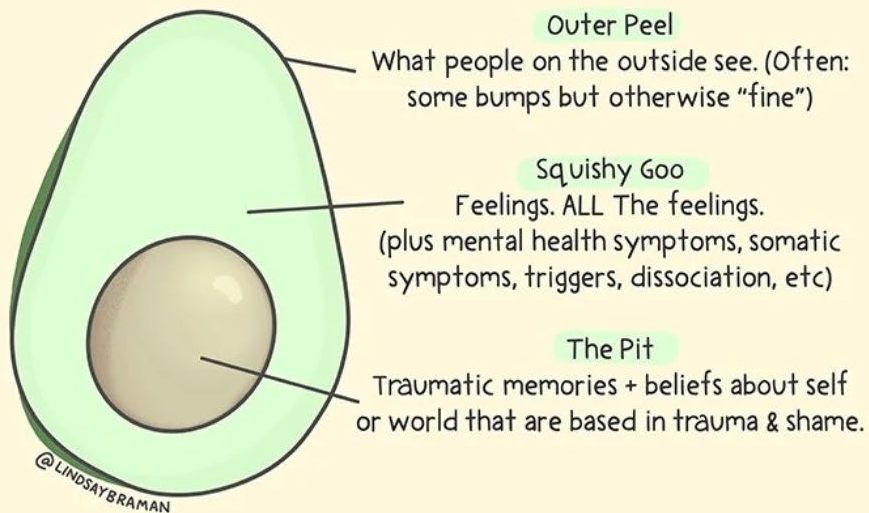




Supporting adolescents and young adults who have experienced trauma

TRAUMA RECOVERY

(AS ILLUSTRATED BY AN AVOCADO)



We don't need to know
the trauma, to be
trauma informed



INDEPENDENCE RENT

SCHOOL
WORK

BILLS

REBELLING

SEXUALITY

MOVING

SEX

MOOD

EXPERIMENTATION FRIENDS

CHANGE CREATIV

INTERDEPENDENCE CHA

WAY-FINDING

TRANSITION

DISCRIMINATION

IDENTITY BODY-IMAGE

FRIENDS

CHA

ENERGY

RELATIO

EXAMS

What we know contributes to helping young people

When young peoples' views of the world, and themselves, are coloured through unpredictability, fear and shame

Complex trauma is caused, and processed, in the context of relationships

Adolescence is a time of huge change, we recognise that relationships are *already* hard at this age and stage

PACE yourself: Playfulness, Acceptance, Curiosity and Empathy - a model of therapeutic relationship building

Provide day-to-day predictability, supporting young people with clear and negotiated boundaries and manageable routines

Slips, trips, falls and lapses are all normal in processing trauma - often how **we** respond can make the difference between post-traumatic growth and post-traumatic shock responses

HYPERAROUSAL

Use mindfulness,
grounding, Breath work

Overreactive, unclear thought,
Emotionally distressed

Can't calm down

WINDOW OF TOLERANCE

The body is in its optimal state, Can access both
reason and emotion, Mentally engaged

Shutting Down

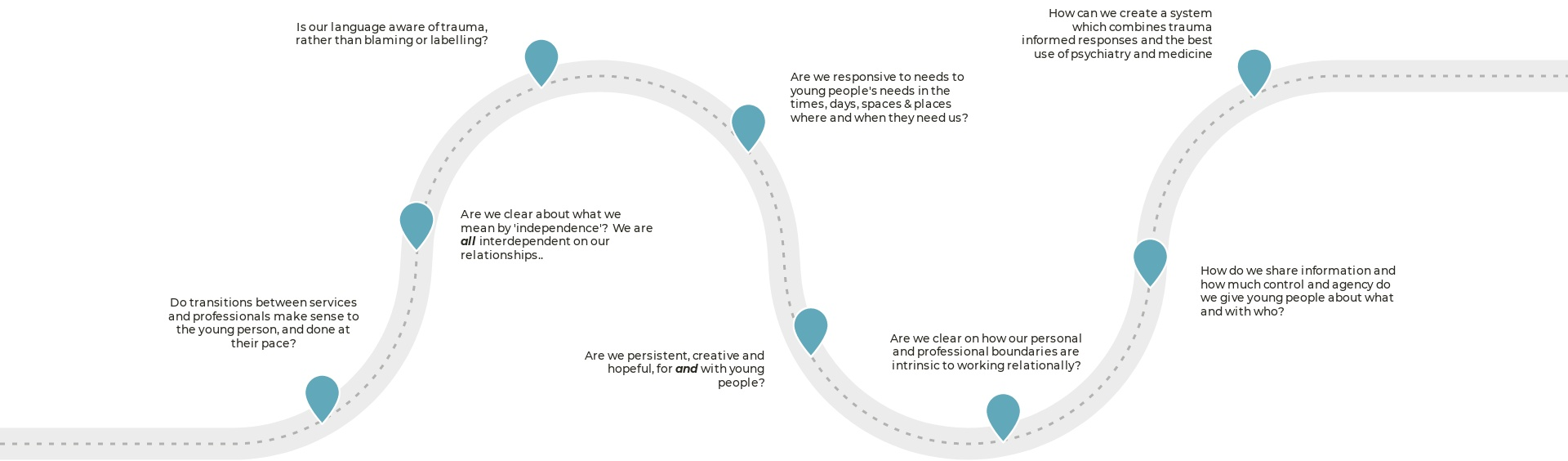
Depressed, lethargic,
numb, unmotivated

Use mindfulness, breath work,
physical activity

HYPOAROUSAL

"Helping young people return to their window of tolerance is often about helping them connect back to their senses and co-regulate, together, with some they can trust."

Creating a trauma informed system for young people



A rustic wooden sign with the words "THANK YOU." painted in bright yellow, mounted on a wall of weathered corrugated metal. The sign is made of two horizontal wooden planks. The background wall is made of vertical corrugated metal sheets, some of which are missing or damaged, revealing the underlying structure. The scene is set outdoors, with a concrete surface in the foreground and some grass visible at the base of the wall.

THANK YOU.