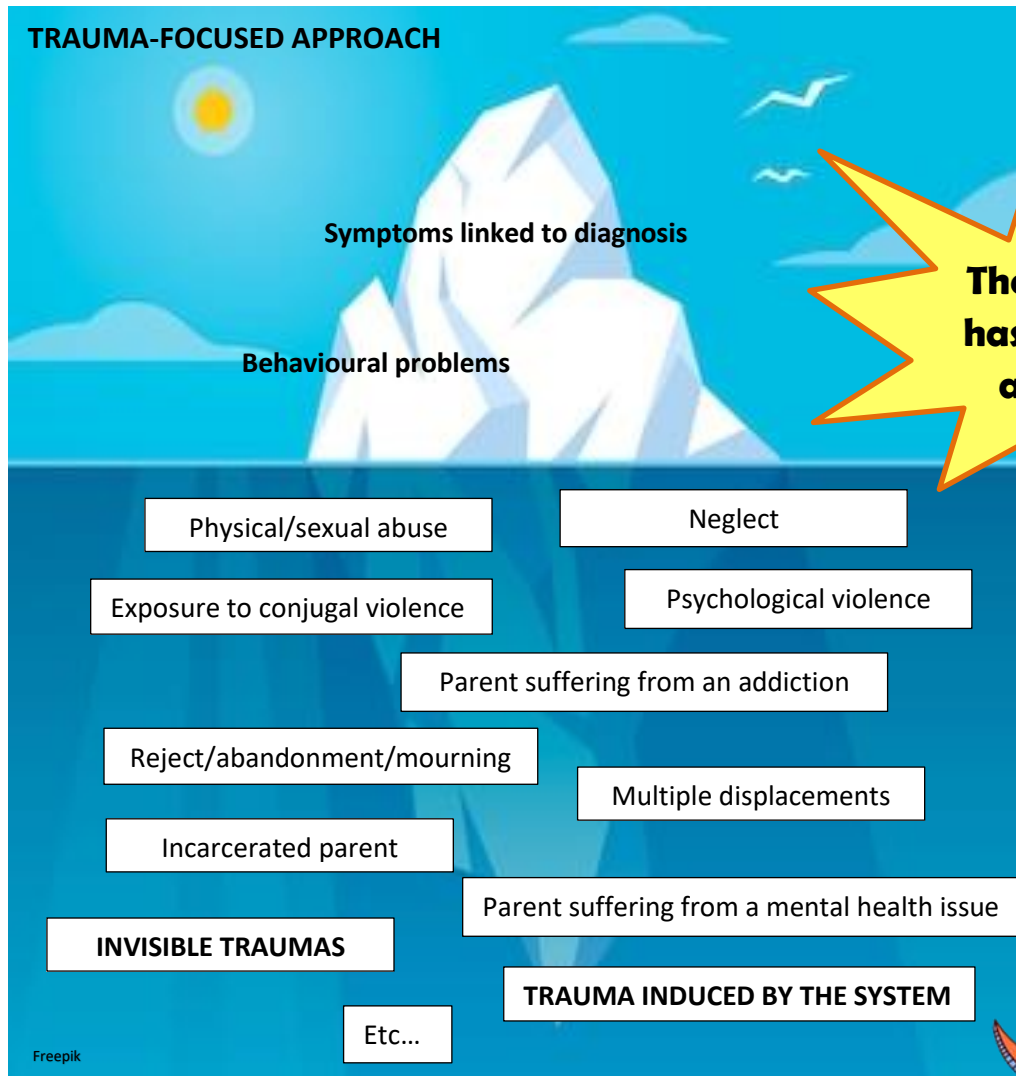


COMPLEX TRAUMA: A NEW LENS

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.**

TRAUMA-FOCUSED APPROACH



**The behaviour
has a meaning,
a function!**

What is not going
well with this
youth?

Two key questions...

What has happened in their life?
How can we better support, guide and
love them?



Alamy



Alamy