Kalmer COUNSELLING

DEVELOPMENTAL TRAUMA

Creates invisible wounds nobody can see.

Any highly stressful, and potentially traumatic situations that happen during childhood and or adolescence are called Adverse Childhood Experiences (ACE's). These traumatic experiences can have a devastating impact on a child's development.

This early repeated trauma is known as developmental trauma as it that happens within a child's significant relationships and during crucial sensitive developmental periods. The impact of which is that it negatively affects and shapes a child's physiology and brain circuitry.

TRAUMA CAN IMPACT ALL ELEMENTS OF A CHILDS DEVELOPMENT

BEHAVIOR

LEARNING

BODY

BRAIN



RELATIONSHIPS

EMOTIONS

CERTIFIED

MEMORY

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Children and young people create internal frameworks built on past experiences that help them learn to develop expectations of how people will react to them and helps them decide how to respond to certain situations.

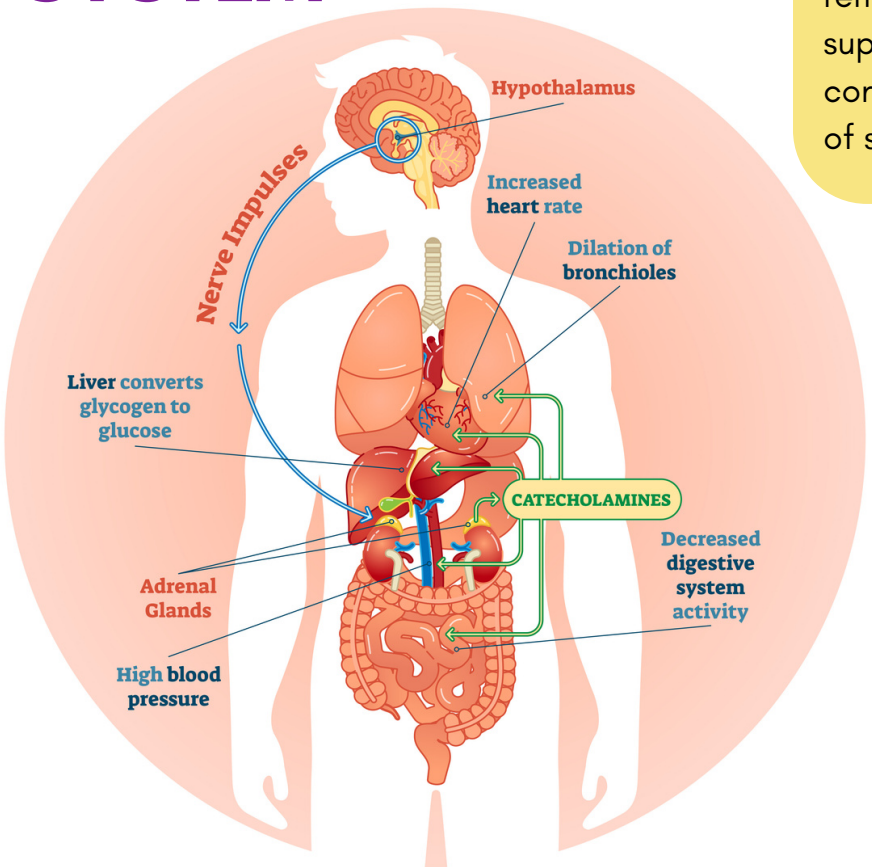
- Traumatised children find it difficult to make meaning from their experiences.
- They hold onto negative views and ideas about relationships which are not helpful
- Have a scary and unsafe worldview developed from their traumatic experiences in life



TRAUMA AND THE BRAIN

Trauma can cause the brain to remain in a state of hypervigilance, suppressing memory, impulse control and create a constant state of strong emotional reactivity.

STRESS RESPONSE SYSTEM



TRAUMA AND THE BODY

For traumatised children and young people, the best option is to stay alert to danger and consider any change, even positive, as a possible threat.

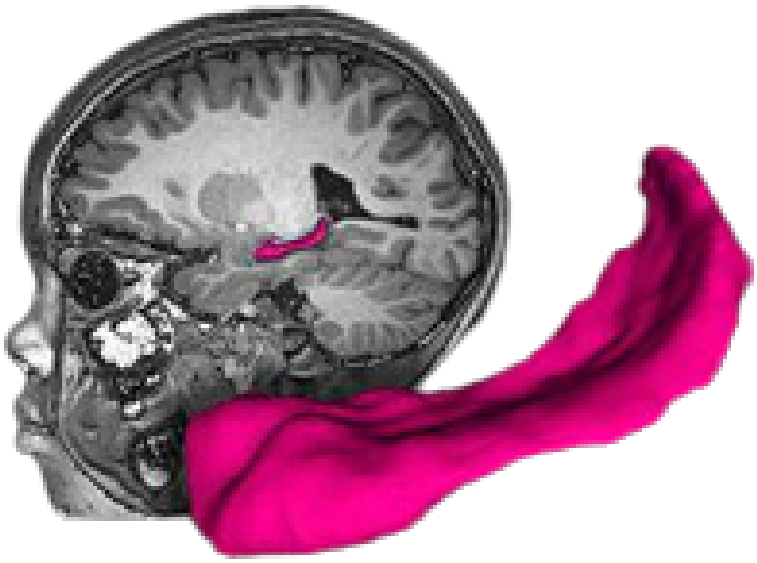
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TRAUMA AND MEMORY

