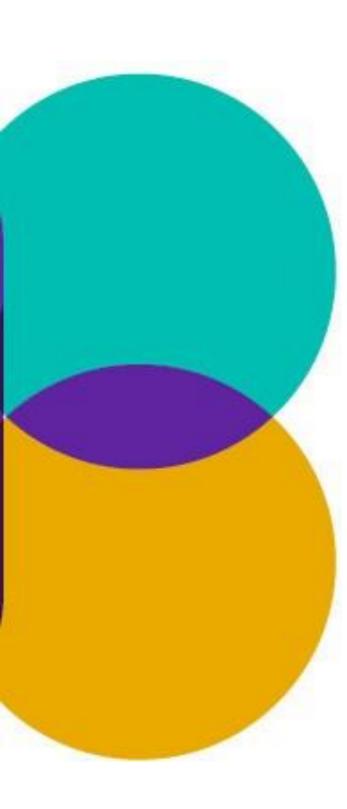


Adverse Childhood Experiences (ACEs) and trauma-informed approaches

Stevenage Share & Learn Afternoon 7 July 2021

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www.forbabyssake.org.uk

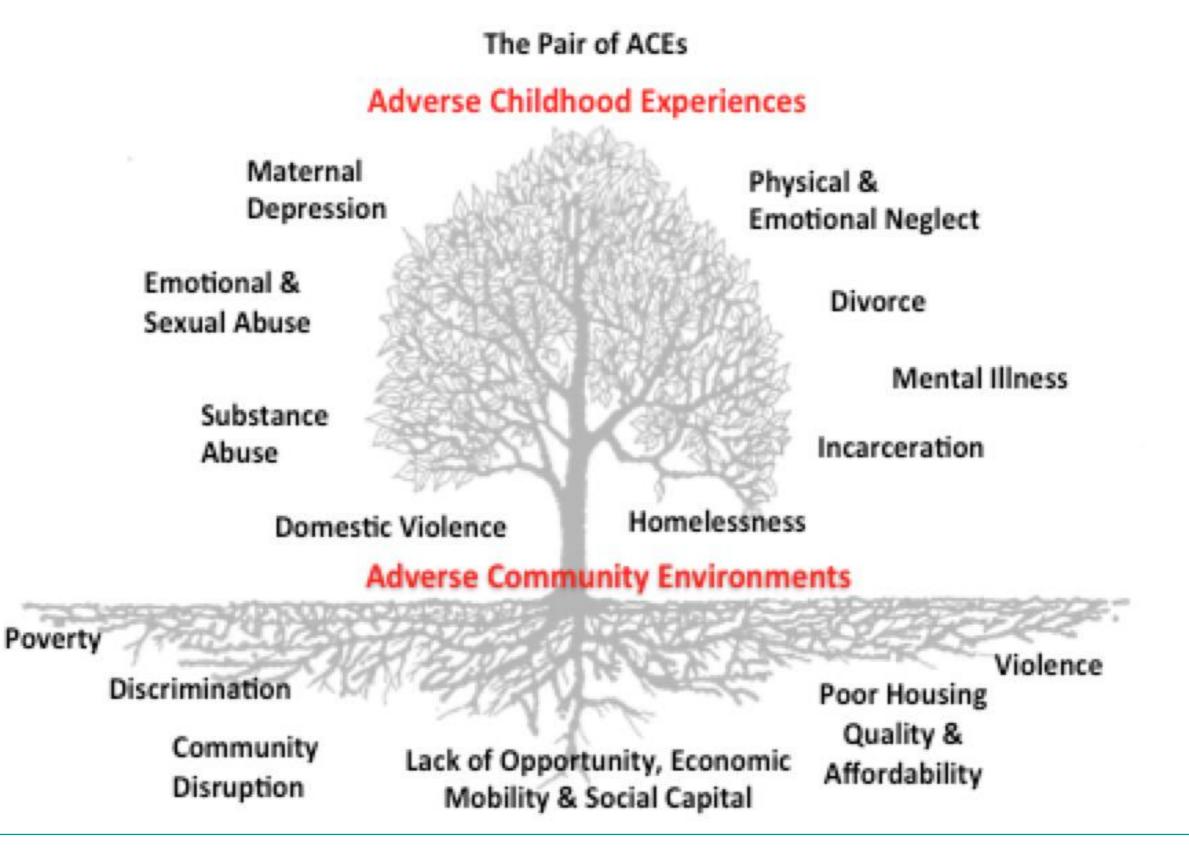


Outline for the session

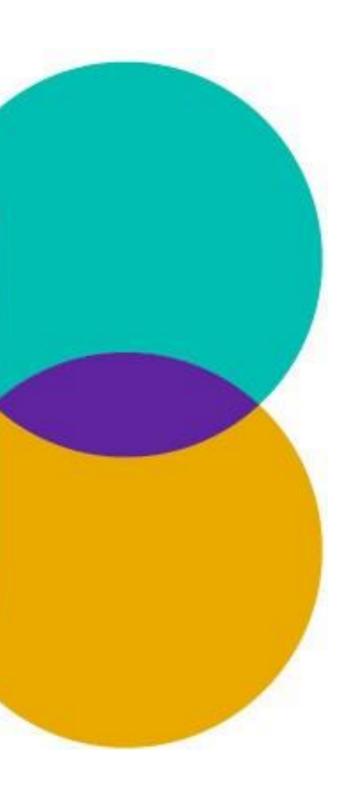
- Quick reminder of key terms Adverse Childhood Experiences (ACEs); resilience; trauma-informed approaches
- Show video sharing new trauma insight resources
- •Highlight key points and share examples from practice
