

TRAUMA INFORMED PRACTICE BULLETIN – AUGUST 2023

Kent, in partnership with Medway, is working towards a vision of becoming trauma informed. This Bulletin aims to keep partners up to date with local and national developments, information, and research. Adopting a trauma-informed approach means making changes that will benefit both staff and service users. It includes training people to be empathetic, to actively listen, enhance their professional curiosity, and to identify what keeps people safe. Critical to this way of working is gaining a person’s trust and understanding what has happened to them, as opposed to focusing on ‘what is wrong’ with them.

Also important is our wellbeing and self-care. August is National Wellness Month, a reminder that we should focus on self-care, manage our stress, and promote our daily health routines. Starting today, reset your routine to create wholesome habits in your lifestyle for August and see how much better you feel! You may also be interested in the [‘Altruistic August’](#) calendar.



SPACE MATTERS PROGRAMME

NEWS UPDATE!

Youth Endowment Fund

On Monday 31 July it was confirmed that KCC, in partnership with our training provider KCA, has secured £4m funding for a new project Exploring the impact of Trauma Informed Practice on reducing youth violence. This **trauma-informed project** will be delivered in local Secondary Schools to better understand how effective it is in preventing young people becoming involved in violence. All Secondary School Heads and Trust CEOs will now be contacted with an invitation to a briefing session in September so that they have a clearer sense of next steps. Please feel free to share this link: [Youth Endowment Fund - Exploring the impact of Trauma Informed Practice on reducing youth violence](#), which gives full information about the project.

CYP Now National Award Finalist

One of our SPACE Matters trauma informed projects has been shortlisted in the [CYP Now national awards](#) in two categories:

- *Mental Health and Well-being*
- *Supporting Child Refugee*.



The project, 'Supporting Unaccompanied Asylum-Seeking Children and Young People in Kent' was co-produced with KCC PH and Foster Care teams; Foster Carers and the children and young people they support, and Child and Families Training – a national charity. The project was very successfully received and evaluated and has now been further adapted to support Ukrainian Host Families, Afghan Refugees, and the wider cohort of Children in Care. So, we're now finalists - winners to be announced on Thursday 23 November 2023 at an Awards Ceremony in London.

SAVE THE DATE!

This year's **SPACE Matters Trauma Informed conference** will be held on **Friday 17 November 2023**.

TRAINING OPPORTUNITIES

The focus of the SPACE Matters programme to date has been on multi-agency workforce development. Our free **Trauma Awareness e-learning suite** can be accessed at: [Trauma Awareness E-learning](#). This essential learning is CPD accredited and suitable for all staff and volunteers.

TRAUMA INFORMED KENT AMBASSADOR PROGRAMME

Dates for our next **FREE** Ambassador Development Programme have now been confirmed.

- 4th October – Workshop A (in-person)
- 1st November – Workshop B (in-person)
- 29th November – Peer Learning Session (virtual)
- 17th Jan 2024 – Workshop C (in-person)

All in-person workshops will be held at The Friars, Aylesford. Additionally, two individual coaching sessions are offered to each participant either side of the second workshop. Apply [here](#).

'TRAUMA INFORMED PRACTICE IN SAFEGUARDING'

Fantastic NEW webinar series in which ACAMH, in collaboration with Child & Family Training, presents a series of four online sessions covering a vast amount of content related to trauma informed practice in safeguarding, all of which is from a sound evidence-base, delivered by the UK's leading lights in the sector.

EARLY BIRD NOW ON! [Trauma informed practice in safeguarding](#).

UNDERSTANDING THE IMPACT OF TRAUMA ON CHILDREN & YOUNG PEOPLE’S BRAINS, BODIES, EMOTIONS, RELATIONSHIPS AND BEHAVIOURS

An exceptional two-day training on Trauma with the amazing Dr Karen Treisman MBE coming up this Autumn - the only time this year this course is being run online independently - on Sat 7th & Sun 8th October 9.30 - 4.30pm each day (UK time) **£180.00**. Discounts available for teams / groups. Payment in instalments in advance can be arranged for individuals. Book [here](#).

NEXT STEPS FOR SCHOOLS’ SENIOR MENTAL HEALTH LEADS

The DfE have been funding a lead from every school to undertake their Senior Mental Health Leads (SMHL) training. But what happens next? How can you bring together all that you have learned and really start to embed this across your school? What is evident in schools is the acknowledgment that whole school change is needed. [EduPod](#) is a combination of clinical expertise and government guidelines. It provides the tools required to undertake a whole school audit, making it a manageable less time-consuming process. It allows leaders to develop their action plan and strategically monitor the impact data and outcomes as they go through their journey. The learning resources library hosts a wealth of quality assured content to support leaders to access the best and up to date resources at the click of a button. These resources are downloadable and sharable within the whole school to ensure the wider community can benefit from them too. Finally, the exclusive accreditation process gives you access to our kite marks and accrediting you for your commitment to the whole school approach.

