

Guidelines for your organisation

Guidelines for Trauma-informed practice

Welcome to an Allied in Child Abuse Prevention and Healing presentation



*Allied in
Abuse Prevention
and
Healing*

last updated 23 June 2025 - presented by: Pascale Stendell



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Format of the session

Welcome to an **Allied in Child Abuse Prevention and Healing** presentation

- **Allied** ... a local initiative, a combined effort
- **Complex Trauma** in context
- **Your practice** -
Guidelines for Trauma-Informed practice
from Blue Knot Foundation
- **Your clients** - Recovery option:
Adult Survivors of Child Abuse – Cowra Support Group



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Allied ... a local initiative, a combined effort

August 2010

February 2011

January 2013

ASCA **workshop** #1
held in Canowindra
9 participants
locally organised
and funded

Adult Survivors of
Child Abuse – Cowra
Support Group –
Created
locally supported

Allied in Child Abuse
Prevention and
Healing –
Presentations started



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Defining Child Abuse in Australia

Complex Trauma in context

5 main types:



Australian Government

Australian Institute of Family Studies
Child Family Community Australia

- Physical
- Emotional
- Neglect
- **Sexual**
- Witnessing of family violence

Tomison (1995) “the use of a child for sexual gratification by an adult or significantly older child/ adolescent”

Source:

<http://www.aifs.gov.au/cfca/pubs/factsheets/a142091/index.html>

Father Riley (13.11.2012) *It is appalling that in a ‘lucky’ country like ours, **1 in 5 children are victims of sexual abuse***

Source:

<http://foundation.youthoffthestreets.com.au/media-release-royal-commission#.UM2qk2V4AbI>



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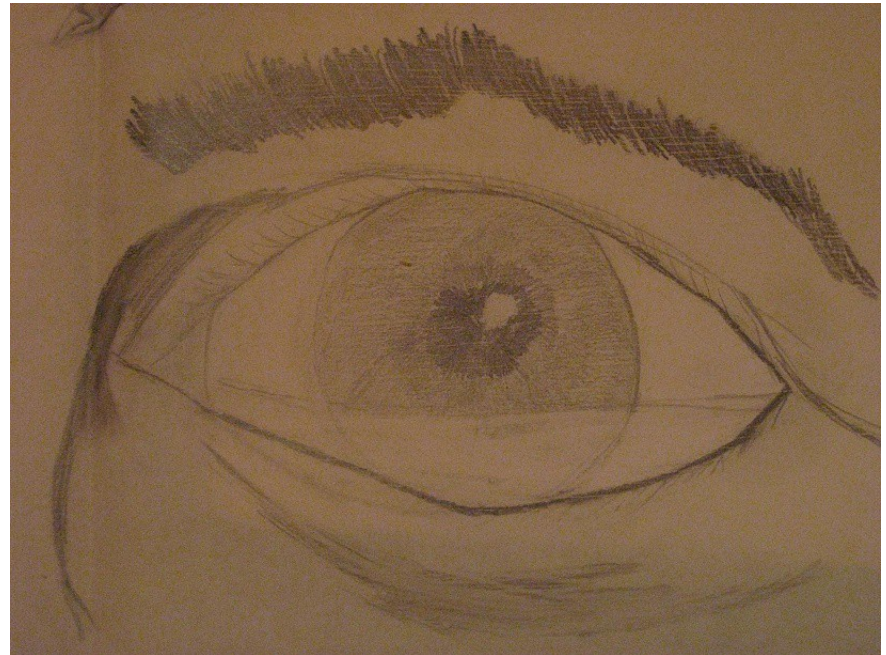
Who is the perpetrator ? (based on statistics)

Complex Trauma in context

The perpetrator is generally a member of the community who is **trusted** by the child

