

CHILDREN AND YOUTH WHO HAVE EXPERIENCED TRAUMA



Radius Child & Youth Services™
PREVENTION • INTERVENTION • RESEARCH
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General Description

A traumatic event is any experience that overwhelms the body's ability to cope. Experiencing a traumatic event does not necessarily mean that a person is traumatized. Traumatic reactions can produce a variety of responses including ruptures in emotional, cognitive, and behavioural functioning, bodily or physical sensations, and sense of self/schemas (www.nctsn.org). There is significant research that demonstrates a connection between early adverse childhood experiences and physical/mental illness in later life (ACE-IQ, Geneva: WHO, 2018). The need is to provide developmentally appropriate and early interventions for children and youth who have experienced trauma.

Best Practice Guidelines

There are many specialized trauma treatments for children and youth, yet no one model or approach will work for all children. The National Child Traumatic Stress Network has developed Best Practice Guidelines where "core components" are identified that are common and essential to trauma focused interventions. (NCTSN, 2017). The components include:

Risk screening and triage

Systematic assessment,
case conceptualization,
and treatment planning

Psychoeducation

Attention to traumatic
stress reactions and
experiences of children
and families

Trauma narration and
organization

Emotional regulation and
anxiety management skills

Facilitation of adaptive
coping and maintenance
of adaptive routines

Enhancement of
parenting skills and
behaviour management

Promotion of adaptive
development progression

Attention to grief
and loss

Promotion of safety
skills

Relapse prevention

Evaluation of treatment
response and effectiveness

Engagement of families
and consumers in
improving access to
services

Culturally competent
practices

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Prerequisites

Advanced clinical training requires prerequisite knowledge and experience that is generally attained in a Master's level program or equivalent work experience. It is assumed that participants will have a basic understanding of the foundational theories to do this work, inclusive of child and adolescent development, attachment theory, trauma and resiliency. The field of trauma and the developments in neuroscience are continually informing our understanding of the impact of adverse experiences on all areas of functioning.

Program Offerings

Radius Training Institute has developed a number of modules or topic areas that can be delivered as part of the overall trauma training program. As training is uniquely designed for an agency or community the purpose of the training will determine the length. A list of the program offerings is provided at the initial consultation. The potential course offerings for trauma include:

Foundational Theories

Complex Trauma Assessments

Developing Individualized Treatment Plans

Safety and Stabilization

From Dysregulation to Regulation

Resolving the Trauma

Creative Interventions

Healthy Sexuality

Working with Parents

Closure and Integration

Treatment Consolidation

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