TRAUMA-INFORMED PRACTICE WITH CHILDREN AND ADOLESCENTS

- Restores a sense of safety—physically and emotionally
  Supports empowerment for the child and self-regulation

- Uses interventions that address the right hemisphere of the brain (emotional, sensory processing, attuned, creative, non-verbal)

  Note: while there is insufficient research for creative interventions as stand-alone treatments, there is ample evidence that these treatments should be incorporated into any work with traumatized children

- Develops relationships with child, parents, teachers, and other helping professional and significant adults to establish secure attachment and support emotional regulation and improved interpersonal skills

- Works toward supporting the contexts around the child to enable him or her to develop internal locus of control, positive social interaction, safety and empowerment

- Promotes trauma integration—making meaning of events and managing trauma reactions and responses

- Encourages posttraumatic growth and resiliency: competency based interventions

- Applies interventions in an individualized manner to child and family
  Does continuous assessment to stay attuned to child’s needs

- Develops and includes interventions that support culturally diverse populations

- Empowers child and family to be actively involved, give feedback, help shape the interventions

(Steele and Malchiodi, 2012)
RESOURCES

Attachment and Trauma Network
https://www.attachmenttraumanetwork.org
Resources on both attachment and trauma in children.

Center for the Developing Child
https://developingchild.harvard.edu
Excellent resources on child development, attachment, neglect and abuse (among others).

Child Trauma Academy
Bruce Perry’s center for resources on child trauma.

National Child Traumatic Stress Network
http://www.nctsn.org/
National network that provides excellent resources for parents, community, professionals. This network has extensive breadth and depth in kinds of trauma, resources for different groups, handouts that can be made available, trainings, and resources on available research.

Complex Trauma handout

National Institute for Trauma and Loss in Children
https://www.starr.org/training/tlc

Sanctuary Model
http://www.sanctuaryweb.com/TheSanctuaryModel.aspx
The goal of the Sanctuary Model is to help children who have experienced the damaging effects of interpersonal violence, abuse, and trauma. The model is intended for use by residential treatment settings for children, public schools, domestic violence shelters, homeless shelters, group homes, outpatient and community-based settings, juvenile justice programs, substance abuse programs, parenting support programs, acute care settings, and other programs aimed at assisting children.

SAMHSA / NCTIC
Trauma-informed resources.
https://www.samhsa.gov/nctic/trauma-interventions
https://store.samhsa.gov/shin/content/SMA14-4816/SMA14-4816.pdf

Theraplay Institute
https://www.theraplay.org/
Evidence based practice based in attachment. Relational play to anchor the children in security through structure, engagement, nurture and challenge.

The Trauma Center at JRI
van der Kolk’s center for work with traumatized children and adolescents
REFERENCES


