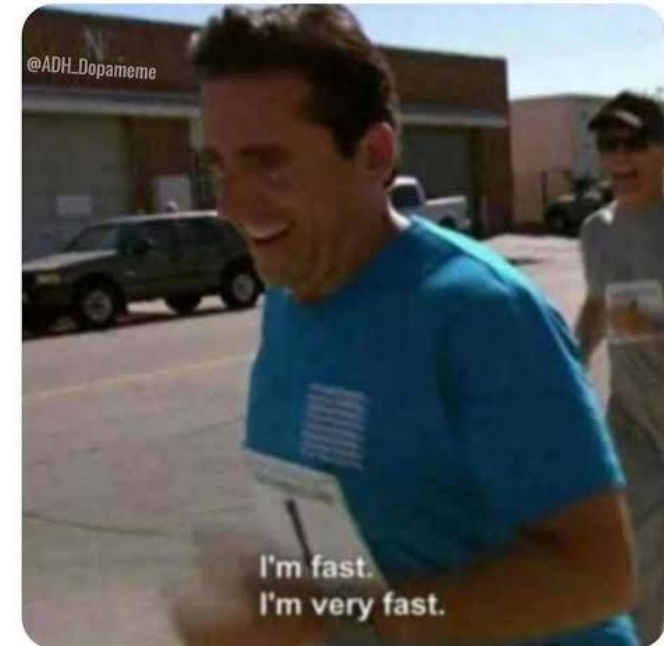


Voice of youth

Ms Emily Backhouse

- Childhood trauma is so misunderstood because of its complexity, and it isn't a 'one size fits all'
- People remain ignorant to the fact that childhood trauma extends beyond childhood.
- There is more than one way to deal with and heal the consequences of childhood trauma.

Me trying to out run my unresolved trauma...



PRE-REMOVAL

Early childhood
Trauma

- Emotional Abuse
- Physical Abuse
- Psychological Abuse
- Sexual

REMOVAL

Hidden and
unrecognisable
trauma of removal.

OOHC

- Labeled as a naughty and uncontrollable kid- only displaying trauma because I couldn't talk about it
- Once I got support it was selective and conditional

SUPPORTS

- Trauma- Informed Care
- Cognitive Behavioral Therapy
- Diagnosis – Borderline Personality Disorder, Complex PTSD, Anxiety and Depression
- Schema Therapy

ADULT

- Dissociation
- Emotional Response
- Economic Impact
- Resilience
- Relationships
- Self- Concept and Future orientated

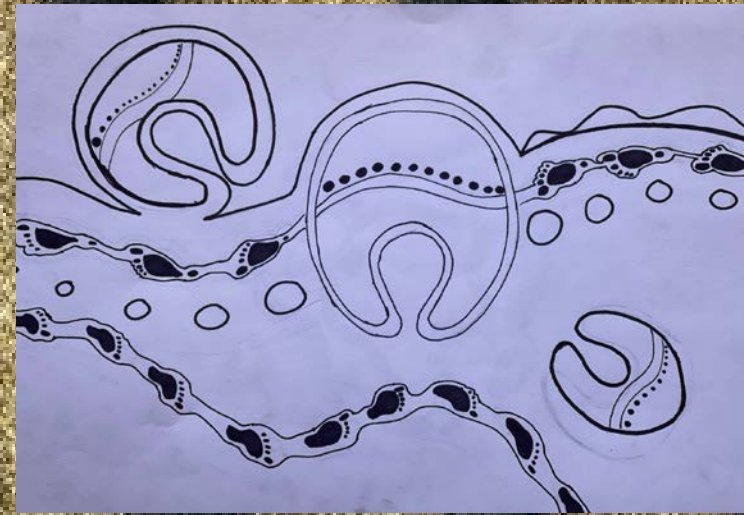
EFFECTS OF TRAUMA AS AN ADULT

- Exposure to complex trauma can result in physical changes in the brain, and the effects of childhood trauma can last into adulthood- this we should all acknowledge.
- Hidden trauma and dissociation of our experiences as an adult can have further complications of addiction and other self- destructive behaviours, once we start to see similar behaviours within ourselves.
- Trauma eviscerates your relationships with others- I have a Dismissive and Avoidant attachment to people and relationships.

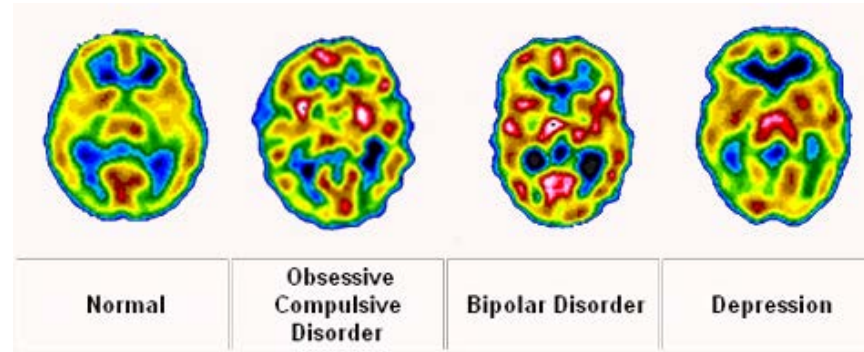


CULTURE AS A SUPPORT FOR HEALING AND OVERCOMING TRAUMA

- Ceremony- more specifically smoking
- Cultural practices- Patience of Art
- Strength in community and family
- Sharing knowledge
- Yarning circles



HOW TO BEST SUPPORT CHILDREN AND YOUNG PEOPLE IN DEALING WITH COMPLEX TRAUMA



- Allow children and young people- even adults to experience being a 'child'
- Be predictable
- Promote mindfulness behaviours
- Build healthy boundaries and relationships
- Remember this isn't about you and what you think.
- CARE and EMPATHISE

"The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love."

-Dr. Bruce Perry



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