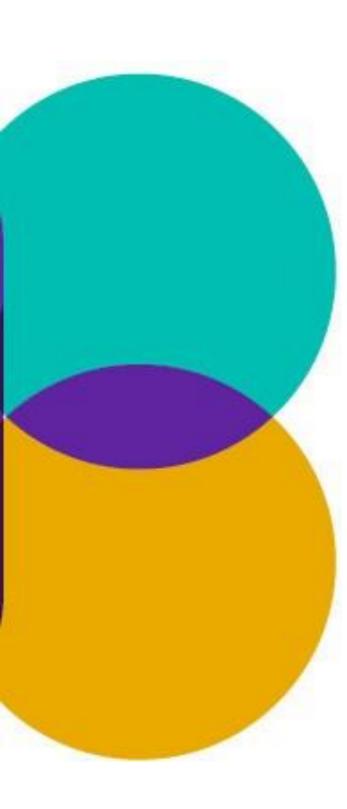


# Adverse Childhood Experiences (ACEs) and trauma-informed approaches

#### Stevenage Share & Learn Afternoon 7 July 2021

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www.forbabyssake.org.uk

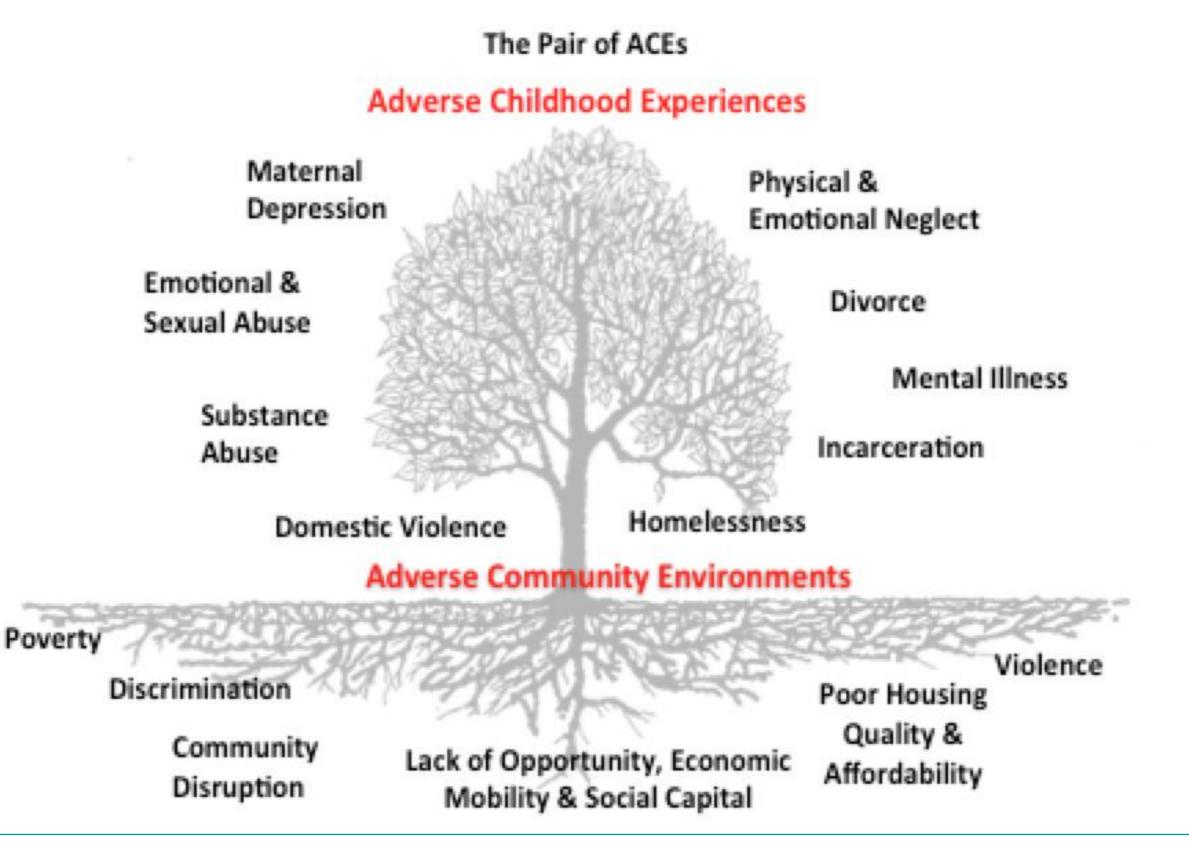


## **Outline for the session**

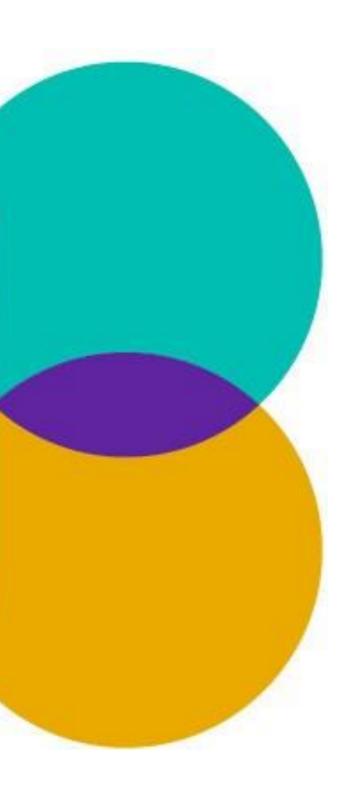
- Quick reminder of key terms Adverse Childhood Experiences (ACEs); resilience; trauma-informed approaches
- Show video sharing new trauma insight resources
- •Highlight key points and share examples from practice
- Respond to your questions and comments
- Identify ideas, comments and queries to follow up



#### **Adverse Childhood Experiences**



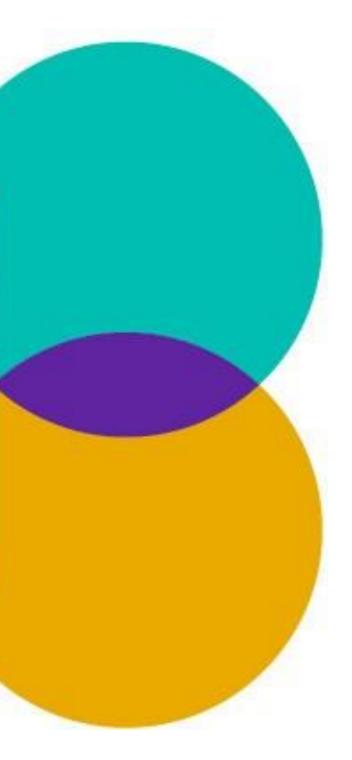




## **Resilience and hope**

- Resilience is not:
  - Constant over time
  - Due simply to personal qualities of an individual
- It's never too late to build resilience
- Building blocks:
  - A secure base the child feels a sense of belonging and security
  - Good self-esteem an internal sense of worth and competence
  - A sense of self-efficacy sense of mastery and control, along with an accurate understanding of personal strengths and limitations





## **Trauma-informed practice**

- •Trauma is the living legacy of the past the psychological and emotional response to a deeply disturbing or distressing event
- •Complex trauma describes the response to exposure to multiple traumas

#### •Trauma-informed practice:

- Acknowledge strengths in the face of adversity
- Feelings are validated, encouraging an understanding of the trauma and its impact
- Making sense of the past and the present, the unconscious world and the motivations that drive behaviours



### Introduction to trauma insight resources

- •As you watch the video, please:
- Reflect on your own experiences and practice
- •Consider how you could make use of the trauma insight resources and the ideas outlined in the video
- Prepare your questions, comments and ideas and add them to the Chat function
- Remember there is no such thing as a silly or stupid question!





