



## TRAUMA INFORMED PRACTICE BULLETIN – MARCH 2023

Kent, in partnership with Medway, has been working towards a vision of becoming trauma informed by 2023. 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.

### SPACE MATTERS PROGRAMME UPDATE

The focus of the SPACE Matters programme to date has been on multi-agency workforce development. Since January 2022 a comprehensive learning offer has been made available to multi-agency partners at no cost. This includes:

- **Trauma Awareness e-learning suite** accessible at: [Multi Agency Training \(KSCMP.com\)](https://www.kscmp.com)
- **Understanding ACEs and Trauma webinars** delivered by Child and Family Training
- **Trauma informed training for the Foster Carers of Unaccompanied Asylum-Seeking Children.** This training module was very well received and has now been adapted for staff working with Ukrainian Host Families and the Refugee Resettlement Team.
- **2-day Sexual Abuse Seminar delivered by Zoe Lodrick in partnership with Kent Police** and attended by over 200 delegates.
- **Trauma informed training for Senior Leaders in primary schools** piloting a new DA Animation
- **Screenings of the Wisdom of Trauma film**
- **Webinars relating to Domestic Abuse and Secondary Trauma** delivered by AVA
- **Tiered online learning suite delivered by KCA** for:
  - ~ Practitioners
  - ~ Managers
  - ~ Champions
  - ~ System Leaders
  - ~ Trainers
- **Online SPACE Matters Conference** attended by over 220 multi-agency delegates.
- **ACE Ambassador programmes for West, North and South Kent.** The initial East Kent Ambassador programme has now been extended across the County and created a network of trauma informed practitioners.



- Funding has been secured to deliver a further pan-area ACE Ambassador programme and details will be made available as soon as dates are confirmed.
- An Ambassador Plus course has now been developed to continue the learning journey of all existing ACE Ambassadors.
- A new Trauma Informed Champions course will also shortly be offered to multi-agency partners.
- **SAVE THE DATE!** This year's SPACE Matters Trauma Informed conference will be held on **Friday 17 November 2023**.

## WHAT'S GOING ON?

April is Stress Awareness Month, and [The Stress Management Society](#) is promoting the theme, 'Act Now'. It's important we create a society where everyone feels more confident to talk openly about the causes of stress and ways to manage it. Take action to manage your stress well by learning some new, helpful coping strategies. [MHFA England free resources](#) includes 10 self-care tips to help manage your stress levels and [Action for Happiness](#) have developed a monthly calendar – Active April appears below!

**Active April 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today
10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise
17 Be active outside. Dig up weeds or plant some seeds	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things
24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour

**ACTION FOR HAPPINESS** Happier · Kinder · Together

## ARTICLES

- [14 Major Signs of Depression in Men](#) ... and how to begin a conversation with a man you care about.
- [Breaking the cycle: the importance of adult self-care in supporting children's wellbeing](#)
- [Home Secretary commits to mandatory reporting of abuse](#)
- **How can children manage their feelings** when they are being silently taught to ignore them by existing behaviour policies and approaches. Shahana Knight considers how we respond to “bad behaviour”. [Rethinking our school behaviour policies](#)
- [Signs You Are Trauma-Bonded to Someone](#). Learn if a trauma bond may exist in your relationship.
- [Emotions are Signals to Approach \(Not Avoid\)](#)
- [Universal Precautions in Practice: 11 Tips for Trauma-Informed Leaders](#)
- [How food affects the mind, as well as the body](#) It turns out you are what you eat after all!
- [Why Vaping Is So Dangerous for the Adolescent Brain](#)
- [How a "Sticky Mind" Can Lead to Anxiety](#) People with "sticky" minds often find themselves thinking the same unhelpful thought or getting trapped in loops of worry. Here's what's going on and how they can start to loosen its grip.
- [Understanding neurodiversity and the risk of suicide](#) In the UK, it is believed that over 3.3 million people struggle with thoughts of suicide a year, however what is less known is certain populations are at a higher risk of suicide than others. Among these populations are individuals with neurodivergent conditions, such as autism spectrum disorder, attention deficit hyperactivity disorder, and bipolar disorder.
- [Homeless Children: living with tears, trauma, and tiredness](#) With near record numbers of homeless families in temporary accommodation in England, the BBC has spoken to children and parents about being moved from place to place.
- [The role of supervision in the trauma informed journey](#). Ongoing trauma-informed supervision supports the organisational message that TIC is the standard of practice. It normalises secondary trauma as a systemic issue (not the individual pathology of the worker) and reinforces the need for staff self-care to prevent and lessen the impact of secondary trauma. Quality TI supervision for therapeutic residential staff demonstrates the organisation’s commitment to implementing a fully integrated, trauma-informed system of residential care.