- a family member
- a friend
- a figure of authority

**STRANGER
DANGER**
it's a myth





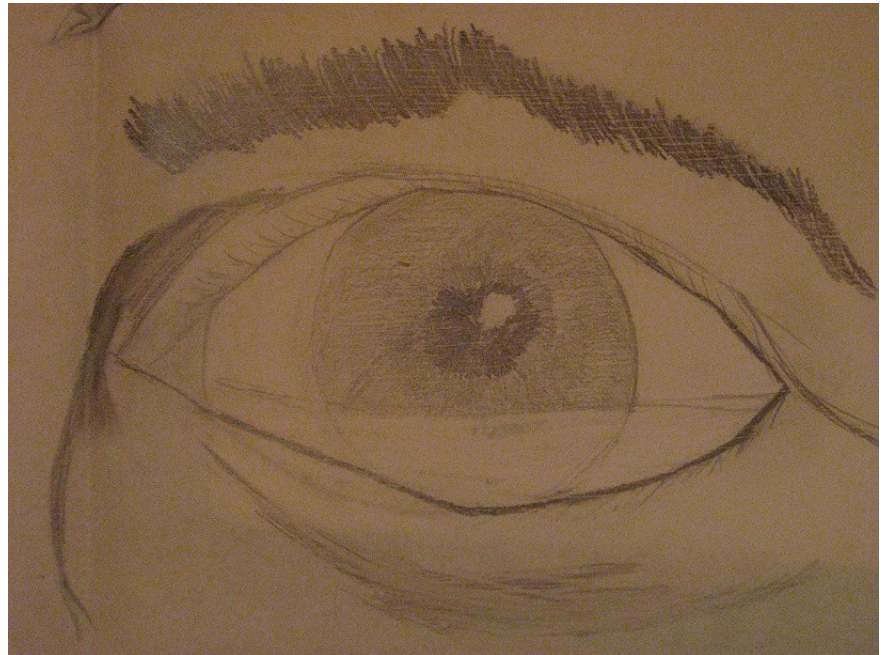
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Child Sexual Abuse

How does it affect the victim?

Complex Trauma in context

What effect would it have on the child to have their most intimate rights violated by a person they trust?





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Child Sexual Abuse

How does it affect the victim?

Complex Trauma in context

A pattern of survivor behaviour is emerging

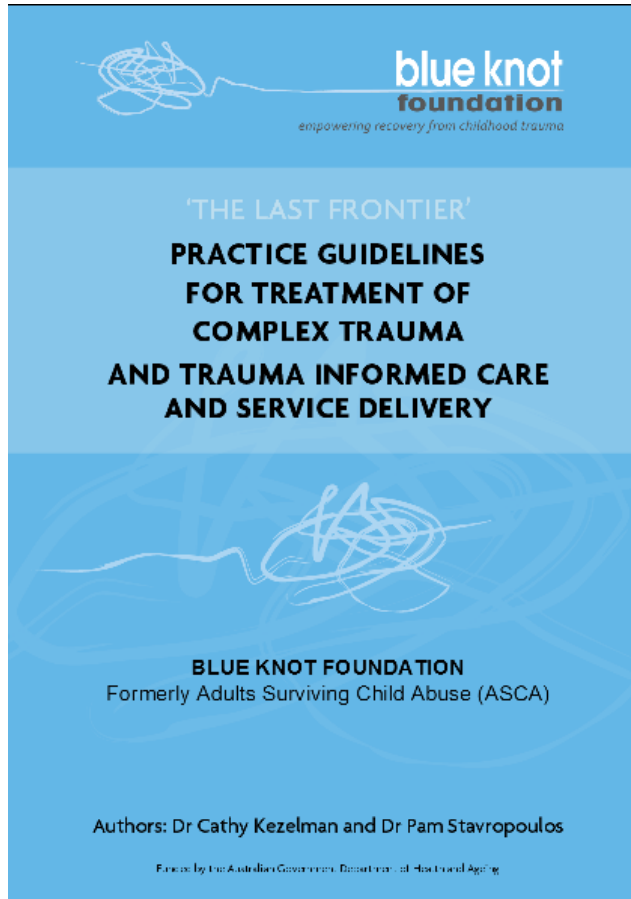
- *On the defensive - What do you want?* - sheer impossibility to **trust**
- *Getting walked over* - weak or no concept of **personal boundaries**
- *I like you; I'll please you; let's have sex* - confusing **love** and **sex**
- *If this happens, I'll do this and if...* - **excessive pre-empting, anxiety**
- *Involved in abusive relationships* - **vulnerable** enough to be subject to other forms of abuse, attracted to what is **familiar**: ... the norm ?
- *An insight in daily life*: a series of **dramas** / keeping **busy** / **addicted** to drugs or work or sport / the **pleasing** behaviour / difficult to **live in the present** / **intense emotions** triggered by daily events



