

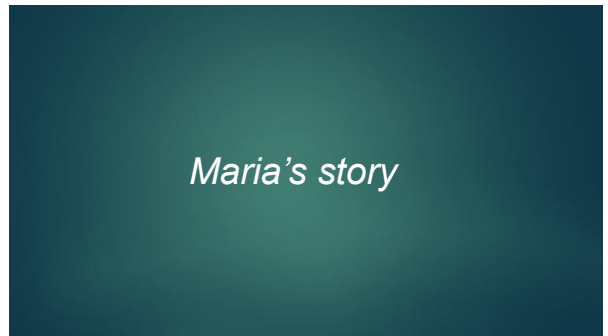
What I Wish I Knew Then

A Reflection of 45 years of caring...RYAR, July 2023

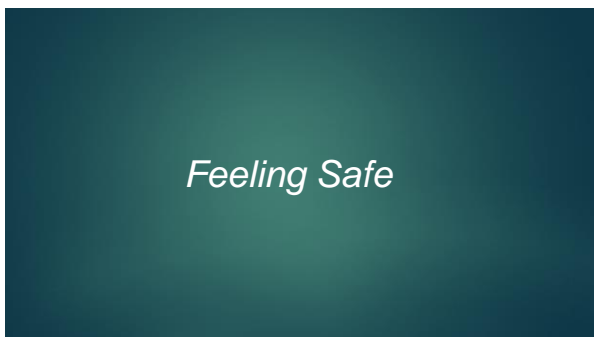
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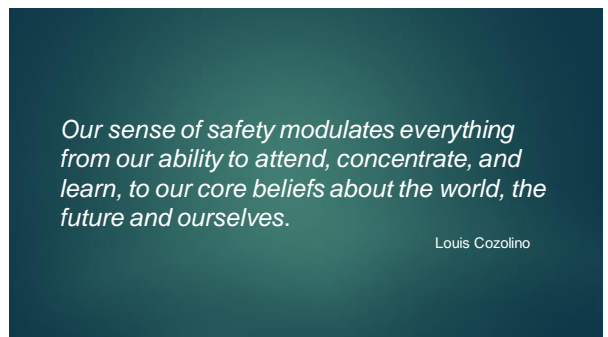
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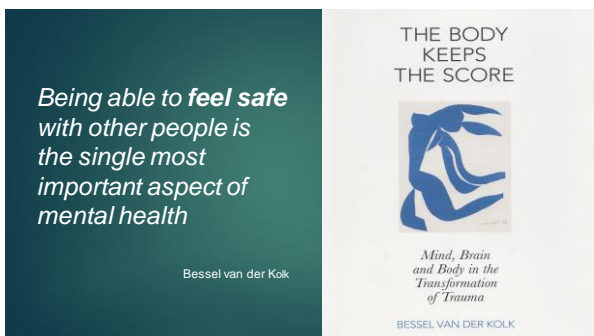
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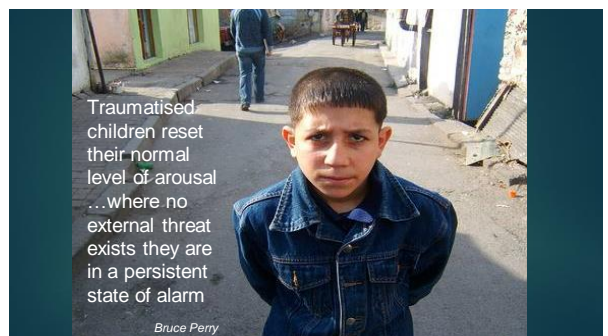
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SAFETY

Physical
Emotional
Social/relational
Cultural

7

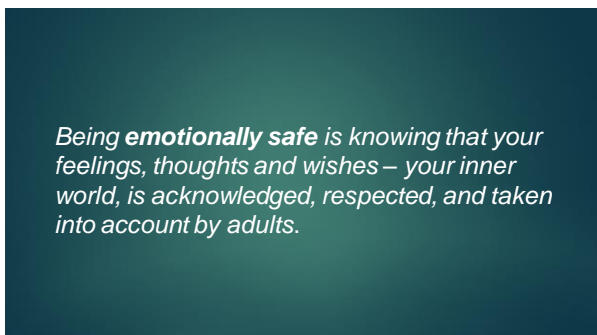


Safety and out of home care

- Most children and young people reported that they were not safe and did not feel safe in care
- This was... due to the often **chaotic and unstable nature of residential care**, the **constant churn** of adults and children and young people through a facility, and the **pervasive risks** that were present,
- Most talked about **bullying, harassment and violence** as ongoing issues – they often felt that they were solely responsible for preventing these issues themselves.