“I’M NOT GOING AND YOU CAN’T MAKE ME!” – HOW TO SUPPORT CHILDREN AND YOUNG PEOPLE WITH EMOTIONALLY BASED SCHOOL AVOIDANCE

Tuesday 10 October 2023 Live Stream Webinar via Zoom 13:00 - 16:00 UK time

Over the last few years, there has been an increase in referrals to CAMHS for young people struggling to attend school. Young people can present with significant distress and family relationships may become strained. It can be challenging for CAMHS professionals to know how to support young people and their families. This half-day session provides an overview of current research and practical tips for clinicians. Delegates will have exclusive access to recordings for 90 days after the event, together with slides and a personalised CPD certificate via email. [Book your place at I’m not going and you can’t make me webinar.](#)

STRESS AND MENTAL HEALTH PRESENTATIONS IN SECONDARY SCHOOL-AGED YOUNG PEOPLE

28 November 2023 FREE webinar, via Zoom 17:00 - 18:30 UK time

This webinar will be led by Dr. Ruth Blackburn and Sorcha Ní Chobhthaigh from UCL Great Ormond Street Institute of Child Health present research on mental health in secondary school-aged young people. [Book your place at the stress and mental health preservation webinar.](#)

HEALING TOGETHER PROGRAMMES

Upskilling Frontline Practitioners to [Deliver Early Trauma Informed Support](#) with Children, Young People, Parents and Carers.

TRAUMA INFORMED TOOLS AND TECHNIQUES

HAND BREATHING

If a young person you are working with begins to feel their breath getting quicker and out of control, use this activity to help them slow down their breathing and calm down. They can do this by spreading their fingers, and taking slow deep breaths in and deep breathes out as they trace the outline of their hand with their pointer finger. They should repeat this until they have traced all their fingers.

Mindfulness activity: Hand breathing



INFORMATION FOR CHILDREN AND YOUNG PEOPLE ABOUT MENTAL HEALTH AND WELLBEING

NHS Kent and Medway, Kent County Council and Medway Council have produced pocket-sized leaflets for children and young people about how to access mental health and wellbeing support. [Information for children and young people about mental health and wellbeing](#).

TRANSGENDER KIDS?

The experience of having transgender children is perhaps something parents would not choose. But it can be a wonderful opportunity to learn and to grow closer to your children. Download a guide for parents [here on Gloriously Unready](#).

DETACHING WITH LOVE AND OPENHEARTEDNESS

The desire to change someone, so we feel better, is understandable. We all do it. But it doesn't really work. "[Detaching with Love](#)" is a set of guidelines for **accepting** people where they are even when their moods, actions, and decisions cause us pain. Doing the personal work to uphold these principles allows us to better support and honour ourselves and those we love.

SUPPORTING CHILDREN WITH ANGRY FEELINGS

Take a look at the [programme](#) resources that are used to support children with angry feelings. This trauma informed programme helps young people to find out about how angry feelings show up in their body, brain, and daily life. They will discover new ways to help them feel calmer and safer, so angry feelings don't make life feel so hard.

STRATEGIES FOR EFFECTIVE SUPERVISION FOR DESIGNATED SAFEGUARDING LEADS

As a DSL, effective supervision strategies are essential for maintaining a robust safeguarding framework. [Click this link as in this blog post](#), we will explore some key strategies that can help DSLs enhance their supervision practices and create a safe environment for students.

COMMUNICATIONS AND ENGAGEMENT TOOLKIT FOR PEOPLE WORKING IN AREAS OF DEPRIVATION

People living in deprived areas experience the most significant health inequalities in terms of access, experience, and outcomes. Engaging with people living in those communities is critical if they are to benefit from health services and for providers of services to understand the community's experiences and needs. [Click here to access communication toolkit for deprived areas](#)

RESTRAINT REDUCTION NETWORK LAUNCHES NEW PSYCHOLOGICAL RESTRAINT RESOURCE TOOLKIT

The toolkit aims to define and explain the phenomenon of psychological restraint and provide tools to support practitioners and professionals in their work. [Click here for psychological restraint toolkit](#)

5 WAYS TO SUPPORT YOUR CHILD TO MAKE FRIENDS

New Place2Be data, released today, shows that [nearly 78% of the young people we supported last year have felt socially anxious](#). As a parent or carer, you can play an important role in [supporting your child with social interactions](#) and establishing healthy friendships.

WHAT IS THE CHANGE TRIANGLE? A NEW MAP HELPS MAKE SENSE OF EMOTIONS.

The [Change Triangle](#) is a map and wellness tool. It is a guide to working with emotions, helping shift you from a place of disconnection and/or distress back to calm, clarity, and peace of mind. It's a step-by-step process for simply feeling better. The Change Triangle works by getting you reacquainted with core emotions like joy, anger, sadness, fear, and excitement.

