

# Guidelines for your organisation

## Guidelines for Trauma-informed practice

Welcome to an Allied in Child Abuse Prevention and Recovery presentation



Allied in  
Abuse Prevention  
and  
Recovery

Access via: [allied.itmatters.com.au](http://allied.itmatters.com.au) - 2017 - Presented by: Pascale Stendell



Allied in  
Child Abuse Prevention  
and  
Recovery

## Format of the session

Welcome to an Allied in Child Abuse Prevention and Recovery 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



Allied in  
Child Abuse Prevention  
and  
Recovery

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  
Recovery –  
Presentations started



Allied in  
Child Abuse Prevention  
and  
Recovery

# 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>



Allied in  
Child Abuse Prevention  
and  
Recovery

# Who is the perpetrator ?

(based on statistics)

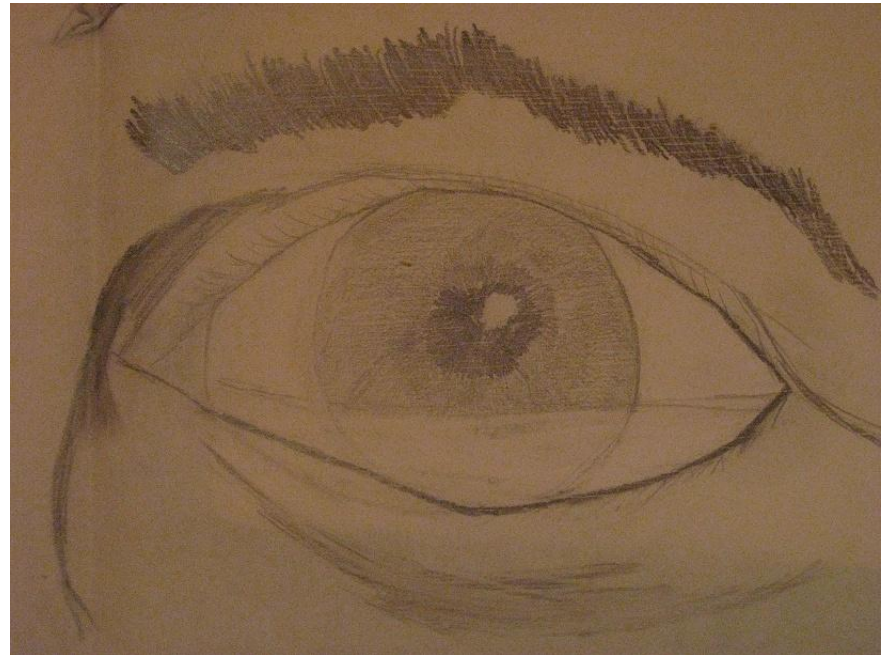
## Complex Trauma in context

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**





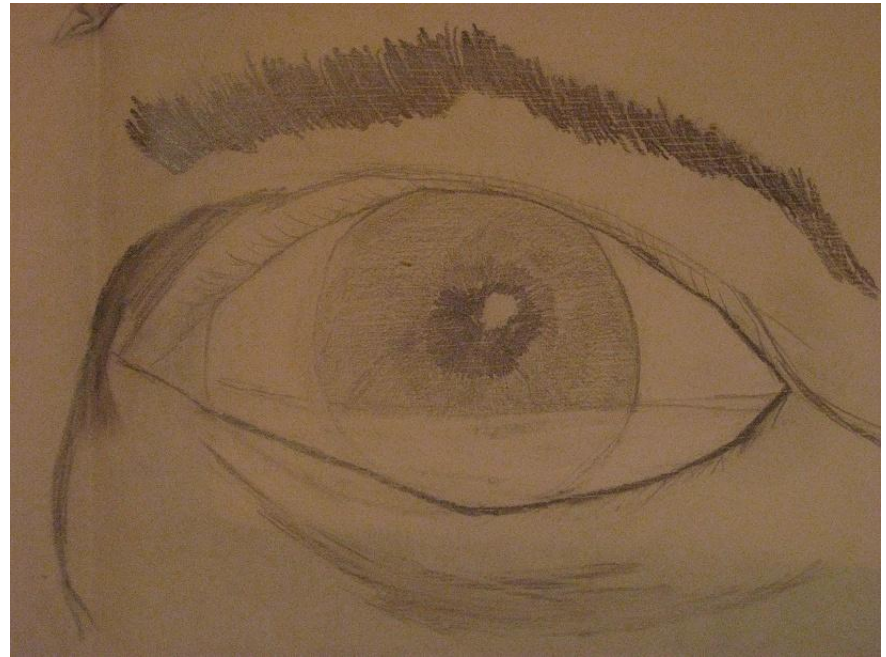
Allied in  
Child Abuse Prevention  
and  
Recovery

