

COMPLEX TRAUMA: THE INTERVENTION

Three key points of intervention to adopt a new perspective, a trauma-focused approach:



RESPOND TO THE NEEDS

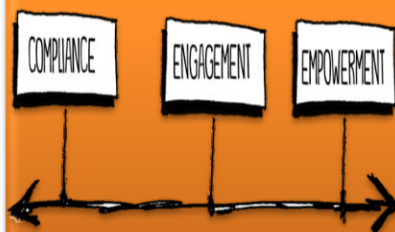
See the need behind the behaviour.
Who holds this youth in their heart?
Who believes in him?



AIM FOR APPEASEMENT

Make relationships and living environments soothing:

- Are the youth's living environments calm and soothing?
- Are they adapted to their needs?
- Are caregivers providing a sense of security?



PROMOTE HEALTHY SELF EMPOWERMENT

Self-determination is a powerful driver for change in all areas of a youth's life.

The ability to act according to one's own will gives a sense of control over one's life and builds self-esteem and self-confidence.



« EACH
EXPERIENCE OF
INTERPERSONAL
RELATIONSHIP IS
AN OPPORTUNITY
TO HEAL ».

COMPLEX TRAUMA: THE INTERVENTION

The **ARC** model of intervention is promising. It is aimed at both children/adolescents and their caregivers. As when building a house, the work is done throughout every floor of the house, building on a solid foundation first. This process is not linear but rather flexible, taking into account the uniqueness of each youth.