TOOL FOR REFRAMING AND UNDERSTANDING HOW TRAUMA IMPACTS CHILDREN AND YOUNG PEOPLE. [Trauma informed ways of writing about children and young people.](#)

HOW TO CALM AN OVERACTIVE NERVOUS SYSTEM

Do you find it hard to calm yourself down when feeling heightened? When your sympathetic nervous system is activated, it can feel like you become a passenger in your body & mind. Your sympathetic nervous system has the role of mobilising you for action when there is a real or perceived threat. Learn more about [Somatic Experiences](#)

MY CHILD STRUGGLES WITH CHANGES AND ENDINGS

Endings are part of life and are important for both children and adults alike. [Learning to navigate them](#) is a skill that children need to develop.

BURNOUT – THE IMPORTANCE OF LONGER-TERM APPROACHES

Burnout does not just occur at work. It can occur in all domains of life. Burnout is a stress-induced condition, so quick fixes are not typically successful long-term. [Taking control and addressing underlying stressors](#) is one of the most effective ways to beat burnout.

RESOURCES

THE TRAUMA & MENTAL HEALTH REPORT – INTERGENERATIONAL TRAUMA

Have you ever reflected on the meaning and causes of generational trauma? Is this type of trauma something you or someone close to you struggle with? The important topic of generational trauma is gaining more and more attention with many families being affected. The Talk Space article discusses the signs, causes, and how to heal from intergenerational trauma. Generational trauma is the transfer of traumatic experiences or stressors from one generation to the next. This is caused by things such as oppression, intergenerational poverty, lack of opportunity, and in-utero exposure. Symptoms include anxiety, depression, eating disorders, and substance abuse disorders, among many other things. Learn more about this topic and what we can do to heal [here](#).

ONGOING TRAUMA OF GRIEVING SOMEONE WHO IS STILL LIVING.

This article by Michael J. Formica, certified Counsellor, and life coach, explores the emotional differences between grief because of death and grieving someone who “disappeared”. There are many ways that we grieve someone who “disappeared” or is still living - whether that’s a partner or someone you loved who has gone separate ways, grieving someone with an illness or dementia because of the loss that it feels like they’re not there anymore, or even the grief and impending doom of day-by-day losing someone who is preparing to die by medical assistance in dying (MAID). Understanding these emotional differences is important in order to support people the best. To learn about the different forms of grief, such as grief because of Present-Disappearing, click [here](#).

UNEXPECTED SOURCES OF GRIEF

Grief can occur even when you choose and expect a change or loss. Planned exits from relationships, jobs, or communities can elicit a grief response because, simply, the loss still occurred. We hold the idea that proactivity and choice should shield us from sadness. This [blog: 4 Unexpected Sources of Grief](#) explores the issues.

'HEARING THE CRY':

For many years I was a foster carer, seeing firsthand the immediate impact of trauma on young children. The cry of suffering from these children echoed my own. Read more [here](#).

TRAUMA BONDING: ESCAPE THE CONTROL: 7 EASY STEPS FOR ANYONE TO BREAK THE CYCLE OF HIDDEN ABUSE & FEELING INADEQUATE. LEARN HOW TO LOVE YOURSELF AND FIND LASTING PEACE & ACCEPTANCE.

Many victims succeed in leaving their violent partners and stop the cycle of moving from one abusive relationship to another, despite the odds being stacked against them. Even if you have tried to leave a toxic relationship before without success, even if you feel you are in the most desperate situation, leaving a trauma-bonded relationship is possible if you follow the steps laid out in this [book: Trauma Bonding: Escape the Control: 7 easy steps for anyone to break the cycle of hidden abuse & feeling inadequate.](#)

A QUALITATIVE EXPLORATION OF REUNIFICATION POST ALIENATION FROM THE PERSPECTIVE OF ADULT ALIENATED CHILDREN AND TARGETED PARENTS

The impacts of parental alienating behaviours are significant and severe. They can create reality distortions and compromised reality-testing for alienated children. Parental alienating behaviours inhibit children's interpersonal development to the extent that they can become socially withdrawn and have difficulties in relationships with others. Findings from the [present study](#) offer novel insights into the experience of voluntary reunification from the perspectives of both adult alienated children and targeted parents.

SCHOOL NON-ATTENDANCE BY CHILDREN WITH A SOCIAL WORKER IN THE UK: A RAPID REVIEW OF EXTENT, RISK FACTORS AND INTERVENTIONS

[This rapid review](#) looks at 23 papers on the school non-attendance of children with a social worker in the UK. Whilst previous research has found a correlation between school attendance and higher academic achievement, poorer attendance is known to affect children from vulnerable groups, particularly those with a social worker, who would likely stand to benefit most from education. This review considers children who are on a Child in Need (CiN) plan, Child Protection Plan (CPP), Children Looked After (CLA).

THE LINK BETWEEN STRESS AND INFLAMMATION

Research shows that stress can cause inflammation in the body, leading to a number of chronic health conditions. [Find out about School non-attendance by children with a social worker in the UK](#) and what to do about it.

