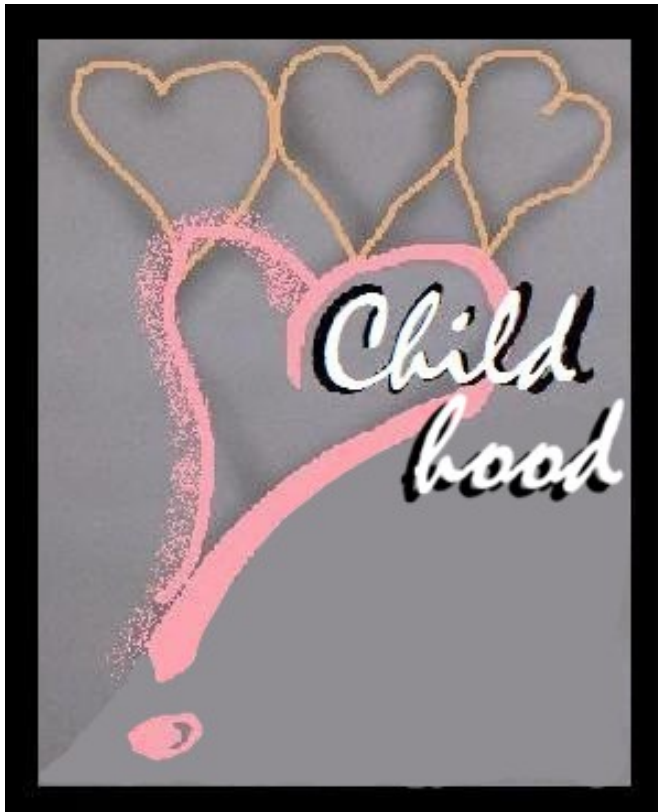


Guidelines for your organisation

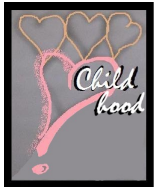
Guidelines for Trauma-informed practice

Welcome to an Allied in Childhood Trauma Prevention and Healing presentation



Allied in
Trauma
Prevention and
Healing

last updated 4 June 2026 - presented by: Pascale Stendell

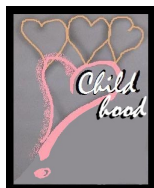


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Format of the session

Welcome to an **Allied in Childhood Trauma Prevention and Healing** presentation

- **Allied** ... a local initiative, a combined effort
- **Complex Trauma** in context
- **Your practice** -
Guidelines for Trauma-Informed practice
from Blue Knot Foundation
- **Your clients** - Healing option:
Adult Survivors of Child Abuse – Cowra Support Group



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Allied ... a local initiative, a combined effort

August 2010

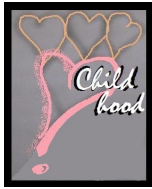
February 2011

January 2013

ASCA **workshop** #1
held in Canowindra
9 participants
locally organised
and funded

Adult Survivors of
Child Abuse – Cowra
Support Group –
Created
locally supported

Allied in Childhood
Trauma Prevention
and Healing –
Presentations started



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Defining Child Abuse in Australia

Complex Trauma in context



Australian Government
Australian Institute of
Family Studies



The Australian Institute of Family Studies provides extensive definitions on their website as to what constitutes child abuse and neglect. Such definitions have evolved over time to reflect the unfortunate prevalence including with the use of technology.

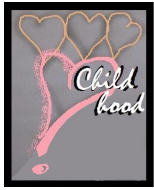
Source: <https://aifs.gov.au/resources/policy-and-practice-papers/what-child-abuse-and-neglect>

Father Riley, founder of Youth Off The Streets wrote on 13.11.2012. *It is appalling that in a 'lucky' country like ours, **1 in 5 children are victims of sexual abuse***

Source: no longer available on the Youth Off The Streets website last accessed on 2 June 2026
<http://foundation.youthoffthestreets.com.au/media-release-royal-commission#.UM2qk2V4AbI>