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Practice Guidelines

available via the BlueKnot Foundation



**‘The Last Frontier’
Practice Guidelines for Treatment
of Complex Trauma and Trauma
Informed Care and Service
Delivery. 2012.**

Download available from
www.blueknot.org.au
or paperback copy. Contact the
Blue Knot Foundation.



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Defining Complex Trauma

p46 Practice Guidelines

Complex Trauma in context

- *In contrast to what is often referred to as ‘single incident’ trauma (which relates to an unexpected ‘out of the blue’ event such as a natural disaster, traumatic accident, terrorist attack or a single episode of assault, abuse or witnessing of it) complex trauma is **cumulative** and **repetitive**. (...) and occurs in **interpersonal contexts**.*
- *The contrast between complex and single-incident trauma is stark. Unlike a ‘one-off’ event, **the cumulative impact of intentional, premeditated and multiple abusive episodes** (which are frequently extreme, and which often occur over many years at the hands of a caregiver from whom protection would ordinarily be expected) involves particular, and particularly damaging, dynamics. The term ‘**betrayal trauma**’ captures the depth of some of what is involved, and itself highlights a key point of difference from single-incident PTSD.*



Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - to enable some insight, understanding, and discussion around the guidelines you may wish to implement at your practice to better assist your clients given the prevalence of complex trauma.
 - A **download** of the book is available from Blueknot Foundation. Accredited professional development is also available from Blueknot Foundation.
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Section 1: Philosophy & Vision** (extract)
 - Establish service-charters of trauma informed care
 - Emphasize a recovery orientation & establish five foundational principles – ‘**safety**’, ‘**trustworthiness**’, ‘**choice**’, ‘**collaboration**’ and ‘**empowerment**’
 - ...



Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Section 2: Mapping to practice** (extract)
 - **System Level**
 1. ...
 2. Revise all policies and procedures to incorporate trauma-informed principles
 3. ...



Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary – extracted from p12**
 - **Section 2: Mapping to practice (extract)**
 - **Service Level**
 - **Step 1:** Identify key formal and informal activities and settings
 - **Step 2:** Ask key questions about each of the activities and settings
 - **Step 3:** Prioritise goals for change
 - **Step 4:** Identify specific objectives and responsible persons



Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary – extracted from p12**
 - **Domains**
 - **Safety** – Ensure physical & emotional safety
 - **Trustworthiness** – Maximise through task clarity, consistency, and interpersonal boundaries
 - **Choice** – Maximise consumer choice and control
 - **Collaboration** – Maximise collaboration and sharing of power
 - **Empowerment** – Prioritise empowerment and skill building