NSPCC: WHY LANGUAGE MATTERS: TALKING ABOUT 'EQUAL PROTECTION FROM PHYSICAL ASSAULT' RATHER THAN CALLING FOR A 'SMACKING BAN'

[By reframing the language used](#) to talk about this issue, we can better reflect the negative impact that physical punishment has on children. In doing so, we can also highlight the urgent need for a change in the law in England and Northern Ireland, where parents can still use the defence of 'reasonable punishment' to justify physically punishing their child.

[BIRTHING AFTER BIRTH TRAUMA](#) BY LAUREN KEEGAN

1 in 3 women experience their birth as traumatic. These experiences can lead to fear, anxiety, and a loss of confidence in subsequent pregnancies. As professionals in the healthcare and birthing space, it is crucial to understand the significance of supporting women who have undergone traumatic births to help them have a more empowering birth experience the next time around.

"MISS, I DON'T GIVE A SH*T" : ENGAGING WITH CHALLENGING BEHAVIOUR IN SCHOOLS

In this down-to-earth [book](#) Adele Bates shares practical approaches, strategies and tips from the classroom on how to help pupils with behavioural needs thrive with their education.

CALLING ON GOVERNMENT TO REINSTATE THE 10-YEAR MENTAL HEALTH STRATEGY

The McPin Foundation has published a report calling on the Government to reinstate the 10-year mental health strategy. The report discusses mental health provision in community settings such as schools and proposed recommendations for the plan include: there should be evidence based mental health support from a professional in every school; and the Mental Health Plan should be cross-governmental and include co-ordinated action to reduce child poverty and inequality. [The major conditions strategy – a 10-year failure for mental health](#) (PDF)

RIGHT CARE RIGHT PERSON – A CONVERSATION – BRITISH TRANSPORT POLICE (BTP)

BTP is developing “[Mental Health Crisis to Care](#)” - a complete review of their response to mental health incidents. It will ensure that this is sustainable and effective, whilst recognising the unique environment and the needs of many different locations.

WHY SOME PEOPLE WILL ALWAYS TRIGGER YOU ... AND WHY YOU SHOULDN'T BLAME YOURSELF FOR FEELING THAT WAY

Some people will always make us feel defensive, hurt, or enraged, no matter how long we've known them—and no matter how much we've tried to fix the relationship. [Click this link to find out why: getting triggered by the same person.](#)

DENY, ATTACK AND REVERSE VICTIM AND OFFENDER (DARVO)

The acronym DARVO is becoming more common in the public lexicon. It's most commonly used to help us to recognize the behaviours of abusive individuals and institutions, but Jennifer Freyd, Ph.D., the person who coined the term, believes [the concept](#) has far broader implications

STRESS EFFECTS ON THE BODY

Stress affects all systems of the body including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, and reproductive systems. Our bodies are well equipped to handle stress in small doses, but [when that stress becomes long-term or chronic](#), it can have serious effects on your body.

WHY TRAUMA CAN LEAD TO ADDICTION

Childhood trauma increases the risk of addiction in adulthood, but [why?](#)

YOUNG PEOPLE WITH EATING DISORDERS ON THE RISE AMID 'WORRYING' WAIT FOR TREATMENT, ANALYSIS SHOWS

It is estimated around 1.25 million people in the UK suffer from an eating disorder with [young patients facing increasingly long waits for help.](#)

KEEPING CHILDREN SAFE IN EDUCATION 2023

[A summary of the changes](#) that take effect on 1 September 2023.

40% OF CHIDLIN CONTACTS AROUND BODY IMAGE AND EATING PROBLEMS TAKE PLACE DURING THE SUMMER – NSPCC

[Childline is expecting more contacts about body image and eating problems](#) as the summer holidays begin.

WHAT TOXIC STRESS DOES TO A CHILD'S BRAIN — AND HOW TO HEAL IT

Thinking about emotional health as a byproduct of a child's environment is an important addition to current thinking on [how to improve children's mental health.](#)

PANDEMIC SET BACK SOCIAL AND EMOTIONAL GROWTH OF CHILDREN IN ENGLAND, STUDY FINDS HALF OF ALL CHILDREN SUFFERED A SETBACK TO THEIR EMOTIONAL AND SOCIAL DEVELOPMENT

During the first year of the pandemic, with younger children more likely to have been negatively affected than their older brothers and sisters, according to a [survey of parents](#). Children from all economic backgrounds in England were affected, the research found, though those aged four to seven were significantly more likely to have suffered a deterioration in their skills than 12- to 15-year-olds.

IGNORING YOUR EMOTIONS IS BAD FOR YOUR HEALTH. [HERE'S WHAT TO DO ABOUT IT](#)

Modern life is full of emotional challenges. The pressure to succeed, need to “keep up,” fear of missing out and desire for good relationships and work satisfaction can all evoke volatile combinations of emotions. However, what we learn in our society is not how to work with our emotions, but how to block and avoid them. We do it quite well: Between alcohol use, prescription drug use and screen time, there are a multitude of ways to avoid our feelings.