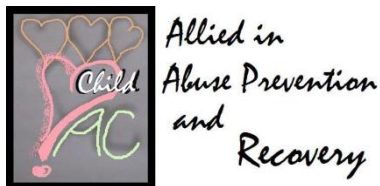
# Child Sexual Abuse

## 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?*





# Child Sexual Abuse

## How does it affect the victim?

### Complex Trauma in context

#### A pattern of survivor behaviour is emerging

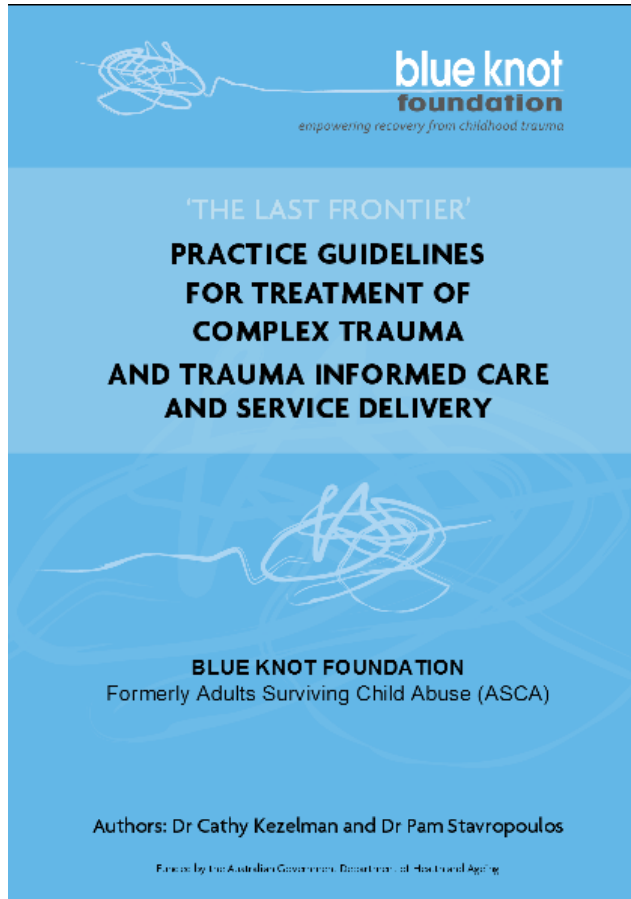
- *On the defensive - What do you want?* - sheer impossibility to **trust**
- *Getting walked over* - weak or no concept of **personal boundaries**
- *I like you; I'll please you; let's have sex* - confusing **love** and **sex**
- *If this happens, I'll do this and if...* - **excessive pre-empting, anxiety**
- *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



Allied in  
Child Abuse Prevention  
and  
Recovery

# 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.

Free download available from

[www.blueknot.org.au](http://www.blueknot.org.au)

or paperback copy. Contact the  
Blue Knot Foundation.





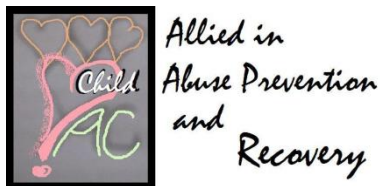
Allied in  
Child Abuse Prevention  
and  
Recovery

# 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 care-giver 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.*

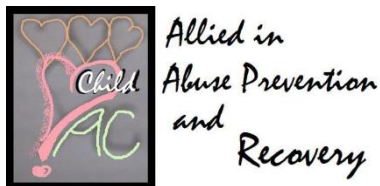


# Complex Trauma

## 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 **free download** of the book is available from Blueknot Foundation. Accredited professional development is also available from Blueknot Foundation.
-