#### Introduction to the trauma insight resources

<u>Click here for a link to the short film: Trauma Insight – an overview to the three Trauma Insight Tools</u>

Click here to go to the Resources page of the For Baby's Sake website



www.forbabyssake.org.uk

### **Reflections and examples**

- •Ask key questions and listen and respond to the answers:
  - Ask 'what happened to you?' not 'what is wrong with you?'
  - Ask the child 'what do you need right now?'
  - Think family and ask 'what does the parent / carer need right now?' It's incredibly empowering for parents to be able to process their own feelings – their own self-regulation is the first step to help their children self-regulate
  - And what do you need as a practitioner to feel confident and comfortable to work in a trauma-informed way?



Sharing examples from practice





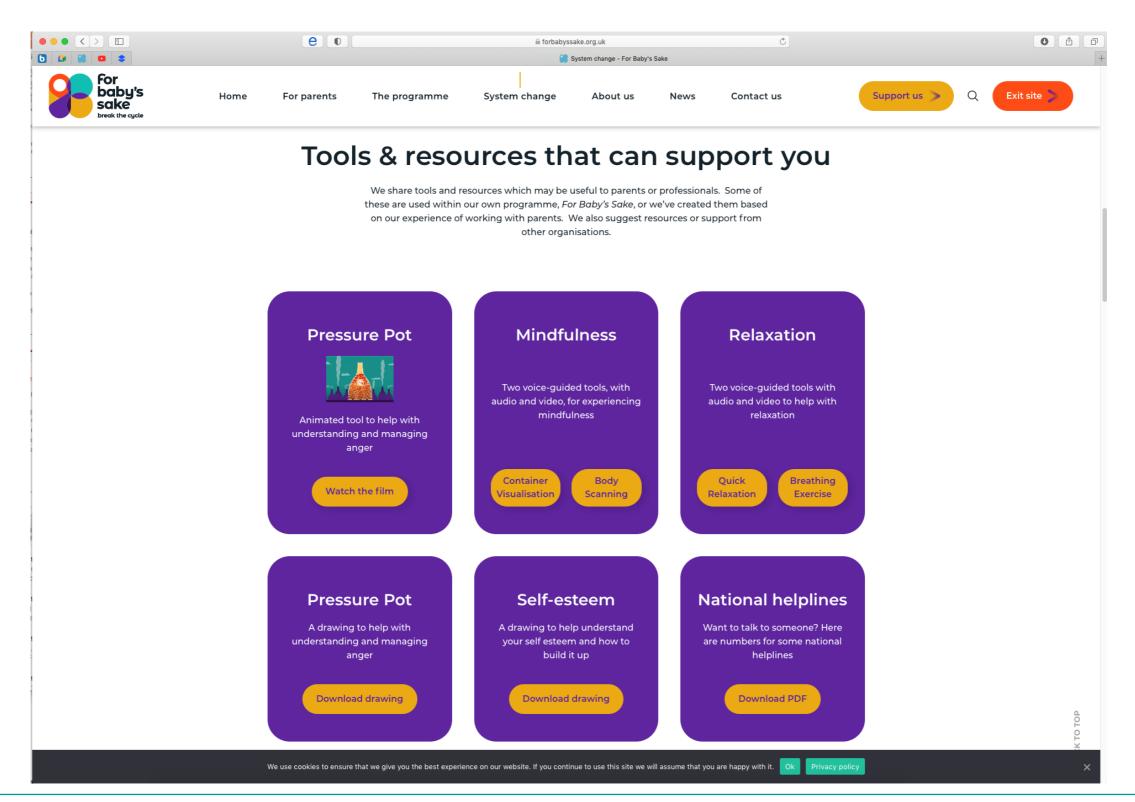
•Three more videos giving much more detail about each of the trauma insight resources shown in the video

•And lots more resources at www.forbabyssake.org.uk





# Sharing resources: in 'system change' page on website forbabyssake.org.uk/system-change/







## Thank you! Questions, comments and ideas