RUPTURE & REPAIR PART 1: CONNECTION, DISCONNECTION, & EMOTIONAL COMMUNICATION IN INFANCY

[“Rupture and repair”](#) refer to the breaking and restoring of connection with one another. Since humans are wired for connection, and connection is what researchers say brings most happiness, rupture and repair is a critical concept to learn about for wellbeing. Part 1 of this series addresses rupture and repair between children and parents. Part 2 will address rupture and repair in adult relationships.

[A CULTURAL EXPERIENCE OF RECOVERY](#) – NAMI (National Alliance on Mental Illness)

Ziona is a first generation American, born and raised in Boston, she identifies as Afro-Latina Americana. Using her wits and creativity, Ziona feels her purpose is to use creativity to persevere through trauma and raise awareness about suicide, mental health, and recovery in the fight against global stigma.

STRESS AND BACK-TO-BACK MEETINGS AT WORK -

Microsoft's Human Factors Lab studied 14 participants across two days of video meetings.

Day 1: 4 back-to-back 30-min meetings.

Day 2: 4 30-min meetings with 10-minute breaks in between.

Participants wore EEG caps to monitor electrical activity in their brains. The two key takeaways:

1. **Back-to-Back Meetings Promote Stress.** Back-to-back meetings created an accumulating buildup of stress in the brain. Anticipation of transitions caused further spikes. Short breaks in between meetings allowed the brain to reset and never experience the stress buildup.
2. **Breaks Promote Performance** Back-to-back meetings resulted in negative levels of frontal alpha symmetry, a brain state connected to lower levels of engagement. Short breaks in between meetings resulted in positive levels, meaning participants performed better.

The conclusion of the study seems to be that short breaks in between meetings are necessary to: eliminate stress buildup, improve performance, and reduce impact of attention residue. A short walk or some movement in that window provided a clear reset. 25-minute meetings also eliminate the 5 minutes of “how about the weather” low value chit chat most meetings open with. If you set the tone to dive in and stay focused, there are few things that take more than 25 minutes.

FACELESS, VOICELESS CHILD – ETHICS OF VISUAL ANONYMITY IN RESEARCH WITH CHILDREN AND YOUNG PEOPLE

This is a research article. The [full text](#) is freely available to view and download.

WHY ARE PEOPLE MEAN?

With a little (or a lot) of practice, we can slow down the whole experience of being angry into the two steps it actually is. By slowing down just a little bit, we gain awareness of what the anger is doing to us, giving us time and space to think BEFORE acting out. But, if we don't actively slow down, the fuel inherent in our anger will speed us up and we will react almost immediately after the emotion is triggered in our middle brain. [Read more here: Why are people mean.](#)

WHAT EMOTION AND TRAUMA THEORY TEACH US ABOUT BULLYING

As a form of emotional protection from past abuse, some individuals bully others. To work towards a future without bullying, children and adults alike need to be [educated in trauma and emotions](#).

ONLINE RESOURCES

FREE RECORDED EVENT 'INTERRELATIONSHIPS BETWEEN PARENTAL MENTAL HEALTH, INTIMATE PARTNER VIOLENCE AND CHILD MENTAL HEALTH – IMPLICATIONS FOR PRACTICE'

To improve your understanding of family adversity & health indicators for identifying & responding to intimate partner violence, watch this [FREE recorded webinar](#) with Prof. Gene Feder, Dr Shabeer Syed, & Dr Claire Powell to learn more.

WHY CAN'T WE JUST GET OVER IT?

Sadly, our early experiences with emotions involved us being told to "get over it" in one way or another. Many of us have never really learned the true anatomy of our emotions. We can build our lives around avoiding the true feeling of our emotions. Fully embracing emotions like anger and sadness means going against our conditioning, and some of these emotions seem downright scary. Could we end up lashing out in rage? Or could embracing our pain actually open the pathway toward calm, confidence and compassion? In this [podcast episode](#), explore a model that allows people to experience — often for the first time in their lives — how to fully feel a feeling, and the freedom that this experience offers.

CHILDREN AND TRAUMA COMMUNITY HUB (CATCH)

This new information Hub is now available to anyone who wants to purchase a membership! From 1st July, any adoptive parent, carer or professional who feels they would benefit from CATCH can purchase an independent membership for just £5.99 a month or £60 for a year's access. CATCH is our specialist website home to a wealth of online resources, films, webinars, and podcasts on various issues children who have been in care or affected by early childhood trauma might face. Find out more and explore what [CATCH](#) has to offer.

NCMD TRAUMA REPORT, STAKEHOLDER BRIEFING.

- A list of safety resources is available on the report webpage [here: Deaths of children and young people due to traumatic incidents](#)
- You can watch a video of the Stakeholder Briefing [here: Deaths of children and young people due to traumatic incidents video](#)

WHAT ARE THE SIGNS OF STRESS?