- Respond to your questions and comments
- Identify ideas, comments and queries to follow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



Adverse Childhood Experiences



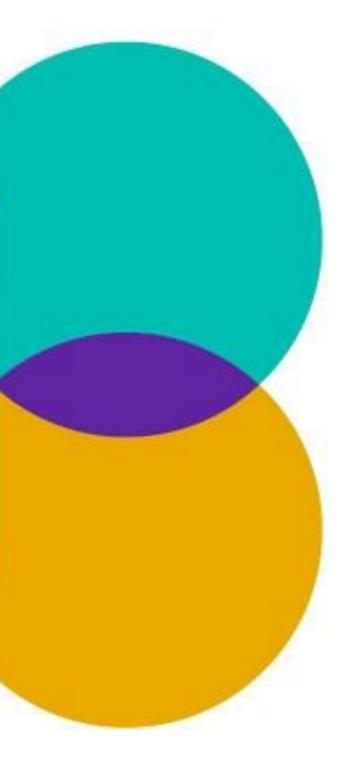




Resilience and hope

- 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





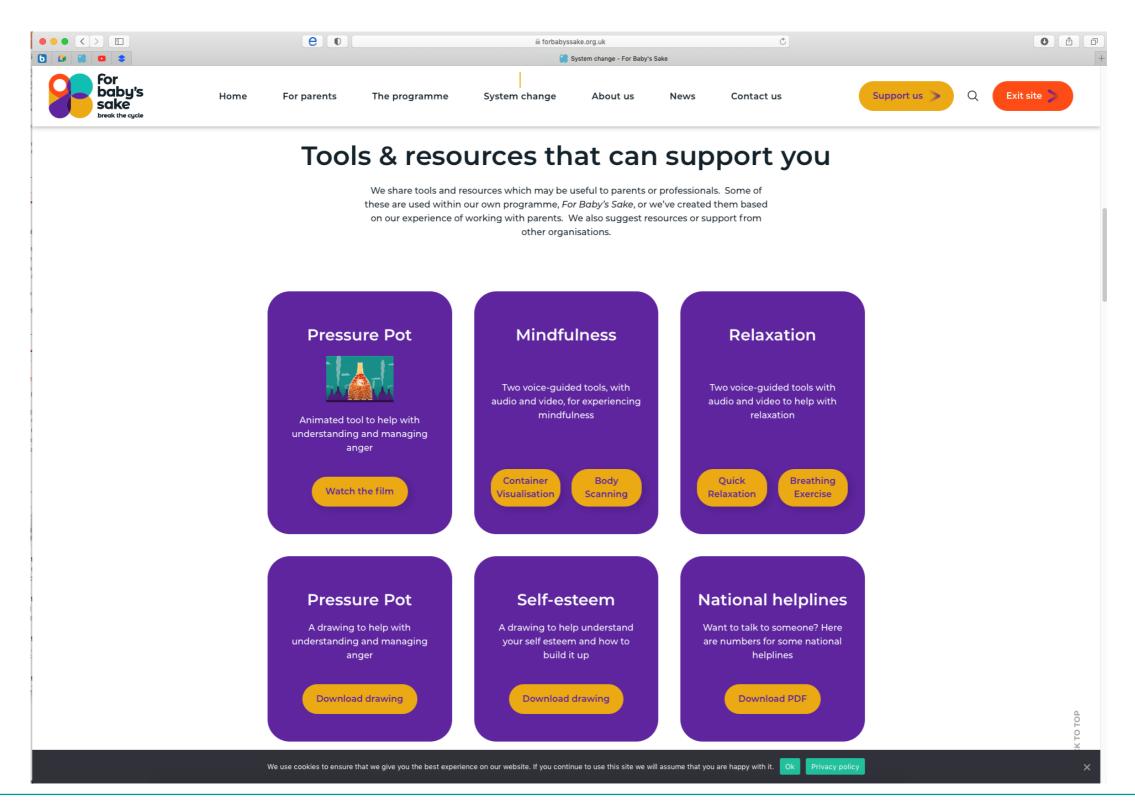
•Three more videos giving much more detail about each of the trauma insight resources shown in the video

•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