



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

## Stevenage Share & Learn Afternoon

7 July 2021

Ged Docherty, Blackpool *For Baby's Sake* Team Manager



## 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

[Click here for a link to the short film: Trauma Insight – an overview to the three Trauma Insight Tools](#)

[Click here to go to the Resources page of the \*For Baby's Sake\* website](#)

# 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



# More resources

- 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](http://www.forbabyssake.org.uk)



# Sharing resources: in 'system change' page on website [forbabyssake.org.uk/system-change/](http://forbabyssake.org.uk/system-change/)

**for baby's sake**  
break the cycle


Home For parents The programme **System change** About us News Contact us

Support us Exit site

## Tools & resources that can support you

We share tools and resources which may be useful to parents or professionals. Some of these are used within our own programme, *For Baby's Sake*, or we've created them based on our experience of working with parents. We also suggest resources or support from other organisations.

### Pressure Pot



Animated tool to help with understanding and managing anger

Watch the film

### Mindfulness

Two voice-guided tools, with audio and video, for experiencing mindfulness

Container Visualisation Body Scanning

### Relaxation

Two voice-guided tools with audio and video to help with relaxation

Quick Relaxation Breathing Exercise

### Pressure Pot

A drawing to help with understanding and managing anger

Download drawing

### Self-esteem

A drawing to help understand your self esteem and how to build it up

Download drawing

### National helplines

Want to talk to someone? Here are numbers for some national helplines

Download PDF

OK Privacy policy



**Thank you!**  
**Questions, comments and ideas**