## LIVED EXPERIENCE

- [Coming into who you are – an LGBTQ+ podcast](#) Michael C Wearing

## MEDIA CLIPS

- [Self-regulation in the Early Years sector](#)
- A new animation, co-produced by researchers at the University of Bristol, explains what a trauma-informed approach in healthcare is [Evidence for implementing trauma-informed healthcare in the UK](#).
- Topics such as mental health, grief, sleep and trauma are openly discussed in a series of [Reset and Rewind: rap therapy videos](#)
- **Young Minds – Is the Lens Clear? and Hear My Voice**. “Through these poems hopefully adults will be more aware to the fact that these views, thoughts, and statistics are real. Adults will get a view of how Black youth feel when speaking to an adult who may not look like them.”

- [Unprocessed Trauma](#) By taking a relational approach to support we can help children move past bad events- children don't instinctively understand their emotions and feelings so they need a trusted adult alongside them to help them understand and process what has happened, then it is much less likely to have a negative impact in their future.
- [Childhood Trauma and the Brain](#) A general introduction to what happens in the brain after children face traumatic experiences in childhood, like abuse and neglect.
- [The Attachment Theory: How Childhood Affects Life](#) The attachment theory argues that a strong emotional and physical bond to one primary caregiver in our first years of life is critical to our development. If our bonding is strong and we are securely attached, then we feel safe to explore the world. If our bond is weak, we feel insecurely attached. We are afraid to leave or explore a rather scary-looking world. Because we are not sure if we can return. Often, we then don't understand our own feelings.
- [Good relationships are the key to healing trauma](#) by Dr Karen Treisman

## NEWSLETTERS AND RESOURCES

- [West Kent Mind Newsletter](#)
- Nip in the Bud has just published a [Factsheet about Trauma in children](#) - a vital resource that will be followed with a film and more insights into how we can recognise symptoms that a child is traumatised and how we can support them now
- [The Art of Trauma Informed](#) - A Systems Transformation Blog by Shenandoah Chelalo. A host of valuable resources relating to cultural trauma, organisations, trauma informed leadership and newsletters.
- [ACAMH ACEs SIG Newsletter 10](#)
- [Healing Together](#). Upskilling frontline practitioners to deliver early trauma informed support with children, young people, parents, and carers.
- [Childhood Trauma Newsletter – March](#) (LinkedIn)

## PUBLICATIONS

- [Swimming Back to Shore: Clancy Martin](#) A father plagued by suicidal ideation makes a rescue.
- [A Terrible Thing Happened](#) For anyone needing to talk to young children about a traumatic event.
- [Trauma-Informed Law: A Primer for Practicing Lawyers and a Pathway for Resilience and Healing](#) is a collection of cases and situations with practice implications for other cases impacted by trauma, whether those cases and situations involve race, class, gender, different physical or mental abilities (or disability), sexual orientation or other diverse factors including the impact of developmental health issues, addiction, substance abuse, poverty, access to opportunities, community safety or belonging and more. Each scenario holds useful implications for both practice issues within the same area of law and even in other areas of law or the legal system.
- The book [‘All emotions are Ok’](#) is now free to download.
- [Regulation and Co-Regulation](#) by Ginger Healey. Accessible Neuroscience and Connection Strategies that Bring Calm into the Classroom
- [How to Meet Your Self](#) - The Workbook of Self Discovery by Dr. Nicole LePera
- [The Basics of Trauma-Informed Bodywork](#) by Irene Macabante is a great introduction to trauma-informed care for other wellness professionals who want to understand how trauma-informed care can improve their services.

## RESEARCH

- [Microsoft Researchers Prove Your Brain Needs Breaks Between Back-to-Back Meetings](#)
- An international study led by Maastricht University (UM) has concluded that [Childhood trauma affects women differently than men later in life](#)
- Using MRI data from the largest long-term study of brain development and child health in the United States, researchers have found that higher weight and body mass index (BMI) in pre-adolescence are associated with poor brain health. [Obesity Linked to Poor Brain Health in Children](#)
- The BBC has published a news story on hospital admissions due to self-harm in the UK. NHS data finds that since 2017-18, admissions for those aged eight to 17 had small increases each year, before rising by 22% in the last year. Social-economic difficulties, increasing social inequality and access to harmful social media content were discussed as reasons for this rise. [Self-harm hospital admissions up 22% for children aged eight to 17](#)
- [How childhood trauma could be mistaken for ADHD](#)
- [Mental health and the Pandemic – what US surveys have found.](#)