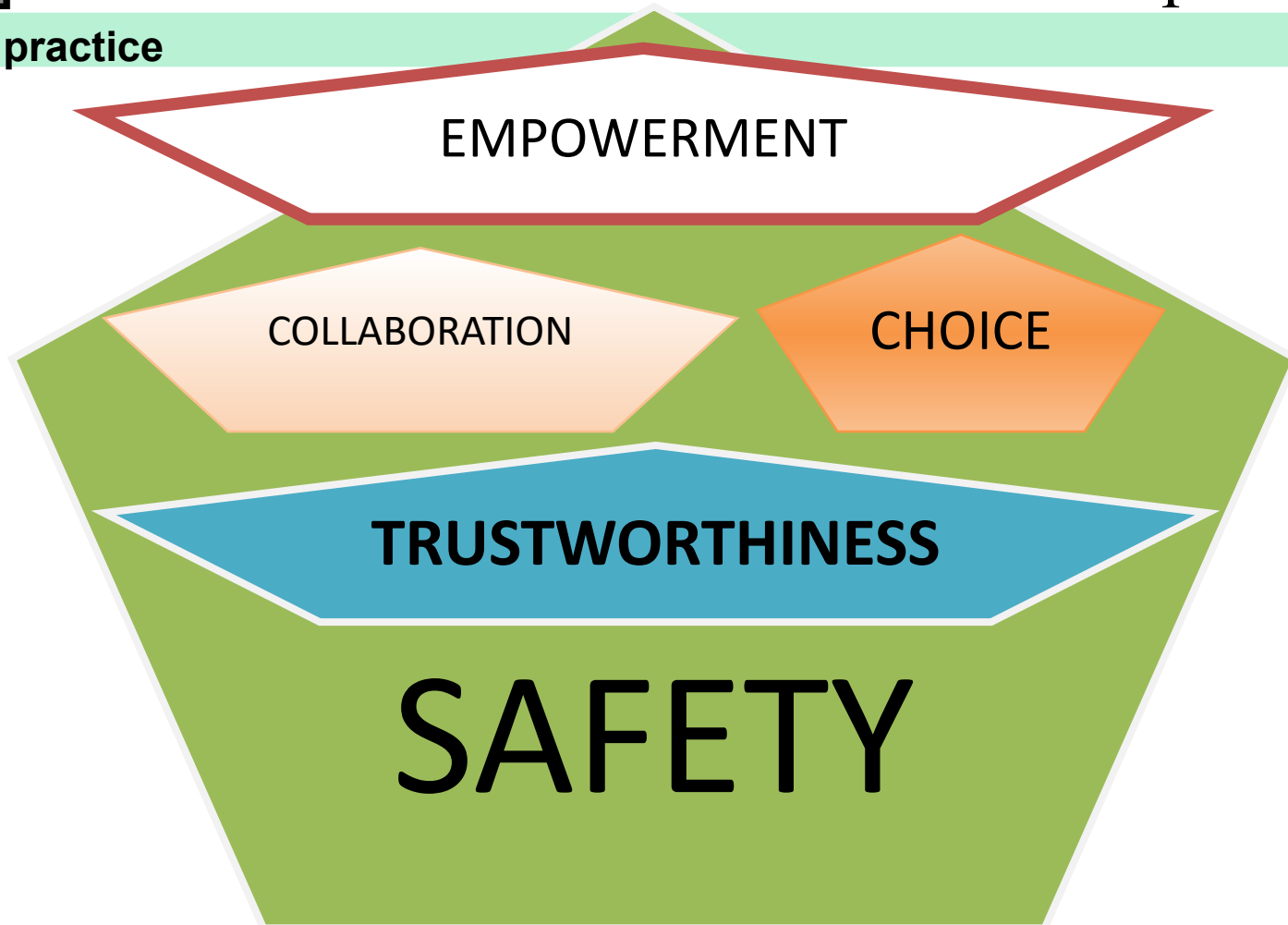


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Complex Trauma

How does it affect YOUR practice?

Your practice





Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Clinical)** – extracted from p4
 - Facilitate client **safety**
 - Recognise the centrality of **affect-regulation** (emotional management; ability to self-soothe) as foundational to all treatment objectives and consistently foster this ability in the client.
 - Attune to **attachment issues** at all times and from the first contact point
 - **Phased treatment** is the ‘gold standard’ for therapeutic addressing of complex trauma, where **Phase I is safety/stabilization**, Phase II processing and Phase III integration. **‘Processing’ of complex trauma is a Stage II task and should not be encouraged in the absence of the foundational self-regulatory work of Phase I.**



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Healing Providing your clients with **options**

Your Clients – Option to heal – Cowra support group

- The group does not seek to replace counselling nor is it about counselling.
 - The group is about **sharing ways of handling daily life which may help someone else to improve their own life.**
 - The support group is a part of the healing network which may or may not suit your client, now, or in the future. **Apply trauma-informed practice principles and allow your clients to choose.**
 - Access via: heal.itmatters.com.au
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