Subtypes of child abuse and neglect

- Physical
- Emotional
- Neglect
- Sexual
- Exposure to family violence



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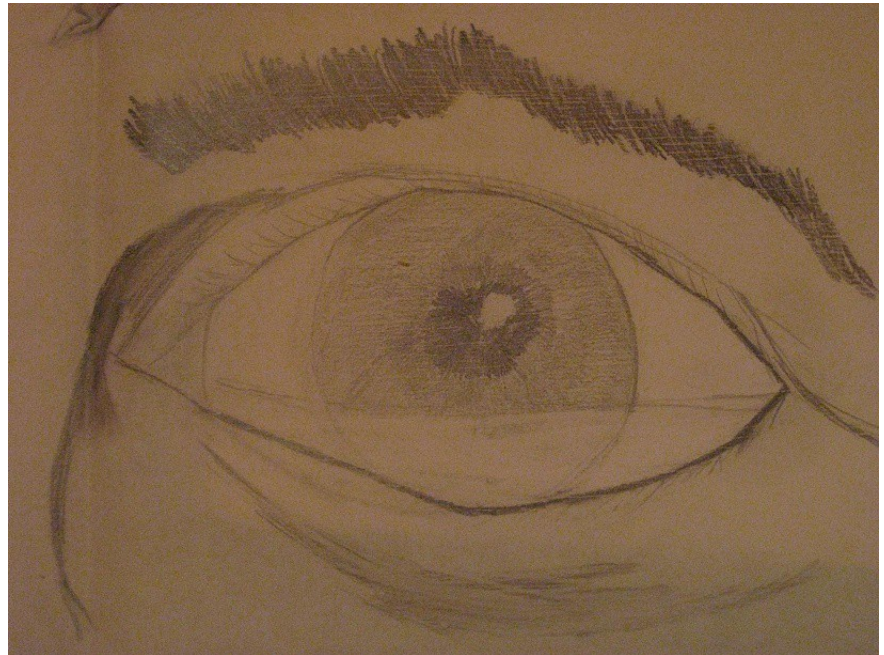
Who is the perpetrator ? (based on statistics)

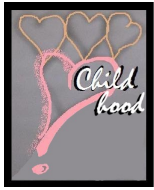
Complex Trauma in context

The perpetrator is generally a member of the community who is **trusted** by the child

- a family member
- a friend
- a figure of authority

**STRANGER
DANGER**
it's a MYTH





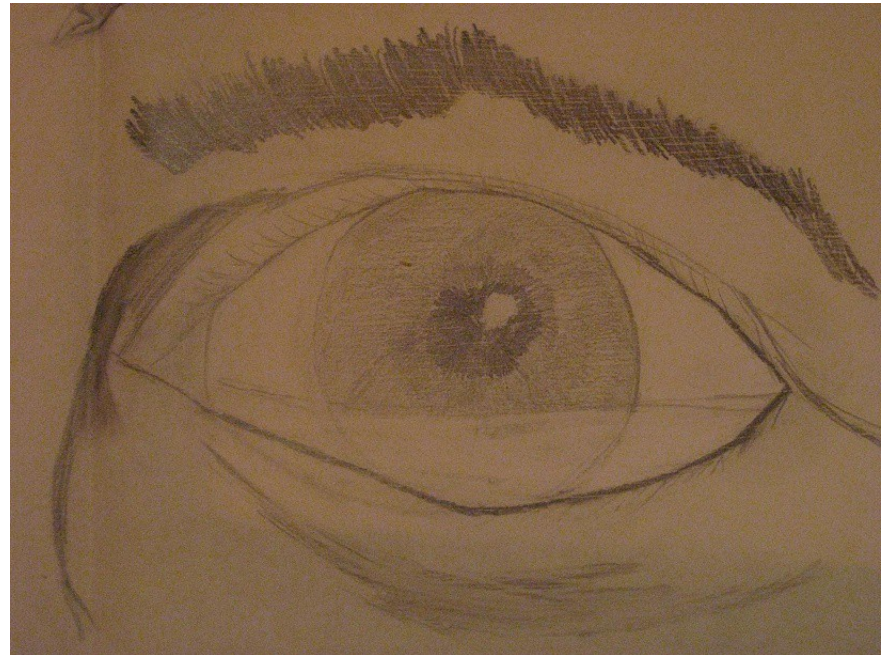
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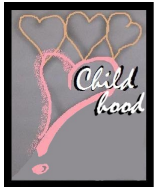
Child Sexual Abuse

How does it affect the victim?

