

# TRAUMA RECOVERY FOCUSED

We believe in **RECOVERY OF TRAUMA** not management of behaviour.

We know that **BEHAVIOUR IS COMMUNICATION** and therefore a straight forward punitive method of discipline is not wise.

We believe that **EACH CHILD IS AN INDIVIDUAL** and needs an approach that fits them and no 'one size fits all'.

We start by assessing the severity of the trauma impact so that we can provide the **BEST RECOVERY FOCUSED APPROACH/ INTERVENTION/PROVISION.**

We believe that it is **IMPORTANT TO WORK TOGETHER AROUND THE CHILD**, as parents, teachers and other professionals and we want to use language and emotional expression that builds trust and helps the child.

We know that **RELATIONSHIP IS CENTRAL** and essential to heal and recover from the impact of trauma.

We are passionate about the power of **EMPATHY, KINDNESS, NURTURE AND ATTUNED CARE** with validation of emotions as an essential approach to all.

We believe that **LISTENING IS A KEY SKILL** that is central to all our work. Listening to the adults and children involved.

## WRITTEN BY BETSY DE THIERRY

We believe that **CO-REGULATION IS VITAL BEFORE SELF REGULATION** and adults can learn to help children in this way which rewires their brain for positive relationships in the future and less emotional reactivity.

We believe that diagnosing and medicating a child can sometimes be helpful but usually it doesn't facilitate a framework that focuses on the recovery of trauma with relationships as central and as such can oppose a **TRAUMA RECOVERY FOCUSED** framework.

We know that **THE IMPACT OF TRAUMA REMAINS IN THE SUBCONSCIOUS AND THE BODY** and needs skilled help in processing and discharging the memories.

We believe that **NO CHILD IS TOO 'DAMAGED'** and we believe that our job is to have and hold hope for them and their recovery from trauma.

We commit to not shouting, shaming, looking or sounding angry or comparing but will try to **REMAIN CALM AND REFLECTIVE, EMPATHETIC AND CARING** as we care for the children and young people.

We are intentional about **USING OUR WORDS TO STOP SHAME INCREASING** and instead aim to build confidence, self esteem and a reduction of shame through our words.

We recognise that **TRAUMA IMPACTS RELATIONSHIPS, THE BODY, LEARNING, EMOTIONS AND MEMORY** and recovery is possible when we work as a team with our different skills.



  
Certificate in  
Therapeutic Mentoring

Signed