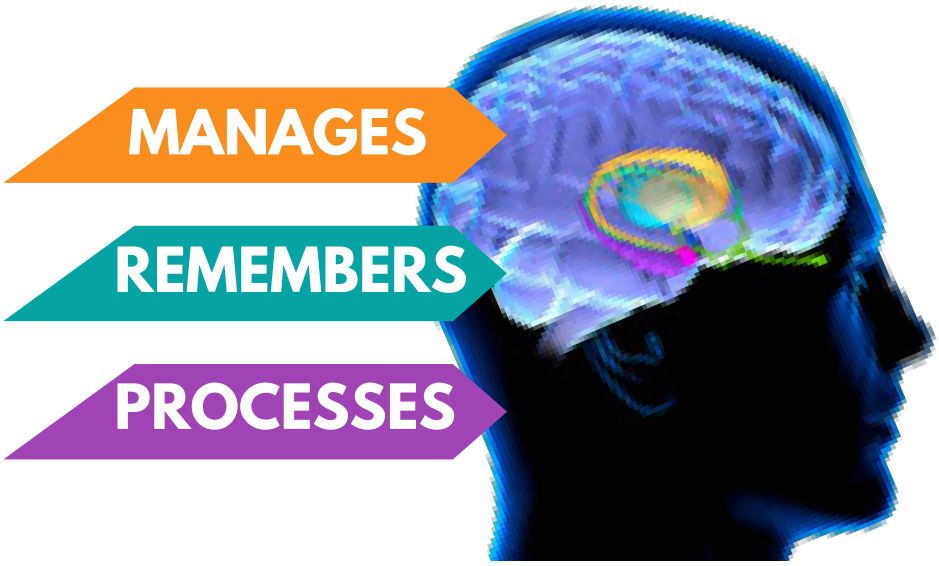
Exposure to chronic stress/trauma causes harm to the functioning of important brain structures. They disrupt the brain's ability to consolidate memory and make it harder for children and young people to learn.





TRAUMA AND LEARNING

For children and young people who have experienced toxic levels of stress and trauma find the demands of the school environment extremely challenging to navigate and benefit from.



TRAUMA AND EMOTIONS

Trauma and toxic stress severely disrupts the way a child's brain manages, remembers & processes the emotional aspects of their experience.

Most of the impact of trauma in the emotional arena is outside of children's conscious awareness.

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TRAUMA AND BEHAVIOUR



The behaviour of traumatised children and young people is an insight into the responses of their brain-body system. It represents a complex interplay of the experiences of their past and their reactions to the present.

TRAUMA AND CONNECTION

Traumatised children have poor connective experiences. Their working models are built on fear and mistrust. Supporting children to re-experience relationships differently is the key to trauma recovery and change.



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HEALTHY RELATIONSHIPS WITH PROFESSIONALS PROVIDE ...

1. Opportunities to experience healthy relationships
2. Instil hope that not all adults are the same
3. Enable children's brains to set down alternative neural pathways integrating different feelings and memories
4. These experiences become positive working templates for social exchanges and new relationships.
5. It takes only one significant relationship to make the world of difference to a child and young person.
6. Human connection and co-regulation are the agents for change

BODY BASED INTERVENTIONS MOST EFFECTIVE FOR THE BRAIN STEM

- Breathing
- Using the senses
- Rhythmic play
- Grounding
- Mindfulness
- Relaxation
- Boosting happy hormones

KEY POINTS TO REMEMBER

Adverse childhood experiences impact a child's development, their relationships with others, and increase the risk of engaging in health-harming behaviours, and experiencing poorer mental and physical health outcomes in adulthood.

Developmental Trauma impact's how children and young people see themselves, experience others, how they understand their emotions and the world around them.

