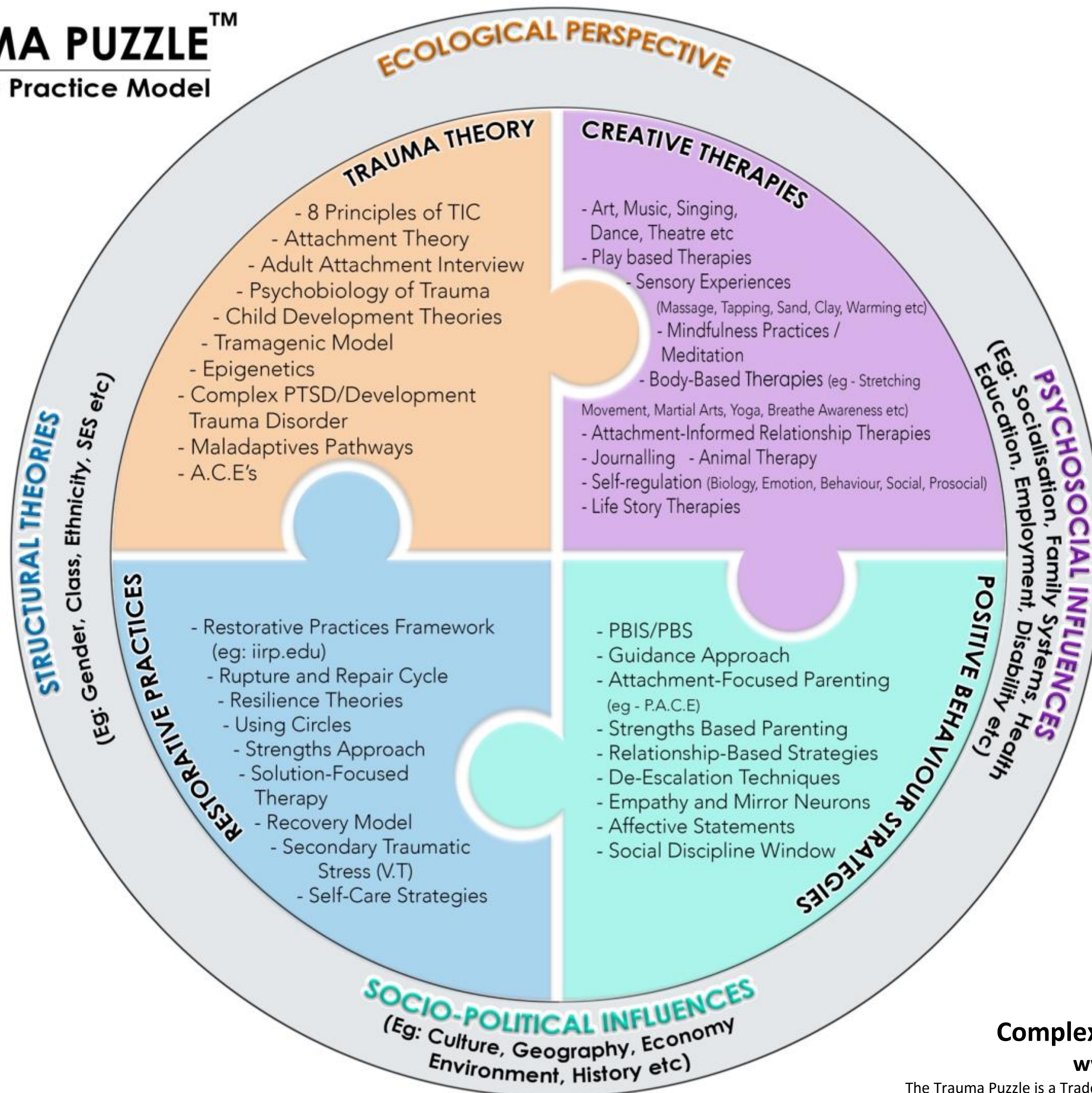


# THE TRAUMA PUZZLE™

A Trauma Aware Practice Model



Complex Trauma Training WA

[www.complextrauma.net.au](http://www.complextrauma.net.au)

