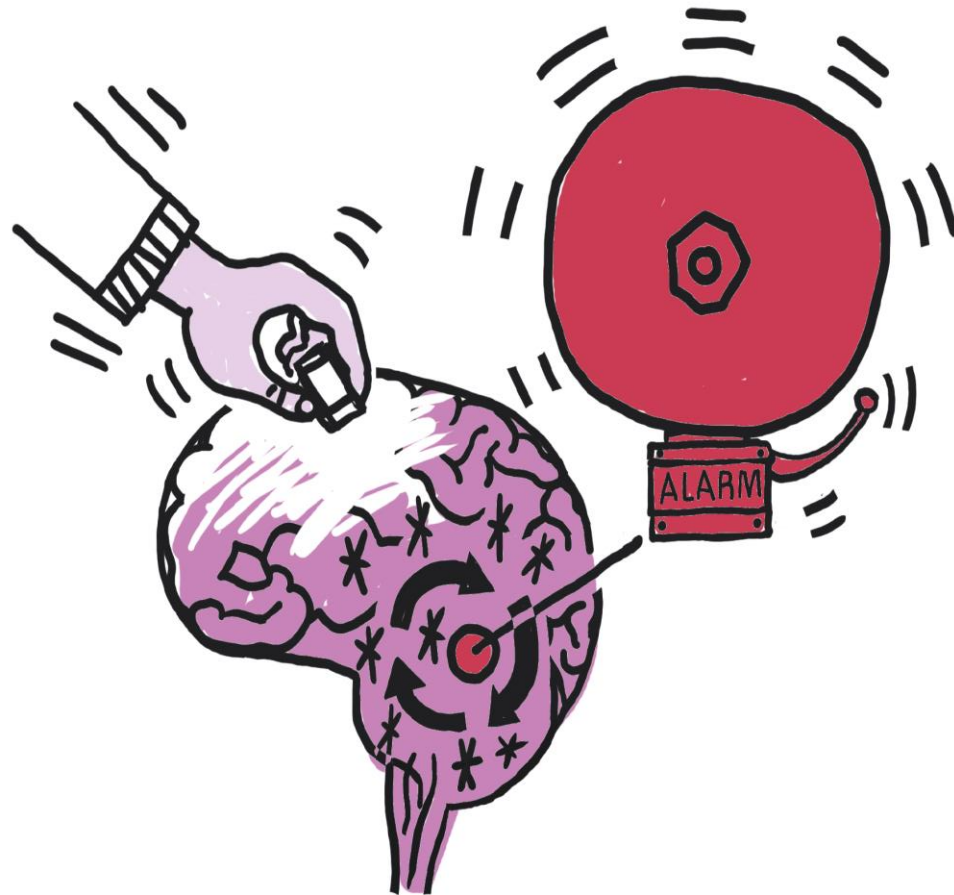
Module 2 Trauma 101



Resilience



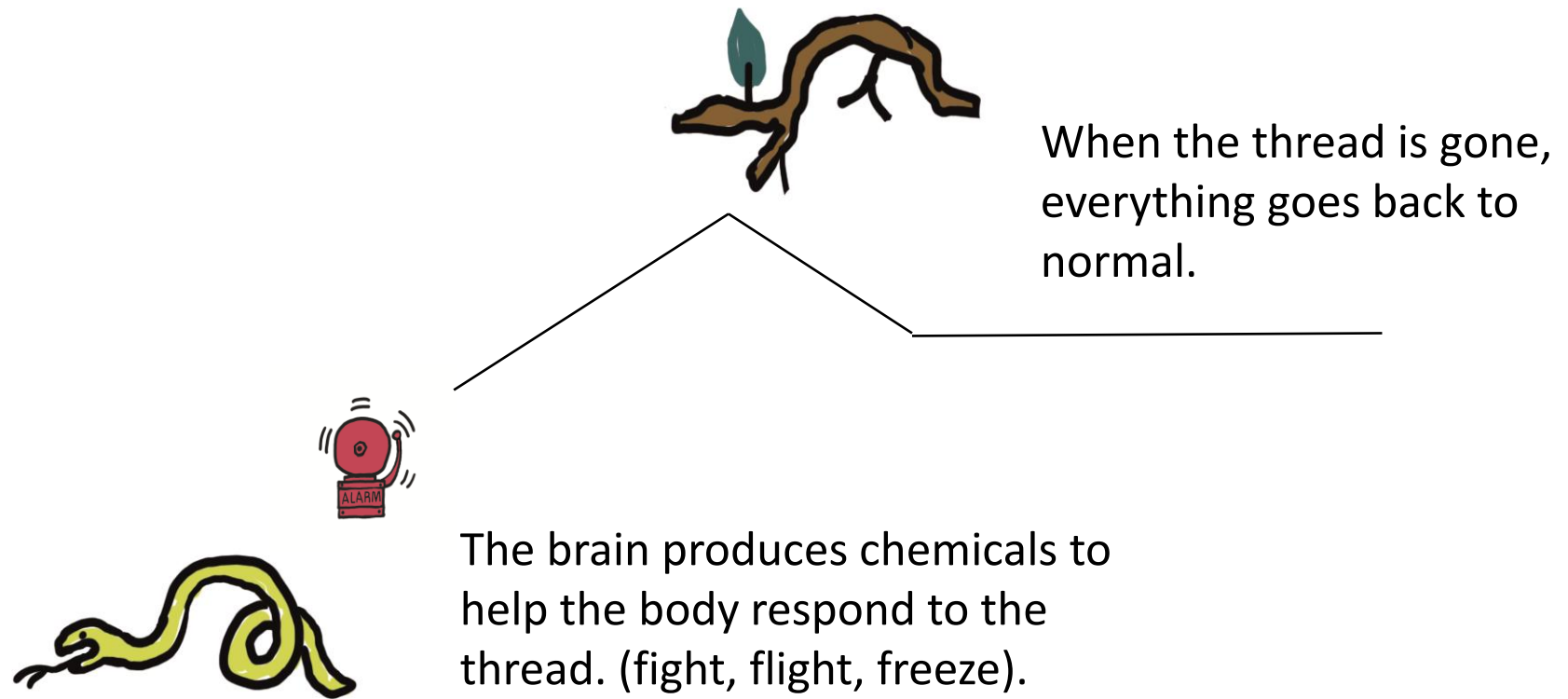
Module 3 Understanding trauma's effects



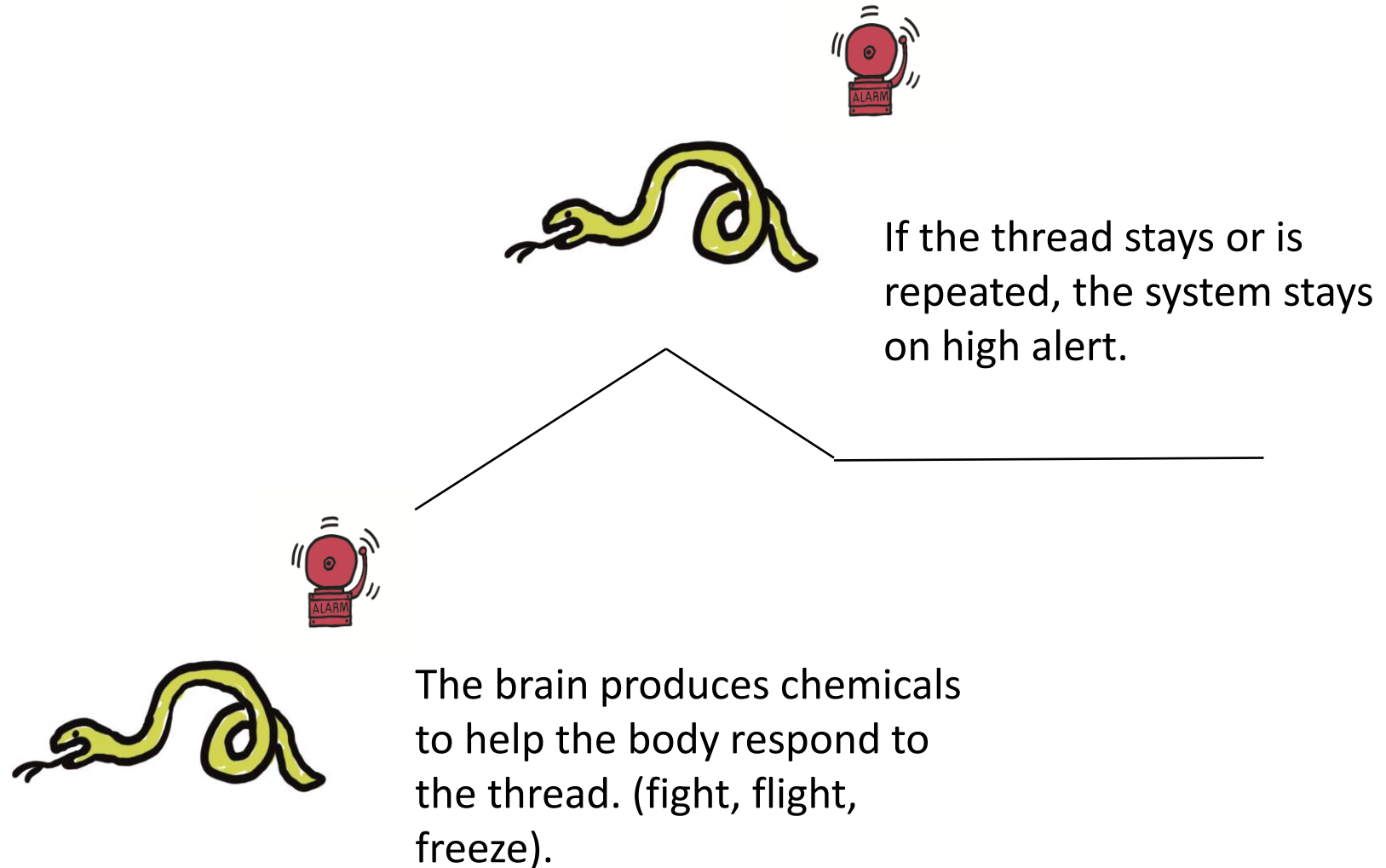
We learn by experiences