It can block brain growth and alter the processing of the threat and reward response. When this is impaired we see chaos, rigidity , lack of emotional balance, inability to sit quietly, a struggle to think clearly under stress and difficulty having mutually rewarding relationships

THE MORE HEALTHY RELATIONSHIPS A CHILD HAS THE MORE LIKELY THEY ARE TO RECOVER FROM TRAUMA AND THRIVE

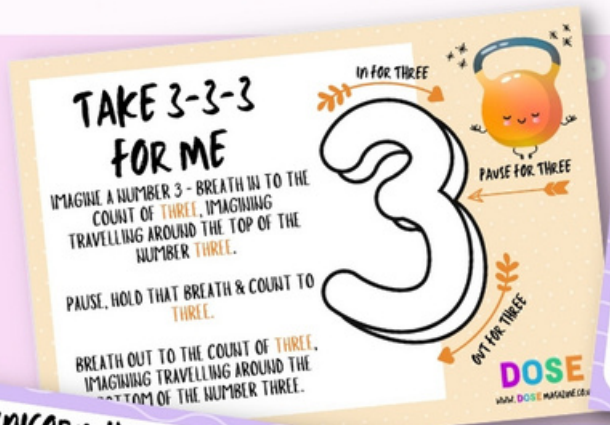
Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS





A hub of happiness to empower children to use happy hormones DOSE to manage their emotions & mental wellbeing











www.dosemagazine.co.uk

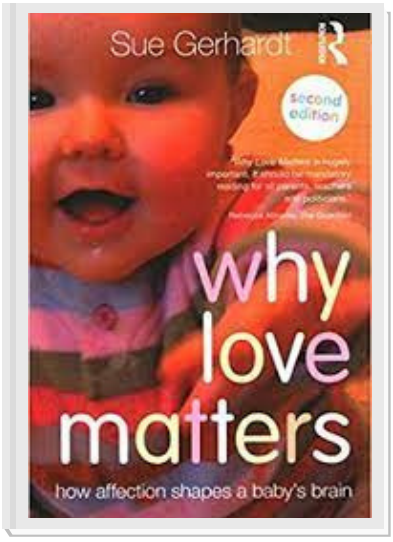
All of the resources are free, so take what you need, share because you care and together let's move towards a happier tomorrow

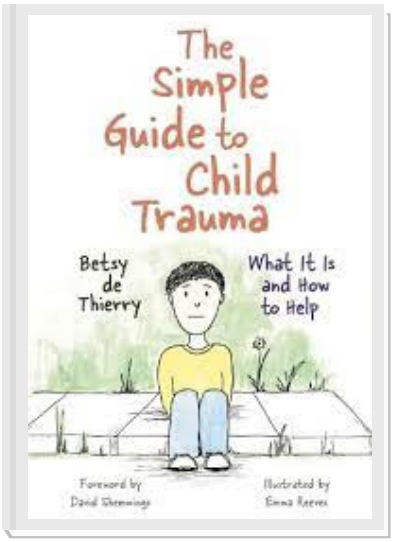
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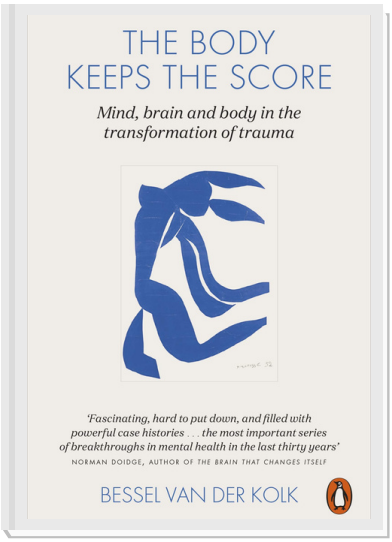
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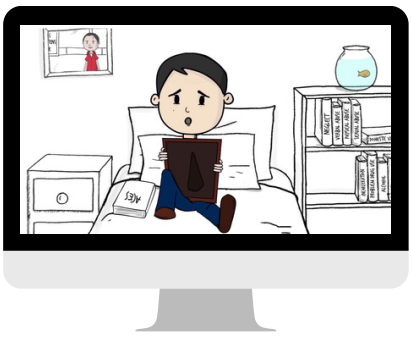
BOOK RECOMMENDATIONS







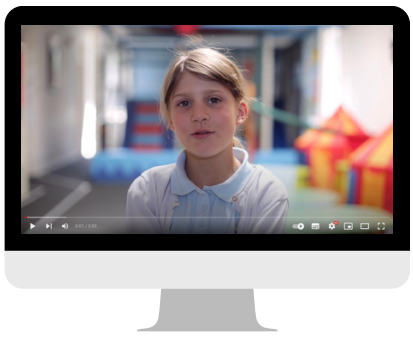
YOU TUBE LINKS & CHANNELS



ACE'S
https://youtu.be/XHgLYI9KZ-A



Step inside the circle
https://youtu.be/FVxjuTkWQiE



Triune Brain
https://youtu.be/eVhWwciaqOE



Dissociation
https://youtu.be/UvhtDZ7G6jI



Childhood Trauma
https://youtu.be/xYBUY1kZpf8



Repairing childhood Trauma
https://youtu.be/FOCTxcaNHeg