## TRAUMA INFORMED TOOLS

- [Tricky Moments Plan](#) A simple plan so we can help children get through tricky moments – for us in many contexts including bereavement, anxiety and autism
- [Safety plans](#) are a foundational trauma-informed tool, and every trauma-informed leader should have one. Most people think they know what to do when they're faced with overwhelming stress or crisis, but when that time comes, we are often in such a state of distress that we cannot think calmly or rationally. This is where safety plans come in. Trauma-informed organizations should encourage every employee at every level to create their own personalized safety plan, no matter their age, background, or role. (LinkedIn access needed)
- [Trauma Informed Supervision](#) (Therapeutic/Frontline context) Dr Karen Treisman
- [Helping the Helpers: Trauma-Informed Supervision at Victim Service Providers](#)
- [Deep breathing exercises for children](#) When a child has left their window of tolerance and become dysregulated, they will be in "fight, flight or freeze" mode, unable to think or communicate rationally because that part of their brain is offline. The first thing we must do is help them to regulate to bring their brain back online; only then can we help them to understand what has happened. This article from Coping Skills for Kids gives a great explanation about why breathing exercises help and a whole range of ideas for exercises to use.
- [Trauma – A Guide for Young People](#) Young Minds
- [How to have difficult conversations about suicide and mental health](#) - Papyrus
- [11 trauma informed boundary phrases to use at work](#) PACES Connection
- [MHFA Toolkit](#) The resources included in the toolkit can help equip managers with the knowledge and confidence needed to support the mental health of teams – and boost productivity.
- Many obstacles may prevent a child from telling others about sexual abuse. It's vital that professionals working with children know how to spot the signs of child sexual abuse, understand how to help them speak about their abuse, and know how to support family members to play a part in the child's recovery.
- [Communicating with children guide](#) The Centre of expertise on child sexual abuse (CSA Centre)



This is part of our practice resource collection, and uses an evidence-informed approach to help professionals better respond and speak to children about sexual abuse, and offers moments to reflect on the actions and skills you use to support them.

- [Beacon House Consultation and Supervision](#) Drawing on our wealth of experience here at Beacon House and informed by cutting edge research, we specialise in offering integrative supervision and consultation with a focus on the impact of adversity, loss and trauma on our clients, on us as professionals and of course on the relationships that connect us.

## TRAUMA INFORMED TRAINING AND EVENTS

- **FREE WEBINAR [Mental Health Intervention for Children with Epilepsy \(MICE\)](#) 23 May 2023 5pm** M.I.C.E is a randomised controlled, multi-centre clinical trial evaluating the clinical and cost-effectiveness of the Modular Approach to Children with Anxiety, Depression, Trauma and Conduct (MATCH-ADTC) in addition to usual care compared to usual care alone for children and young people with common mental health disorders and epilepsy. The webinar will present the findings so far.
- [Circles and Threads Trauma Informed Record Keeping](#) – 1 June 2023 online.  
This is relevant to those who:
  - are responsible for record keeping for children.
  - want the space to reflect and make sense of record keeping.
  - are looking to develop a deeper theoretical understanding of the impact of reading files as an adult
  - are looking to develop a deeper embodied understanding of the impact of reading files as an adult
  - want to develop a trauma informed approach to record keeping.
  - want to consider and embrace record keeping as having the potential for intergenerational and ancestral healing.
- [Identifying and responding effectively to Traumatic Bereavement \(recording\)](#) This seminar aims to enable practitioners to recognise traumatic bereavement when it arises and respond with an offer of help that is effective and informed by evidence.
- **Innovating Minds Healing Together Programme for Parents & Carers!!**  
Each session has been carefully crafted so that parents and carers can learn about how their body and brain works together, their feelings and senses. Along with strategies they can use to help themselves and the children and young people they care for, make the body and brain feel safe. If you are a facilitator trained in both Domestic Abuse programmes (CYP and Parents/Carers), then joint delivery is possible. [Find out more](#). You can also [train to deliver the programme](#).
- **NEW ACAHM FREE Event: Whole School Approach to Mental Health – Pedagogy in practice - 9 May 2023** Online via Zoom 15:45 - 17:00 [This FREE webinar](#) brings together experts from a range of settings to consider both classroom and whole school approaches on supporting pupils in the school to understand pupil mental health.
- **10-week ONLINE NVR Foundation Level Training for Professionals** Starts 18 July - 19 Sept 2023 7:00-9:30pm BST [bit.ly/JulyNVRL1](https://bit.ly/JulyNVRL1) Places strictly limited
- [Trauma Informed Schools 11 Day Diploma course across the UK](#). A practical skills-based course, the diploma is underpinned by over 1000 evidence-based psychological, medical and neuroscientific research studies. It is designed to inform and empower school and community staff to respond effectively to vulnerable children/young people who have experienced trauma and/or have mental health issues.