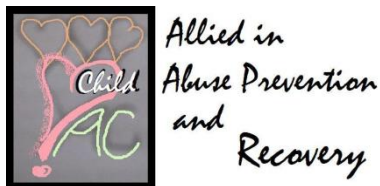


# Complex Trauma

## 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’
    - ...

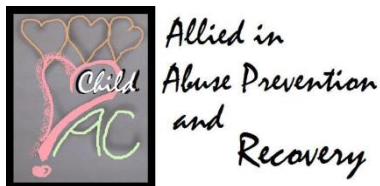


# Complex Trauma

## 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. ...
-

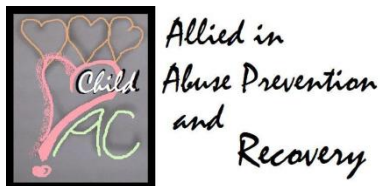


# Complex Trauma

## 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

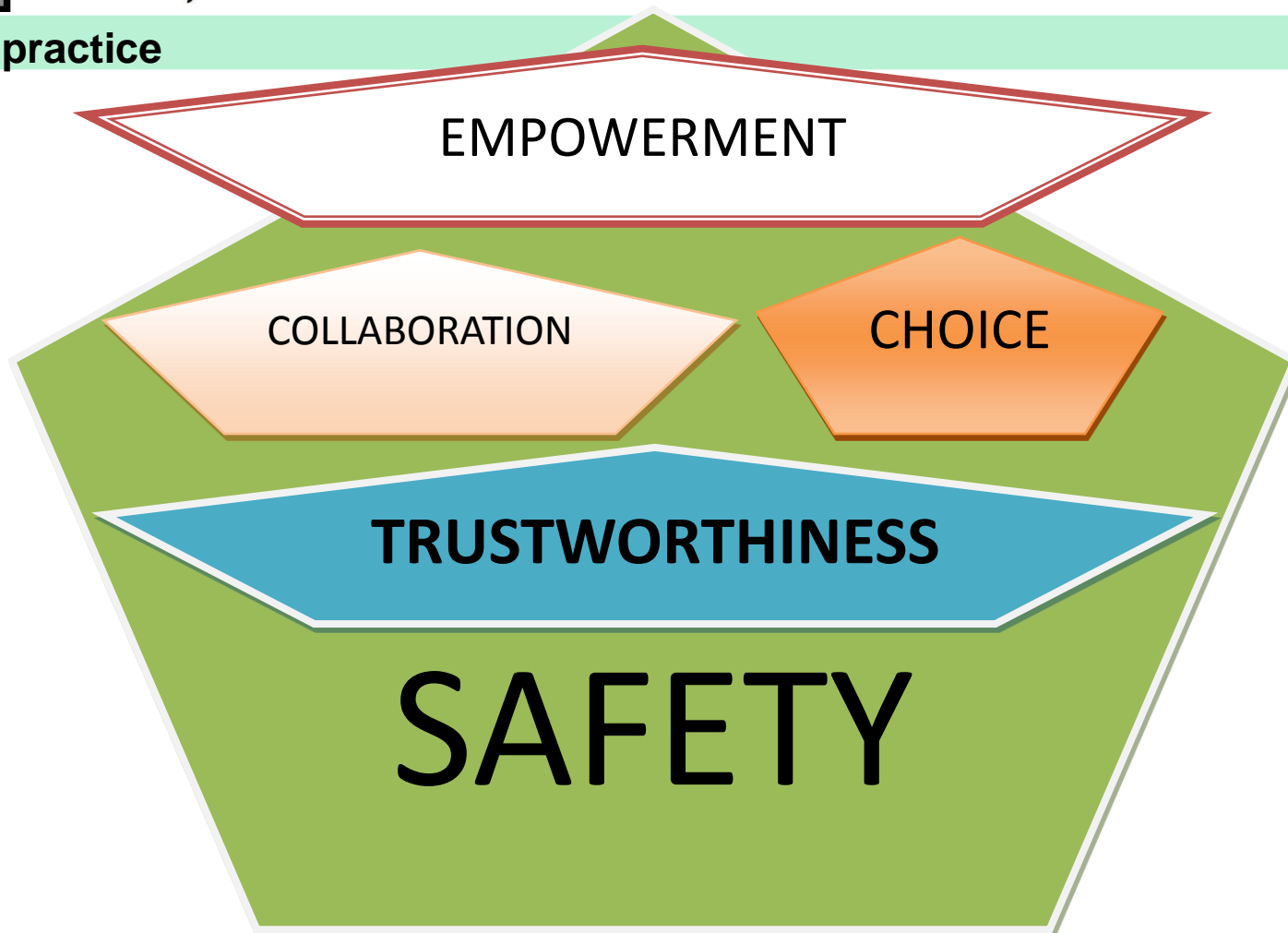


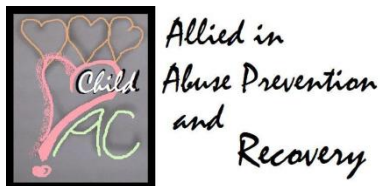
Allied in  
Child Abuse Prevention  
and  
Recovery

# 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.**





Allied in  
Child Abuse Prevention  
and  
Recovery

# Recovery

## Providing your clients with options

### Your Clients – Option to recover – 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 recovery 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: [recover.itmatters.com.au](http://recover.itmatters.com.au)