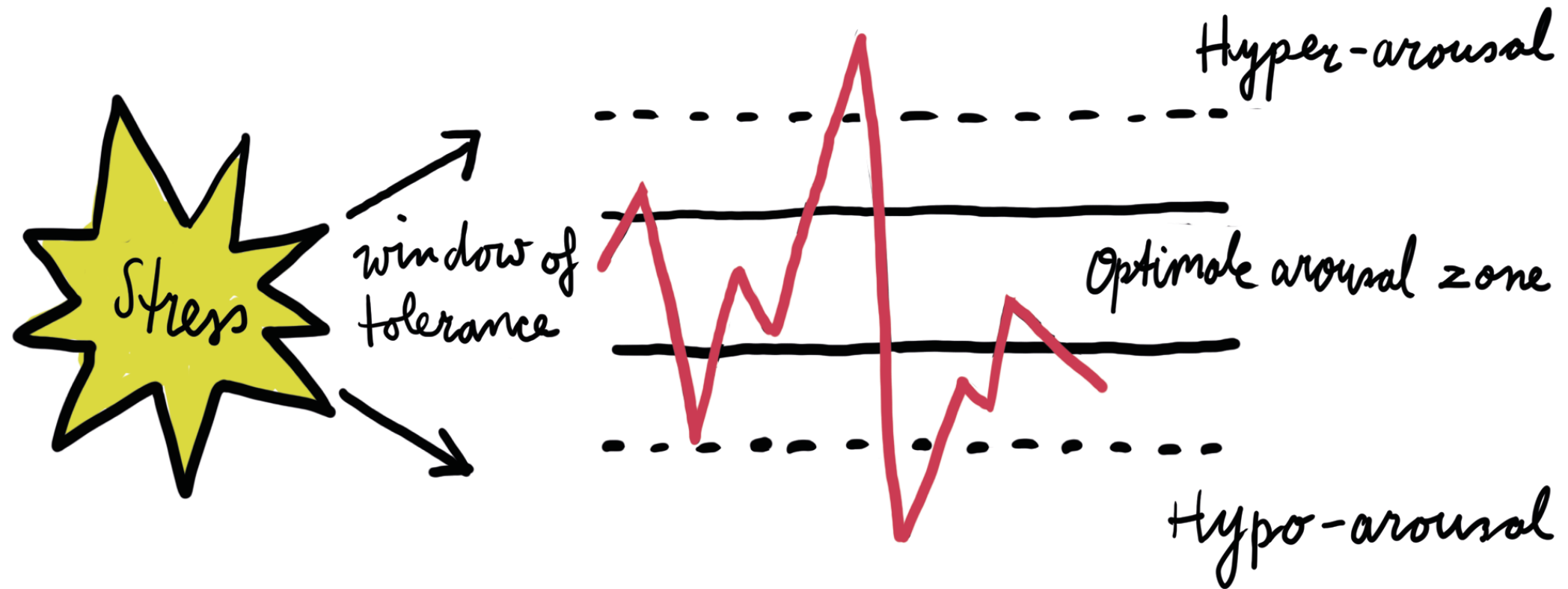
Intern alarm system



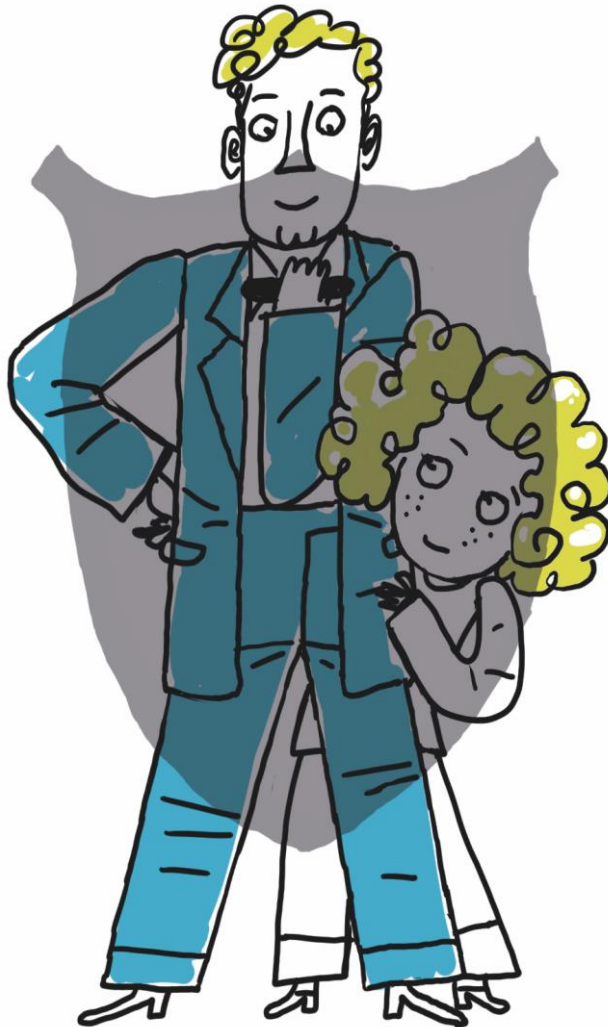
Intern alarm system



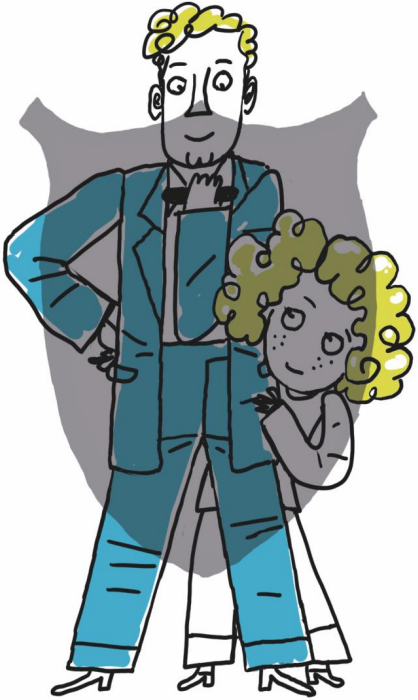
Window of tolerance



Module 4 Building a safe place