Complex Trauma in context

What effect would it have on the child to have their most intimate rights violated by a person they trust?





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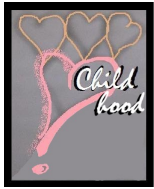
Child Sexual Abuse

How does it affect the victim?

Complex Trauma in context

A pattern of survivor behaviour is emerging

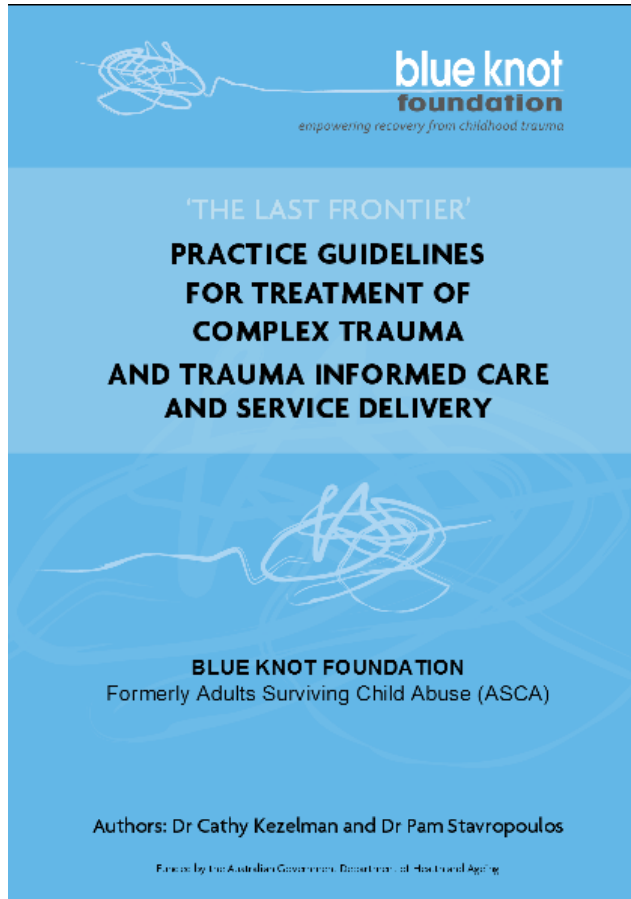
- *On the defensive - What do you want?* - sheer impossibility to **trust**
- *Getting walked over* - weak or no concept of **personal boundaries**
- *I like you; I'll please you; let's have sex* - confusing **love** and **sex**
- *If this happens, I'll do this and if...* - **excessive pre-empting, anxiety**
- *Involved in abusive relationships* - **vulnerable** enough to be subject to other forms of abuse, attracted to what the nervous system feels is **familiar**, hence somewhat safe.
- *An insight in daily life*: a series of **dramas** / keeping **busy** / **addicted** to drugs or work or sport / the **pleasing** behaviour / difficult to **live in the present** / **intense emotions** triggered by daily events



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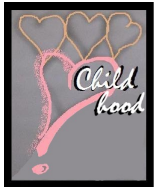
Practice Guidelines

available via the BlueKnot Foundation



‘The Last Frontier’
Practice Guidelines for Treatment
of Complex Trauma and Trauma
Informed Care and Service
Delivery. 2012.

Download available from
www.blueknot.org.au
or paperback copy. Contact the
Blue Knot Foundation.