'Safe and Sound' Moore et al., 2016

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*Being **emotionally safe** is knowing that your feelings, thoughts and wishes – your inner world, is acknowledged, respected, and taken into account by adults.*

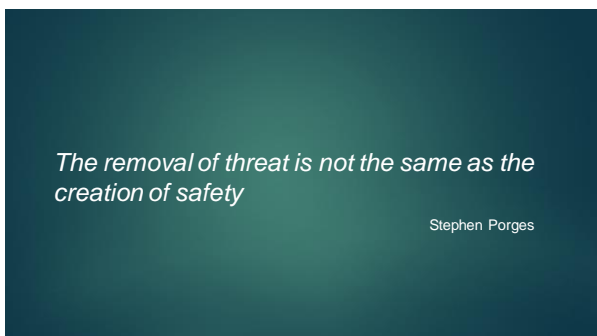
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H2H Pt 2

AMBULANCE

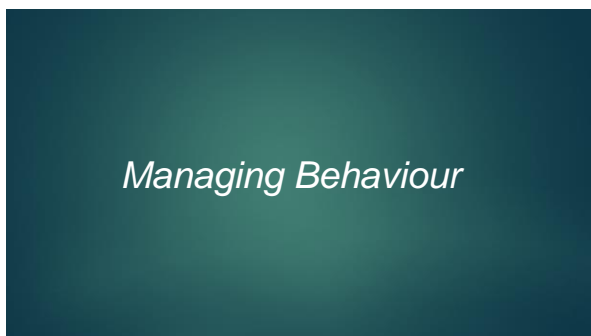
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The removal of threat is not the same as the creation of safety

Stephen Porges

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Managing Behaviour

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The traumatised child is 'drowning in a sea of fragmented and overwhelming emotions, sensations, and frightening thoughts'

Louis Cozolino

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The most significant consequence of early relational trauma is the child's failure to develop the capacity to self-regulate the intensity and duration of emotional states

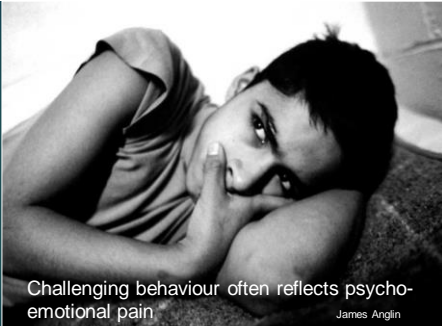
Allan Shore



At the core of traumatic stress is a breakdown in the capacity to regulate internal states.

Bessel van der Kolk


14



Challenging behaviour often reflects psycho-emotional pain

James Anglin

15



Seldom did care workers acknowledge or respond sensitively to the inner world of the child.


Instead they would react with controlling demands and warn of possible consequences.

James Anglin

16

Carlos & Al

17



Seldom did care workers acknowledge or respond sensitively to the inner world of the child.

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James Anglin

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The *Central Challenge* for those who interact with traumatised children

Dealing with *primary pain* without unnecessarily inflicting *secondary pain* through punitive or controlling reactions

James Anglin

19



Faced with challenging behaviors, caregivers deal with their frustration by retaliating in ways that often uncannily repeat the children's early trauma

Bessel van der Kolk

20

At its root, the ability to learn self-regulation is dependent on there being available, trustworthy, empathic and committed caregivers

Allan Schore

21

...dyadic regulation shapes self-regulation... the child learns to regulate her own states of arousal and inner processing through interactions with another

Daniel Siegel

22

Self-regulation is a product of... 'the mutual, synchronous, and reciprocal interactions between individuals...'

Stephen Porges

23

Self-regulation is not a learned skill...through processes of co-regulation an individual develops a capacity to self-regulate

Stephen Porges

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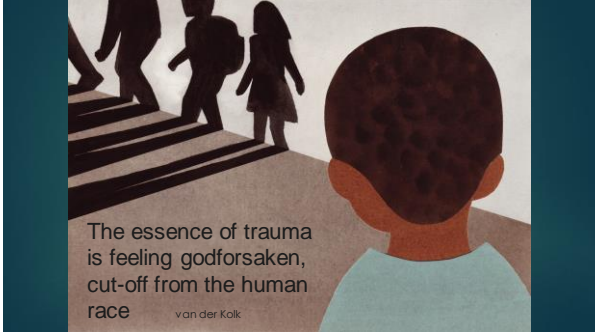
Connecting

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*Connectedness evolved as the primary
biological imperative in mammals in their quest
for survival*

Stephen Porges

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The essence of trauma
is feeling godforsaken,
cut-off from the human
race

van der Kolk

27

*I may not remember what you said;
I may not remember what you did;
But I will always remember
how you made me feel*

Maya Angelou

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