Safety and trauma

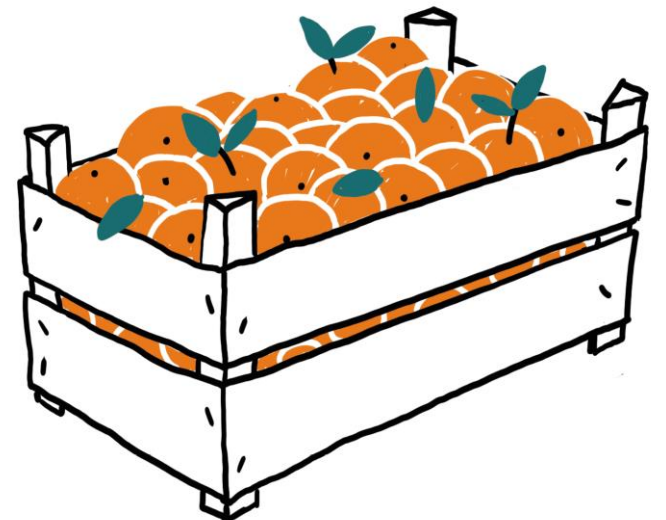


- Physical safety is not the same as psychological safety.
- Your child's definition of "safety" will not be the same as yours.
- To help your child feel safe, you