The Trauma Puzzle is a Trademark of Complex Trauma Training WA

Learning Outcomes Matrix	Elephant in the Room	What's in the Box?	Hurt People, Hurt People	One Child at a Time	When Loss Gets Lost	What About You?	Look in the Mirror	Better than Chocolate
<b>Trauma Theory</b>	<p>Identify the impact of trauma on: child development, secure attachment and brain development.</p> <p>Understand the relationship between a child's trauma history and his or her behaviours and responses.</p> <p>Discuss the 8 Principles of Trauma-Informed Care.</p>	<p>Define complex trauma.</p> <p>Discuss the impact of trauma on brain development and memory.</p> <p>Explain trauma re-enactment and the importance of safe environments &amp; relationships.</p>	<p>Describe the psychobiology of violent &amp; aggressive behaviours, including trauma triggers and the connection between shame, guilt &amp; displaced revenge.</p>		<p>Define normal grief and the grieving process for children &amp; young people.</p> <p>Discuss common reactions to grief: physical, behavioural, emotional, social, cognitive and spiritual responses.</p> <p>Explore the link between childhood trauma and intense grief responses.</p>	<p>Define 'trauma-informed' Vs 'trauma-organised' care.</p>	<p>Explain mirror neurons and their role in the development of empathy.</p> <p>Understand how empathy can help break the cycle of intergenerational violence in families.</p>	<p>Describe the neurobiology of mindfulness, including neural integration and mirror neurons.</p>
<b>Creative Therapies</b>				<p>Use a variety of creative therapy tools and sensory experiences to support children to heal from their traumatic experiences.</p>	<p>Apply a range of healing strategies to support recovery for children &amp; young people who are bereaved.</p>		<p>Discuss specific strategies that can support children, youth and parents to develop empathy.</p>	<p>Define 'Mindfulness'.</p> <p>Discuss self-regulation and identify strategies to assist children and young people who have experienced complex trauma to regulate their states of arousal.</p>
<b>Positive Behaviour Strategies</b>	<p>Apply an understanding of trauma-informed care to:</p> <p>Create safe environments and build strong relationships</p> <p>Support well-being and avoid trauma re-enactment</p>	<p>Understand the relationship between complex trauma in early childhood and behaviours and emotional responses.</p> <p>Apply a range of positive behaviour support strategies suited to supporting children, young people and adults.</p>	<p>Discuss confrontation avoidance techniques &amp; practical strategies for deescalating violence &amp; aggression in a variety of settings.</p>	<p>Describe Daniel Hughes' P.A.C.E (Playfulness, Acceptance, Curiosity &amp; Empathy) model for promoting an attachment-focused parenting approach.</p> <p>Use a Guidance Approach, to support children who have experienced complex trauma to learn new behaviours.</p> <p>Apply Strengths Based Parenting to build relationships and improve communication skills with children.</p>			<p>Define &amp; discuss the importance of empathy.</p>	<p>Explore the importance of 'Mindful Parenting' for attunement to children and young people in our care.</p>
<b>Restorative Practices</b>	<p>Apply an understanding of trauma-informed care to:</p> <p>Develop and support workers, including self-care strategies to manage vicarious trauma</p> <p>Enhance service delivery and recognise the importance of partnership at every level.</p>		<p>Define Restorative Practices Framework to promote relationships &amp; healing from trauma and apply to case studies from a range of settings.</p>			<p>Apply an understanding of trauma-informed care to:</p> <p>Create safe environments for workers &amp; clients Support worker resilience &amp; well-being</p> <p>Describe the Strengths Approach for working with clients who have experienced complex trauma.</p> <p>Enhance service delivery and recognise the importance of team work &amp; partnership at every level.</p> <p>Identify the signs of secondary traumatic stress (i.e. vicarious trauma) and discuss self-care strategies.</p>		<p>Participate in some mindfulness based activities for reducing stress and improving physical and mental health</p>