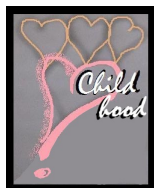


Defining Complex Trauma

p46 Practice Guidelines

Complex Trauma in context

- *In contrast to what is often referred to as ‘single incident’ trauma (which relates to an unexpected ‘out of the blue’ event such as a natural disaster, traumatic accident, terrorist attack or a single episode of assault, abuse or witnessing of it) complex trauma is **cumulative** and **repetitive**. (...) and occurs in **interpersonal contexts**.*
- *The contrast between complex and single-incident trauma is stark. Unlike a ‘one-off’ event, **the cumulative impact of intentional, premeditated and multiple abusive episodes** (which are frequently extreme, and which often occur over many years at the hands of a caregiver from whom protection would ordinarily be expected) involves particular, and particularly damaging, dynamics. The term ‘**betrayal trauma**’ captures the depth of some of what is involved, and itself highlights a key point of difference from single-incident PTSD.*



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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - to enable some insight, understanding, and discussion around the guidelines you may wish to implement at your practice to better assist your clients given the prevalence of complex trauma.
 - A **download** of the book is available from Blueknot Foundation. Accredited professional development is also available from Blueknot Foundation.
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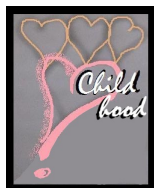
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Section 1: Philosophy & Vision** (extract)
 - Establish service-charters of trauma informed care
 - Emphasize a recovery orientation & establish five foundational principles – ‘**safety**’, ‘**trustworthiness**’, ‘**choice**’, ‘**collaboration**’ and ‘**empowerment**’
 - ...



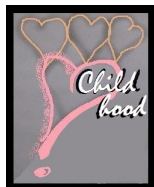
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Section 2: Mapping to practice** (extract)
 - **System Level**
 1. ...
 2. Revise all policies and procedures to incorporate trauma-informed principles
 3. ...



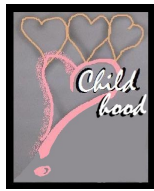
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Section 2: Mapping to practice** (extract)
 - **Service Level**
 - **Step 1:** Identify key formal and informal activities and settings
 - **Step 2:** Ask key questions about each of the activities and settings
 - **Step 3:** Prioritise goals for change
 - **Step 4:** Identify specific objectives and responsible persons



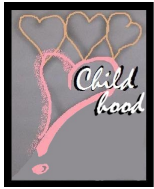
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Trauma-Informed; Organisational) - Summary** – extracted from p12
 - **Domains**
 - **Safety** – Ensure physical & emotional safety
 - **Trustworthiness** – Maximise through task clarity, consistency, and interpersonal boundaries
 - **Choice** – Maximise consumer choice and control
 - **Collaboration** – Maximise collaboration and sharing of power
 - **Empowerment** – Prioritise empowerment and skill building

