

Helping put the pieces  
back together

therAPP



# HELPING CHILDREN RECOVER

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*Andrew Smith*

# INTRODUCTION.



- ▶ What is the impact of trauma?
- ▶ What are the presenting behaviours?
- ▶ What are the techniques to support recovery?

# CONTEXT.....

- ▶ Legal
- ▶ Political
- ▶ Organisational
- ▶ Personal
- ▶ Global



# IMPACT OF TRAUMA

"The nutritionist said I should eat root vegetables.  
Said if I could get down thirteen turnips a day  
I would be grounded, rooted.  
Said my head would not keep flying away  
to where the darkness lives.

The psychic told me my heart carries too much weight.  
Said for twenty dollars she'd tell me what to do.  
I handed her the twenty. She said, "Stop worrying, darling.  
You will find a good man soon."

The first psycho therapist told me to spend  
three hours each day sitting in a dark closet  
with my eyes closed and ears plugged.  
I tried it once but couldn't stop thinking  
about how gay it was to be sitting in the closet.  
The yogi told me to stretch everything but the truth.  
Said to focus on the out breath. Said everyone finds happiness  
when they care more about what they give  
than what they get.

The pharmacist said, "Lexapro, Lamictal, Lithium, Xanax."

The doctor said an anti-psychotic might help me  
forget what the trauma said.

The trauma said, "Don't write these poems.  
Nobody wants to hear you cry  
about the grief inside your bones."

But my bones said, "Tyler Clementi jumped  
from the George Washington Bridge  
into the Hudson River convinced  
he was entirely alone."

My bones said, "Write the poems."  
— Andrea Gibson, [The Madness Vase](#)

# WHAT IS TRAUMA?

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- ▶ Abuse or neglect
- ▶ Single event
- ▶ Multiple episode
- ▶ Attachment
- ▶ In utero
- ▶ Theories
- ▶ Neuroscience

# RESIDENTIAL NURSERIES.....

- ▶ <https://www.youtube.com/watch?v=s14Q-BxcU>
- ▶ Residential Nurseries
- ▶ Romanian Orphanages
- ▶ Psychoanalytic Study of the Child 26: 264-315





# IMPACT OF TRAUMA



- ▶ Complex
- ▶ Neuroscience
- ▶ Physiological
- ▶ Relationships
- ▶ Behaviour (Rage)
- ▶ Identity



# PRESENTING BEHAVIOURS

# CHILD OF RAGE.....

- <https://www.youtube.com/watch?v=ME2wmFunCjU>

# BEHAVIOURS.....



- ▶ Uniqueness
- ▶ Levels
- ▶ Control
- ▶ Desensitisation to pain
- ▶ Sensory/Integration
- ▶ Disobedient
- ▶ Anger
- ▶ Identity
- ▶ Sense of Self
- ▶ Relationships



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- Question of mental health
- To diagnose or not to diagnose
- Integration with CAMHS?
- Safeguarding Responsibilities

TECHNIQUES



# THERAPIES.....

- ▶ Bewildering array
- ▶ Adoption
- ▶ Woozles
- ▶ Family therapy/M.S.T.
- ▶ Schoolism
- ▶ P.A.C.E.
- ▶ Evidence base
- ▶ Methodologies
- ▶ Relationship NOT model

# PROCESS @ THERAPP.....

- ▶ Starting momentum
- ▶ Small steps = success
- ▶ High challenge high support
- ▶ Articulate expectations, talk about change
- ▶ Relationships take time
- ▶ Boundaries
- ▶ Safety
- ▶ Dyadic
- ▶ Catharsis

- ▶ Creative resources
- ▶ Directive/non-directive
- ▶ Trauma is physiological - healing is relational
- ▶ Space - therapeutic football
- ▶ Structure
- ▶ Concept of Self/identity
- ▶ Difference
- ▶ Life Story
- ▶ NVR
- ▶ Social Media



- ▶ Contact Boundary
- ▶ Restorative matrix
- ▶ Gestalt/Field
- ▶ Figure and Ground
- ▶ Object Relations/humanistic
- ▶ Drama Triangle
- ▶ Mindfulness
- ▶ Yoga
- ▶ Systems/Schools/CAMHS



QUESTIONS?