will need to look at the world through his or her "trauma lens".

Trauma reminders

People, situations, places, things, or feelings that remind children of traumatic events:

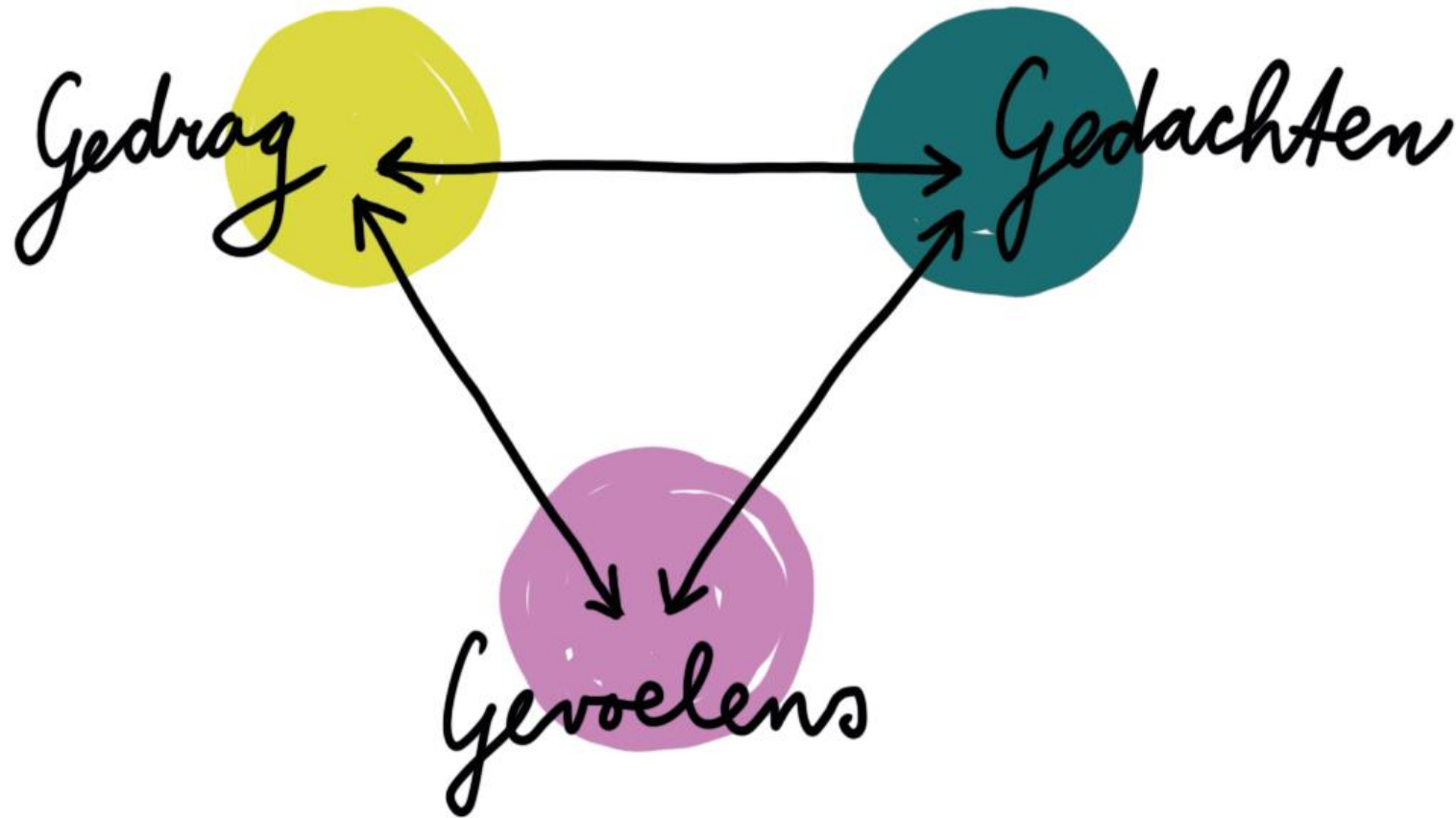
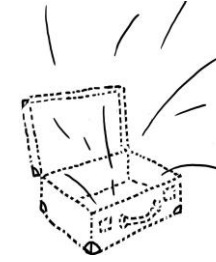
- May evoke intense and disturbing feelings tied to the original trauma.
- Can lead to behaviors that seem out of place, but may have been appropriate at the time of the original traumatic event



