COMPLEX TRAUMA: THE INTERVENTION



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



RESPOND TO THE NEEDS

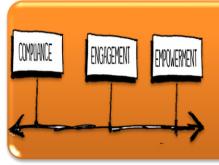
See the need behind the behaviour.
Who holds this youth in their heart?
Who believes in him?



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.

Delphine Collin-Vézina



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



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Canadian Consortium
on Child & Youth Trauma

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.

Develop better communication skills for more positive relationships.

Promote the development of executive functions in daily life and problem solving.

Create opportunities to build a unified, unique and positive self-image.

Favours resilience

Competency

Regulation

3 key interventions to be integrated into all stages of treatment.

Favours resilience

Trauma Experience Integration

The youth learns to live with their story rather than in their story.

Executive Functions

Self-Development and Identity

Relational Connection

Caregiver Affect Management

Engagement Education

Identification

Effective Response

Modulation

Routines and Rhythms

Translated from Collin-Vézina, Delphine (2019). McGill University, adapted from Blaustein et Kinniburgh (2019).

Empathetic adjustment

Attunement

Is carried out in everyday life.

Never force a child to talk
about their traumas.

If they do, welcome them
warmly without judgement
and consider who is the best
person to address this part of
the intervention.

Child

Parent/Caregiving

system

Help the youth become aware of their internal states and those of others.

Help the youth experiment with safe and effective strategies to modulate and regulate their affect and energy level.

Taking care of oneself in order to be available and better able to manage emotions/stress.

To properly DECODE the needs behind the behaviours.

Use adapted, proactive and reflective behaviour management strategies.