Stress is the feeling of being under too much mental or emotional pressure. For those of us living with mental illness, spotting stress early can be crucial in managing the impact it has on our mental health. [Find out more about how to cope.](#)

THE HAPPINESS TRAP: EVOLUTION OF THE HUMAN MIND

Did you know the human mind has evolved in such a way that it naturally creates psychological suffering? Find out more in this exclusive clip: [The Happiness Trap: Evolution of the Human Mind.](#)

PARENTAL MENTAL HEALTH

The Association for Child and Adolescent Mental Health (ACAMH) has published a podcast looking at the impact of paternal perinatal stress on children's emotional wellbeing. Discussion points include how engagement of fathers in clinical services could be improved; the impact of fathers' mental health on infant/child development; and the existing intervention strategies that are found to work for paternal perinatal stress. **Listen to the podcast:** [Paternal perinatal stress and its impact on infants and children](#)

WORKPLACE TRAUMA AND TRAUMA-INFORMED LEADERSHIP

Exhaustion, burnout, and deteriorating mental health are among the greatest challenges to organizational well-being and profitability. [Trauma-informed leadership](#) is a practice based on respect that motivates people to overcome the barriers that keep them from achieving. Trauma-informed leaders help their people become more resilient and create conditions for them to thrive and grow.

ATTACHMENT PLAY FOR PRIMARY SCHOOL CHILDREN (5-10); THE SCIENCE, PSYCHOLOGY AND A WEALTH OF INTERVENTIONS FOR 1:1 SESSIONS IN SCHOOLS

Filled with a wealth of practical ideas, tools, and techniques to support a child's communication and social, emotional, and cognitive development, this [webinar](#) is a valuable resource for professionals and parents who want to support their children to thrive.

EBOOK: SUPERVISION THAT WORKS: STRATEGIES FOR DESIGNATED SAFEGUARDING LEADS £4.99

This book is specifically designed for DSLs who are new to their role or are looking to improve their supervision skills. It provides practical strategies and techniques that can be applied in real-life situations to ensure that staff are adequately supported and trained to carry out their safeguarding duties. [Buy Supervision that work.](#)

HOW TO DEFEAT NEGATIVE THINKING

Negative thinking can get the best of us at the worst of times. But there's hope! In a short You Tube clip; positive psychology coach Derrick Carpenter reveals two key tactics that will intercept and defeat these thoughts before they have a chance to infiltrate your life. [Watch how to defeat negative thinking by following this link.](#)

SUICIDE PREVENTION – SPOT THE SIGNS

Every year over 1,600 young people die by suicide. People who are thinking about suicide often give out signs. We need to notice them. [Watch this video to learn how to Spot the Signs.](#)

We hope you've found this bulletin useful. if you would more information
or have any other questions please email:
Sue.gower@kent.gov.uk

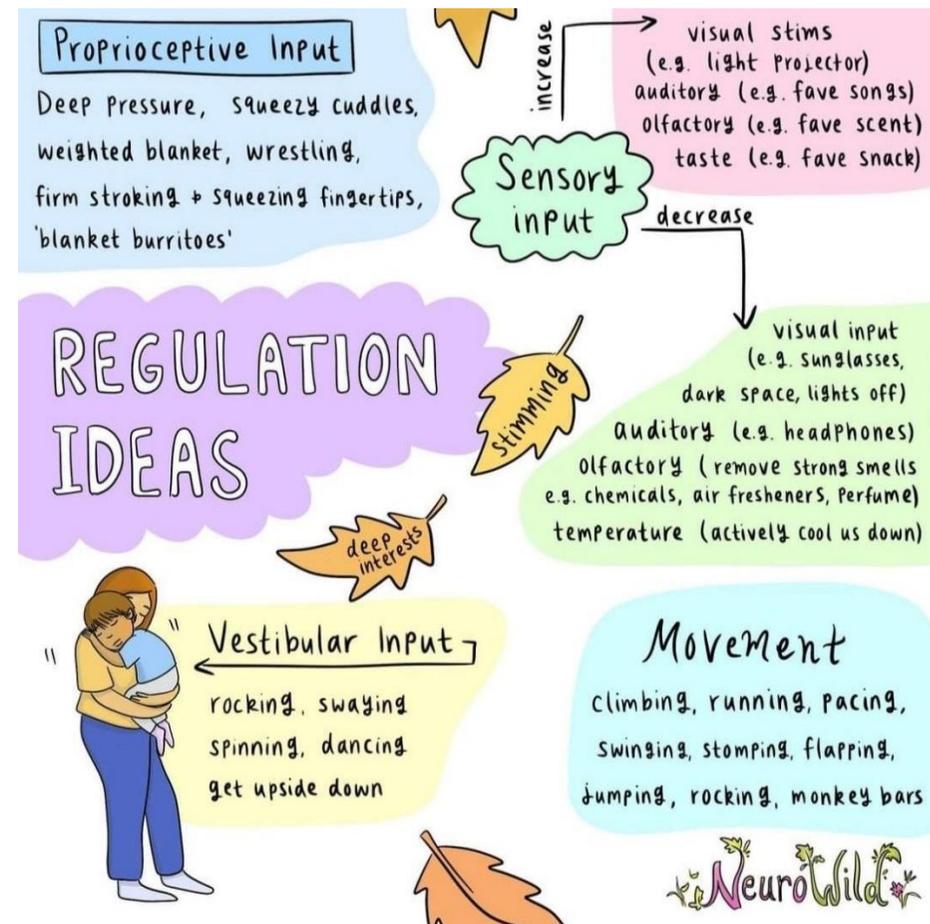
INFOGRAPHICS

There are a huge range of infographics relating to trauma. Please consider, share and/or discuss with colleagues.

