

ADVERSE CHILDHOOD EXPERIENCE (TRAUMA)	PSYCHOLOGICAL AND PHYSICAL MANIFESTATION	SUPPORT AND REPAIR	RECOVERY AND EMBEDDING OF REPAIR
<p>Trauma comes in many forms and the effects are far reaching, below provides some examples of childhood trauma and adverse experiences. Children and young people in our care will have suffered extensive trauma and recovery will take time. Every child is different in their experience and response. For many recognition of the effects of chaotic or unsafe early lives is painful and without support are unable to heal.</p>	<p>Manifestations of trauma and adverse childhood experiences are individual, and conclusions of causation cannot be drawn without a full understanding of the child's history and the child's voice being heard. These manifestations are too often viewed as anti-social behaviour rather than a communication of need.</p> <p>Below are some examples of manifestations of the psychological effects of trauma. These manifestations further compound the feelings of low self-worth and perpetuates the difficulties often leading to multiple placements reinforcing the self-image of being unloved and unworthy.</p>	<p>Repair can only take place where trusting relationships are formed (Perry). This can only be achieved through child centred practice, consistency, and open and honest dialogue with the child at the centre of the process. Leading to empathetic trauma informed care and support.</p> <p>We look beyond the manifestation to help children identify causations and thus allow repair to begin. Below are examples of common support repair strategies, as interventions are individually considered and agreed by need, These are then mapped, monitored and evaluated to ensure the changing needs of those in our care are consistently met.</p>	<p>Identification of causation can lead to further trauma, especially when trauma has occurred in very early childhood. Also, for many learnt behaviours and self-derived coping strategies have been in place for a significant period of their lives, as such embedded recovery and repair is a long-term process. However, with support, love and understanding recovery is possible. This is not simply a behavioural modification, but an understanding of the psychological effects of trauma and utilising strategies that allow for embedded change and improved mental health and outcomes. During this period setbacks are expected as embedding of change is a long process.</p>