- [Trauma Informed Schools Senior Leads Training](#) TISUK recognises the importance of the commitment and determination of Senior Leads to fully embed any approach or cultural change. Designed to support Senior Leads in implementing trauma-informed and mentally-healthy practices in their schools and organisations, this course will ensure that Senior Leads have the knowledge, skills and understanding to optimise the well-being of both adults and pupils in their school and drive this crucial cultural change.
- [FREE Trauma Informed Information Briefings](#) This free 1.5-hour information briefing outlining the models our Trauma and Mental Health Training covers. You'll get an understanding of the high-stress levels caused by Adverse Childhood Experiences and the resultant impact on pupils' learning and progress, along with how our training can support you in developing school practice and the capacity to support mental health. The session is appropriate for those working with both Primary and Secondary age phases in both school and community settings and gives an opportunity to ask questions.
- Are you interested in using trauma informed practice in the arts? Join therapeutic arts organisation **Hip Hop Heals** for their [free online seminars](#) to learn more about their therapeutic application of trauma informed practice in the arts. **Monday 10 April.**
- [Healing Classrooms](#) - new training opportunities. Many schools commented on the quality of the Healing Classrooms training delivered free of charge by the International Rescue Committee (IRC) last year. This online training programme explores how to provide safe and supportive learning environments for refugee students in schools alongside practical advice and resources on how to incorporate social-emotional learning and trauma-informed pedagogy into the curriculum .The programme has changed quite a bit since it launched Last year and the core offer, the Healing Classrooms programme has been reduced from four to three sessions, still held online from 4pm with each session being 90 minutes. Schools can now sign up online to the training.
- [Trauma Recovery UK conference – 8 March 2024.](#) The annual Trauma Recovery UK conference is returning with this one-day event designed to equip professionals working with children, young people and families who have experienced trauma. The event will be a hybrid event, accessible both online via Zoom and in person, hosted by the flagship Trauma Recovery Centre in Bath. Hear from keynote speakers Betsy de Thierry and DR KAREN TREISMAN
- **The 'Working with Trauma Quality Mark'** is a set of best practice standards in trauma-informed working. It is a practical and accessible tool to help organisations review, develop and evidence trauma-informed practice throughout their organisation. Sign up to a series of [free online workshops in April and May 2023.](#)

## WELLBEING

- [15 Self-Soothing Techniques to Manage Your Anxiety & Stress](#)
- [How to destress in 3 steps](#)
- [Looking after the mental health of senior leaders](#)
- [Getting Started with Mindfulness](#)



## INFOGRAPHICS

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

### IDEAS FOR PRACTICING SELF-CARE

#### PHYSICAL

- go for a walk
- dance
- hike
- swim
- play with a dog
- get a hug
- take a bath
- clean your room

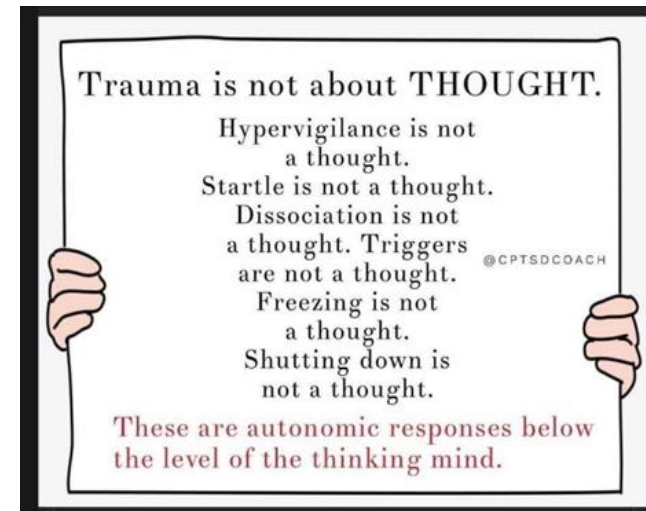
#### MENTAL

- read a book
- learn a new skill
- draw
- do a DIY project
- colour
- turn your phone off

timehop

#### EMOTIONAL

- meditate
- practice yoga
- light a candle
- talk with a friend
- go on a date
- write a journal entry
- list the things you're grateful for



## Quiet Burnout

A condition where healers, teachers, coaches, etc. have lost inspiration and heartfelt motivation to serve but cannot stop working for financial reasons. This leads to inauthentic empty offerings and tremendous pain and stress for practitioners and clients.