The trauma is not in the event. It's in the lack of resolution. It's in the lack of human connection where we are able to process what has happened to us and we feel supported in staying safe in the future. So much of our trauma is in the aloneness, not just during the event itself but in its immediate and ongoing aftermath.

What you should know about GLIMMERS:

- Glimmers are the opposite of triggers
- They are small moments of goodness or beauty that regulate our nervous systems
- They cue safety to the survival brain
- They instill peace and evoke joy
- They can be internal or external
- They improve mood and mental health
- They help build nervous system resilience
- They are a trauma-recovery resource
- Each day brings with it hundreds of glimmers
- Noticing glimmers is a powerful healing practice that adds up over time
- Becoming a glimmer-seeker will change your brain and life



Unless resolved, the imprint of trauma stays within us.

"Your anger is the part of you that knows your mistreatment and abuse are unacceptable. Your anger knows you deserve to be treated well, and with kindness. Your anger is a part of you that loves you."

After trauma, the brain is geared towards danger. Of course it is. It's trying to keep us alive.



WHAT SELF-NEGLECT CAN LOOK LIKE



Skipping sleep



Unhealthy eating



Lack of exercise



Substance abuse



No alone time



No self-reflection



Refusing support



Lack of self-care



People-pleasing



Excessive stressing

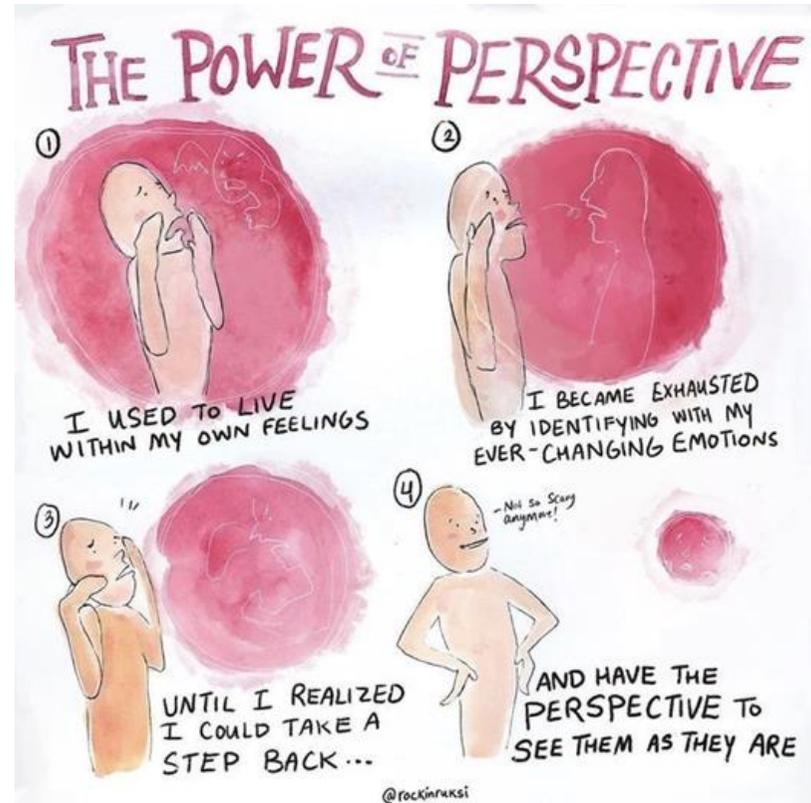
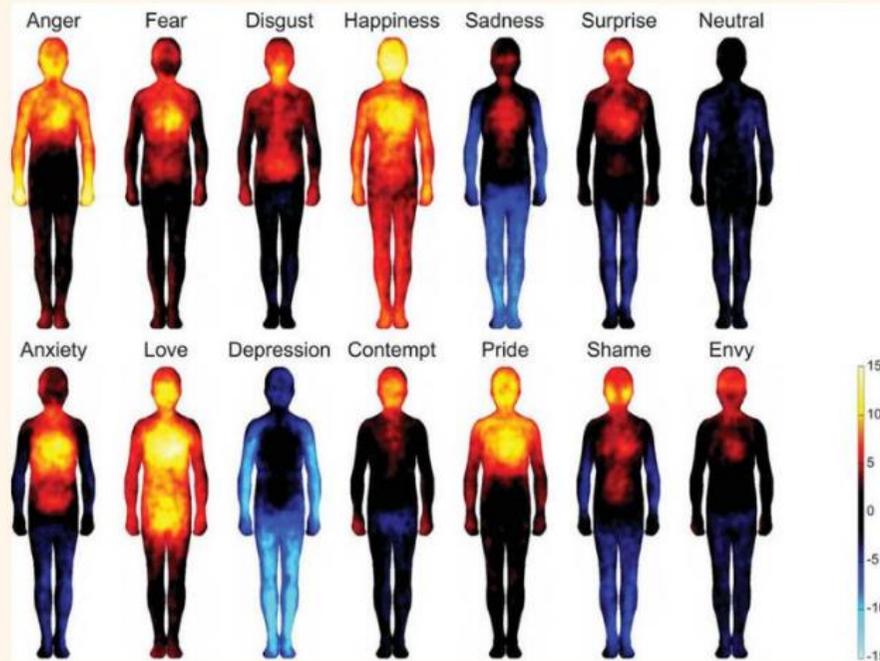
People Don't Fake A Mental Illness, They Fake Being "Okay":

