



Quick Facts



Helpful Tips



Resources

Trauma NEWS

'THE MORE HEALTHY RELATIONSHIPS A CHILD HAS, THE MORE LIKELY HE WILL BE TO RECOVER FROM TRAUMA AND THRIVE. RELATIONSHIPS ARE THE AGENTS OF CHANGE, AND THE MOST POWERFUL THERAPY IS HUMAN LOVE.' -BRUCE PERRY

QUICK FACTS

"Internal regulation relates to the child's ability to regulate both physiologically and psychologically. From a physiological perspective, "the body bears the burden." A child who has not had the experience of being settled, loved, and nurtured during times of heightened stress has an internal regulatory system that is not equipped to self-regulate... In other words, **relationship drives brain development.**" Their internal regulatory systems have been compromised and they are ill-equipped to handle stress, pain, or overwhelm. These children live in a **perpetual state of internal dysregulation...** Hence, their behaviors are demonstrative of the internal chaotic world churning inside of them." -Heather T. Forbes

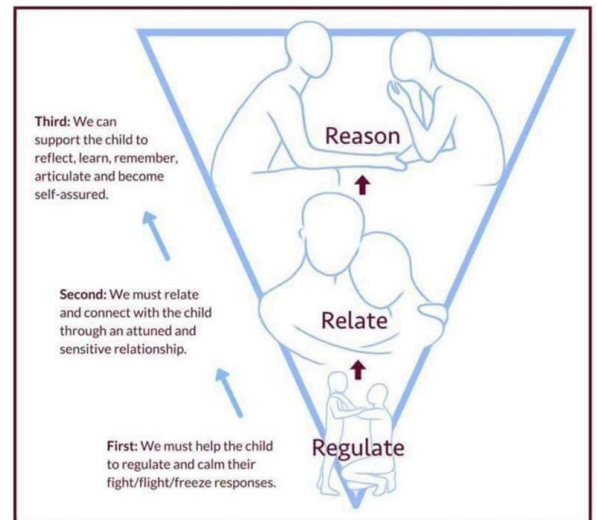
HELPFUL TIPS

Trauma-Informed Phrases:

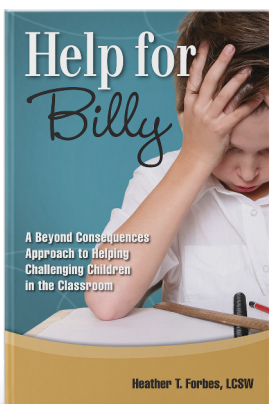
I see you.
 What's happening?
 What do you need?
 How can I help you?
 You're not in trouble.
 It's okay to feel.
 That really set you back, didn't it?
 I'm here. Come sit with me.
 You are safe.
 I'm sorry this is so hard.
 Emotions can be so big, can't they?
 This emotion seems too big to try to hold inside.
 Let's figure this out together.

The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.



RESOURCES

Help for Billy is a pragmatic manual to help guide educators and parents who are struggling with children impacted by trauma. Based on the concept of the neuroscience of emotions and behavior, Heather T. Forbes, LCSW provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning.

<http://store.beyondconsequences.com/help-for-billy/>