## Trauma Truth

Self-Sabotage allows children with trauma to predict the outcome of any situation. When you've had so little control over your life, knowing what will happen next becomes imperative, even if it's painful.



# Anxiety presents itself in many different ways...

The desire to control people and events 	Difficulty getting to sleep 	Feeling agitated or angry 
Defiance and other challenging behaviors 	Having high expectations for self, including school work & sports 	Avoiding activities or events (including school) 
Pain like stomachaches and headaches 	Struggling to pay attention and focus 	Intolerance of uncertainty 
Crying and difficulty managing emotions 	Over-planning for situations events 	Feeling worried about situations or events 

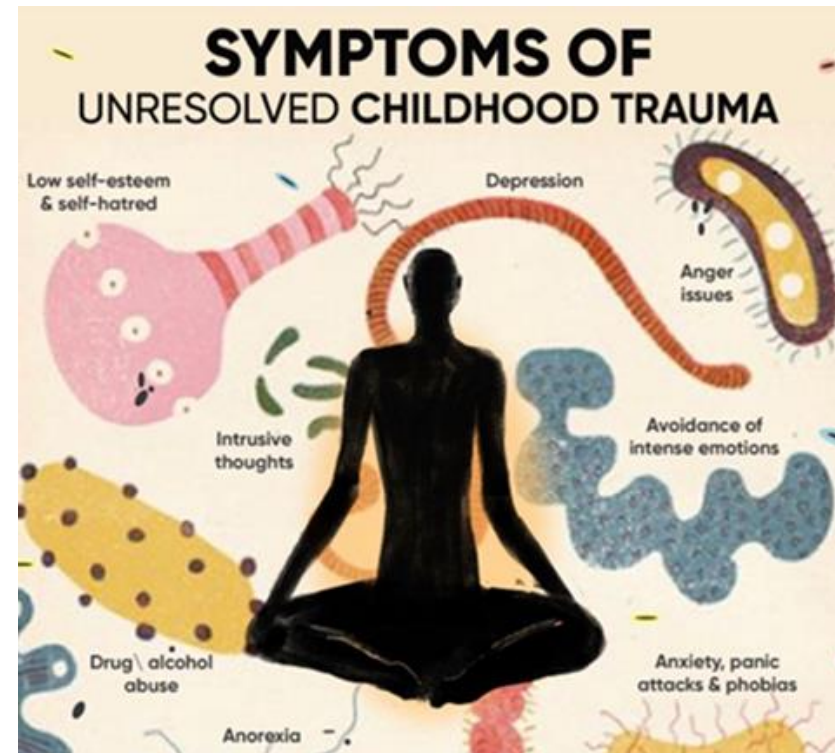
**"Behavior is the language of trauma. Children will show you before they tell you that they are in distress."**

—MICERE KEELS

To our brain what is familiar is safe, and safety is our brains #1 priority.

"If a child is familiar with chaos in their home & suddenly she is placed in a safe environment free of chaos, she will seek & provoke the familiar stress in the new environment to feel safe."

Understanding the impact of our childhood isn't about blaming our parents. It's about understanding ourselves and freeing ourselves from cycles of generational trauma. We cannot change what don't acknowledge. Awareness heals.



“If someone else’s reaction seems out of proportion to the situation, it usually means that something else was triggered.”

DR. LAUREN FOGEL

It takes 😊❤️😊  
**someone special**  
to hear what  
a **Child**  
cannot say  
😊❤️😊



**6 Ways To Build a Culture of Empathy**

- 1. Start by Asking Questions.**  
In any interaction, ask questions. They can lead to answers, which lead to a better understanding of the present situation you are in.
- 2. Get to Know Everyone**  
Build relationships in order to learn about those that you interact with most.
- 3. Make People Feel Bigger**  
Have you ever felt better in a situation where you made someone else feel small? Did you regret it later on? Don't make this mistake in your interactions with colleagues, parents, or students.
- 4. Understand Other Perspectives**  
Consider that not everyone has the same perspective as you. Try walking in the shoes of others.
- 5. Talk About Feelings**  
It is OK to talk about and express feelings. Encourage those around you to share how they are feeling.
- 6. Model, Model, Model.**  
Show others that empathy is important. Model it in your interactions. Perform random acts of kindness. Show everyone that it matters to you.

fouroclockfaculty.com #4OCF

you are not lazy, unmotivated, or stuck.  
after years of living your life in survival mode,  
you are exhausted.

there is a difference.

— nakeia homer