- They **smile** when going through hell
- They say "I'm busy" when having a **mental breakdown**
- They **joke** and make others laugh because they know what it's like to **feel nothing**
- They **empower others** in their low moments because they know what it's like to **feel worthless**
- They **work hard** and uphold their responsibilities only to **collapse** when they get home
- They always **care for others** because they know what it's like to **struggle in silence**

Often their biggest fear is **being a burden** - so if someone does reach out, please don't dismiss them for **attention seeking**. It's because they really need **support**



Where do you notice emotions in your body?



There is no reasoning with a child who is dysregulated.

They can not hear you.

They can not process what you are saying.

"If you live in stress long enough you'll become addicted to that state and subconsciously attract reasons to be stressed."

When faced with life-threat, we shut off our thoughtful, seeking front brain and activate instead back brain-driven instincts. This isn't the brain and body gone wrong – this is the brain and body gone right.

Window of Tolerance

Hyperaroused State

- Fight/flight response
- Emotional reactivity
- Sweaty palms, increased heart rate
- Difficulty concentrating
- Panic, rage
- Hyper-vigilance

Optimal Level of Functioning

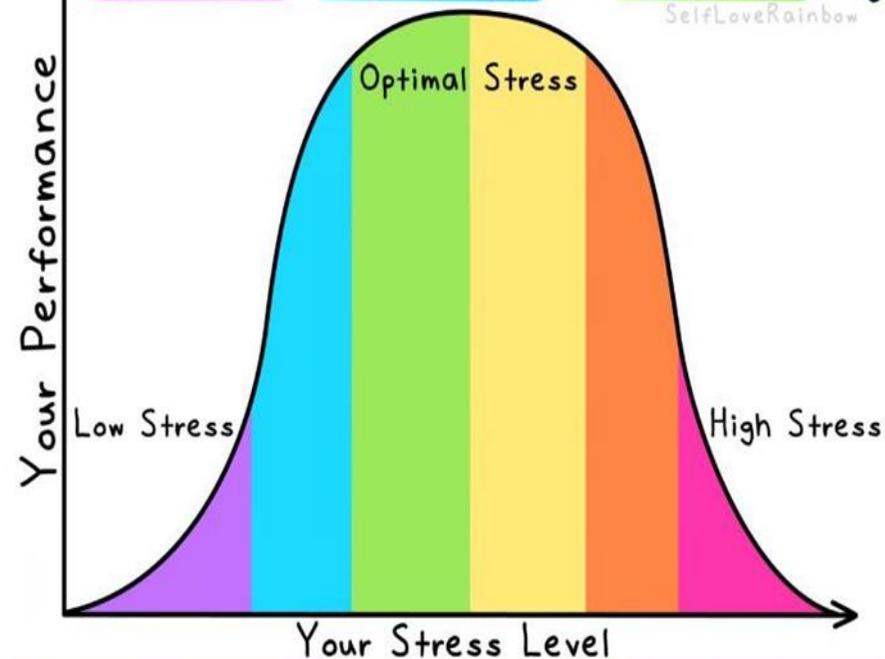
- Present, Calm and Safe
- Can think and respond clearly
- Engaged and alert

Hypoaroused State

- Freeze response
- Lethargic, low energy
- Numb, Lack of emotions
- Little to no physical movement
- Zoning out, dissociation
- Shut down

Stress Performance Curve

Check in with your stress levels! Are you feeling **over-stressed**, **under-stressed**, or **in the middle**. SelfLoveRainbow



Under-Stressed		Optimal Stress		Over-Stressed	
Bored	Unmotivated	Creative	Productive	Overwhelm	Burnout
Inactive	Listless	Focused	Motivated	Exhaustion	Anxiety
Relaxed	Laid Back	Engaged	In the Zone	Breakdown	Panic

Mental Health