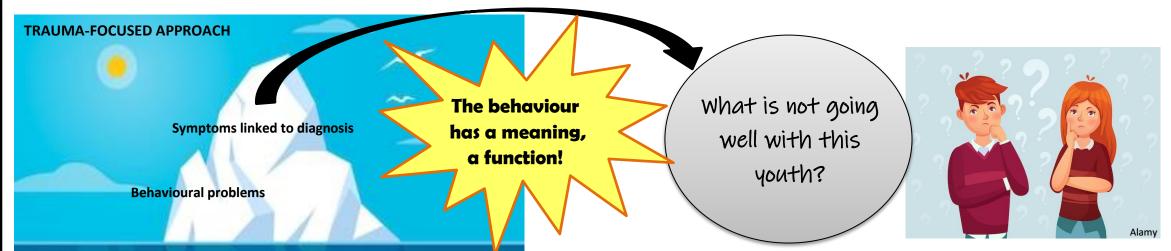
COMPLEX TRAUMA: A NEW LENS



A trauma-focused approach allows us to change our clinical lens and better understand the behaviours of these youths in order to adjust our interventions. When we dive under the water, we see that fear, sense of threat and danger, emotions that are difficult to handle and unmet needs explain a significant amount of their reactions. This highlights the importance of looking at this hidden part.



Physical/sexual abuse

Neglect

Exposure to conjugal violence

Psychological violence

Parent suffering from an addiction

Reject/abandonment/mourning

Multiple displacements

Incarcerated parent

Parent suffering from a mental health issue

INVISIBLE TRAUMAS

TRAUMA INDUCED BY THE SYSTEM

Etc...

Two key questions...

What has happened in their life?

How can we better support, guide and love them?



Geneviève Salvaille, ps.éd. et Lucie Thivierge, T.S, APPR/Conseillères en développement professionnel

Translated by Stephanie Landry T.S., APPR Conseillère en développement professionnel