Module 5 Dealing with feelings and behavior



Cognitive triangle



Learning about the cognitive triangle



Module 6 Connections and healing



Lessons from a family tale

- Every child in a family has a unique relationship with his or her parents and siblings.
- Even children with the same trauma history will understand those events differently. They may have different trauma reminders and react different to them.
- Caregivers must take care not to burden children with their own strong and complicated feelings toward birth parents.

Module 7 Becoming an advocate

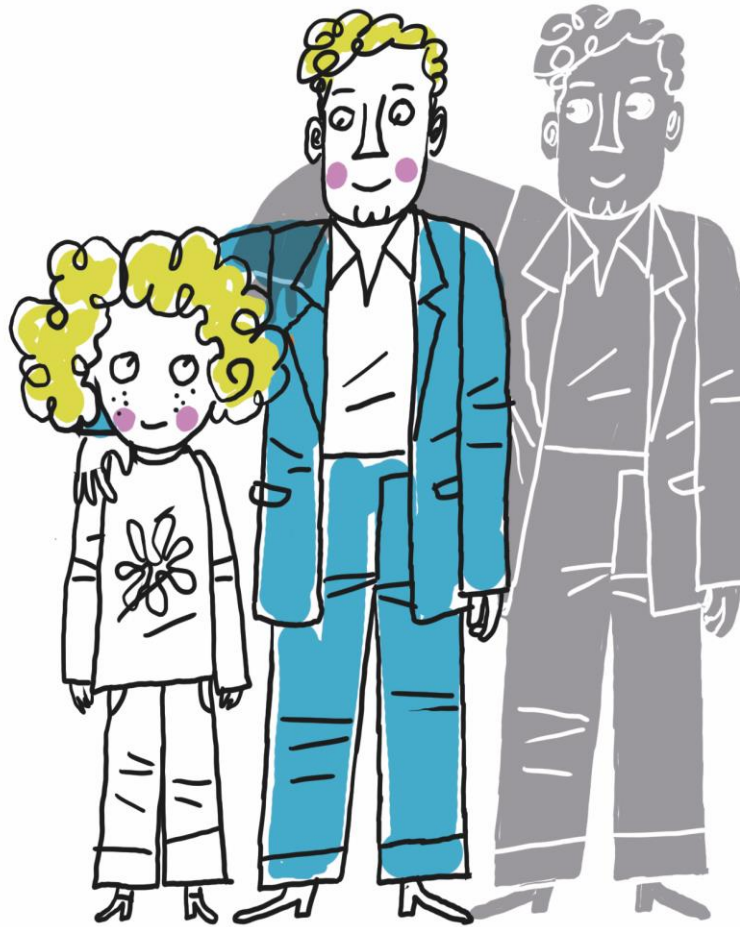


Advocay in action

Help your team member understand

- what child traumatic stress is;
- how trauma has effected your child;
- your child's strength and resilience;
- what your child needs.

Module 8 Taking care of yourself



Taking care of yourself

- Self care basics
- Compassion fatigue
- Secondary traumatic stress
- When your child's trauma is a reminder



Thank you for your attention!

