

Becoming Trauma Competent Healing Foster and Adoptive Parents: Three Skills and Nine Essential Tasks PART TWO

Portions of this workshop are adapted from resources from the National Child Traumatic Stress Network and used with permission.

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The Nine Essential Elements of Trauma-Informed Care

3/23/2012 From the National Child Traumatic Stress Network Trauma Toolkit

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Key Principles of "How-to"

Essential Elements of Trauma-Informed Assessment and Preparation

Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead

1. Understand the impact trauma has on child's behavior, development, and relationships.
 - Adapt, use developmental checklist
 - Reevaluate where the child is coming from in terms of developmental domains
 - Make a parenting plan on how to manage developmental delays with caseworkers/therapists

Key Principles of "How-to"

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2. Maximize the child's sense of safety.
 - Give safety messages
 - Be emotional container
 - Recognize child's hot spots
 - Make it safe to talk
 - Build trust through the power of yes

Key Principles of "How-to"

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3. Assist children in reducing overwhelming emotion.
 - Recognize, track trauma reminders
 - Understanding power of belief
 - Tune In by managing emotional responses
 - Learn the power of YES

Key Principles of "How-to"

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4. Help children to understand and modify overwhelming behaviors.
 - See below the surface of behaviors
 - Remember there are beliefs driving behavior
 - Help your child define and express his feelings
 - Set an example of appropriate emotional expression
 - Do not take behaviors personally

Key Principles of "How-to"	Essential Elements of Trauma-Informed Assessment and Preparation
<p>Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead</p>	<p>5. Support and promote positive and stable relationships in the life of the child.</p> <ul style="list-style-type: none"> ▪ Ask a lot of questions of social workers/other foster parents - who are the important people ▪ Encourage the child to talk about those significant people ▪ Create a genogram with the child regarding his birth family ▪ Help the child build new connections with family, neighborhood, school, church

Key Principles of "How-to"	Essential Elements of Trauma-Informed Assessment and Preparation
<p>Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead</p>	<p>6. Help the child develop a strength based understanding of his/her life story and to make new meaning of their trauma history and current experiences.</p> <ul style="list-style-type: none"> • Be proactive in getting information about the child's early life trauma, separations, moves and losses of significant people • Respond calmly to new information about the child's trauma history from professionals or the child himself • Follow the Ten Principles of Talking to Your Child About His Past

	Essential Elements of Trauma-Informed Assessment and Preparation
<p>Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead</p>	<p>7. Be an advocate/ support efforts to coordinate services with other agencies.</p> <ul style="list-style-type: none"> • Others may not understand the impact of trauma on a child • Others (teachers, coaches, etc. may not know strategies for helping others a child overwhelming emotions and problem behaviors • Others may not approach a child from a strength based perspective.

	Essential Elements of Trauma-Informed Assessment and Preparation
<p>Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead</p>	<p>8. Promote and support trauma informed focus assessment and treatment.</p> <ul style="list-style-type: none"> • No one size fits all when it comes to treatments for children • There will be a plan to follow • There are no quick fixes • Beware of treatments that use rebirthing or holding therapies

	Essential Elements of Trauma-Informed Assessment and Preparation
<p>Essential Elements of Trauma-Informed Assessment and Preparation: Guiding Families to Understand the Tasks Ahead</p>	<p>9. The family's understanding of the need for parental self-care and willingness, ability and understanding in evaluating their own personal response to the child's behavior and unique needs:</p> <ul style="list-style-type: none"> • Know the warning signs • Ask for help • Make a family care plan

Taking a Look at You	
<p>The family's understanding of the need for parental self-care.</p>	
<ul style="list-style-type: none"> • As we finish today, we would like each group to develop a list of five parental care strategies that each of you have implemented in the last six months. 	