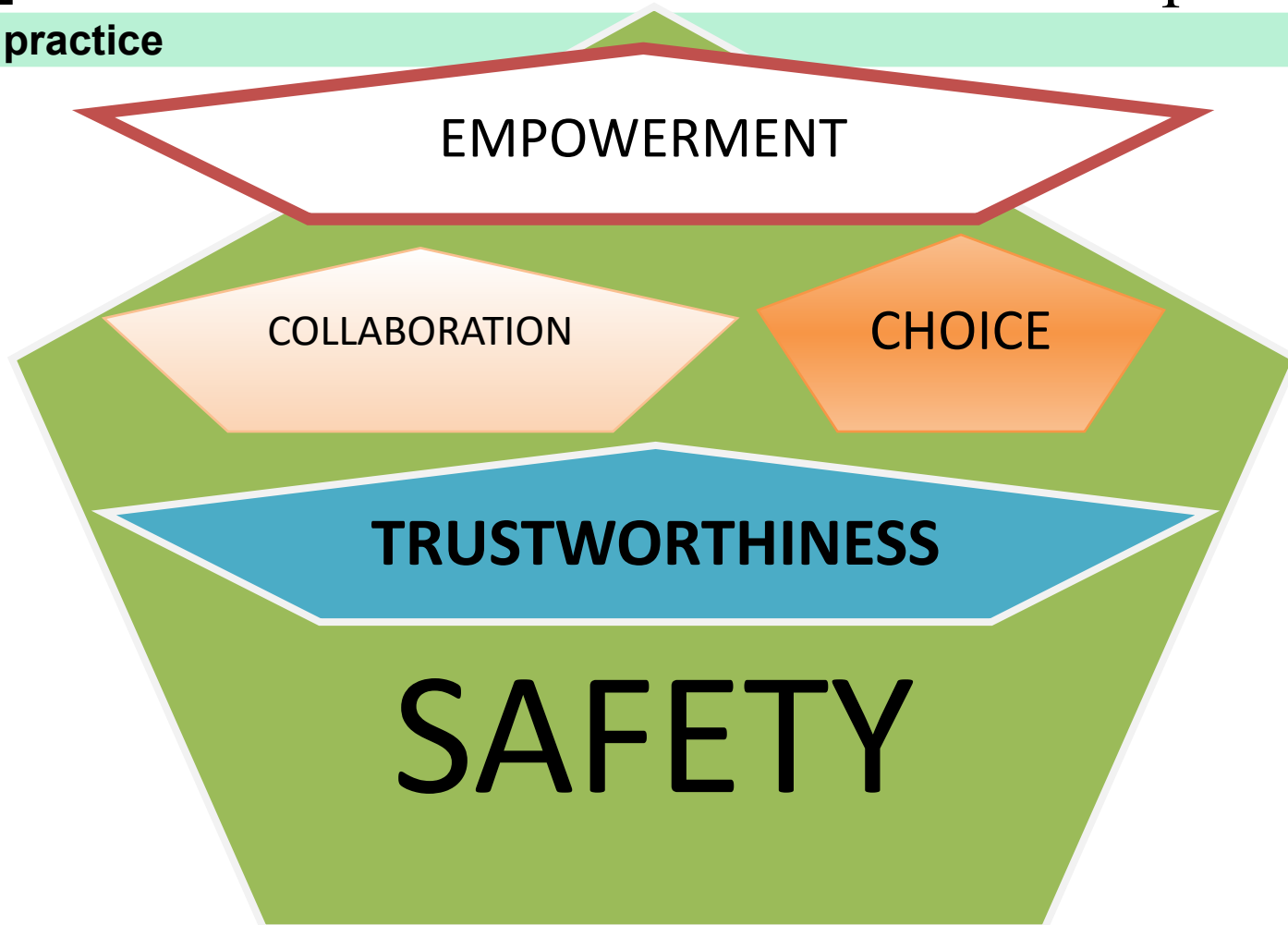


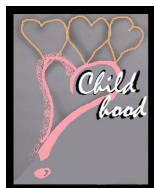
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Complex Trauma

How does it affect YOUR practice?

Your practice





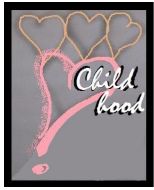
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Complex Trauma

How does it affect YOUR practice?

Your practice

- **Guidelines (Clinical)** – extracted from p4
 - Facilitate client **safety**
 - Recognise the centrality of **affect-regulation** (emotional management; ability to self-soothe) as foundational to all treatment objectives and consistently foster this ability in the client.
 - Attune to **attachment issues** at all times and from the first contact point
 - **Phased treatment** is the ‘gold standard’ for therapeutic addressing of complex trauma, where **Phase I is safety/stabilization**, Phase II processing and Phase III integration. **‘Processing’ of complex trauma is a Stage II task and should not be encouraged in the absence of the foundational self-regulatory work of Phase I.**



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Healing Providing your clients with **options**

Your Clients – Option to heal – Cowra support group

- The group does not seek to replace counselling nor is it about counselling.
 - The group is about **sharing ways of handling daily life which may help someone else to improve their own life.**
 - The support group is a part of the healing network which may or may not suit your client, now, or in the future. **Apply trauma-informed practice principles and allow your clients to choose.**
 - Access via: heal.itmatters.com.au
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