

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 them?



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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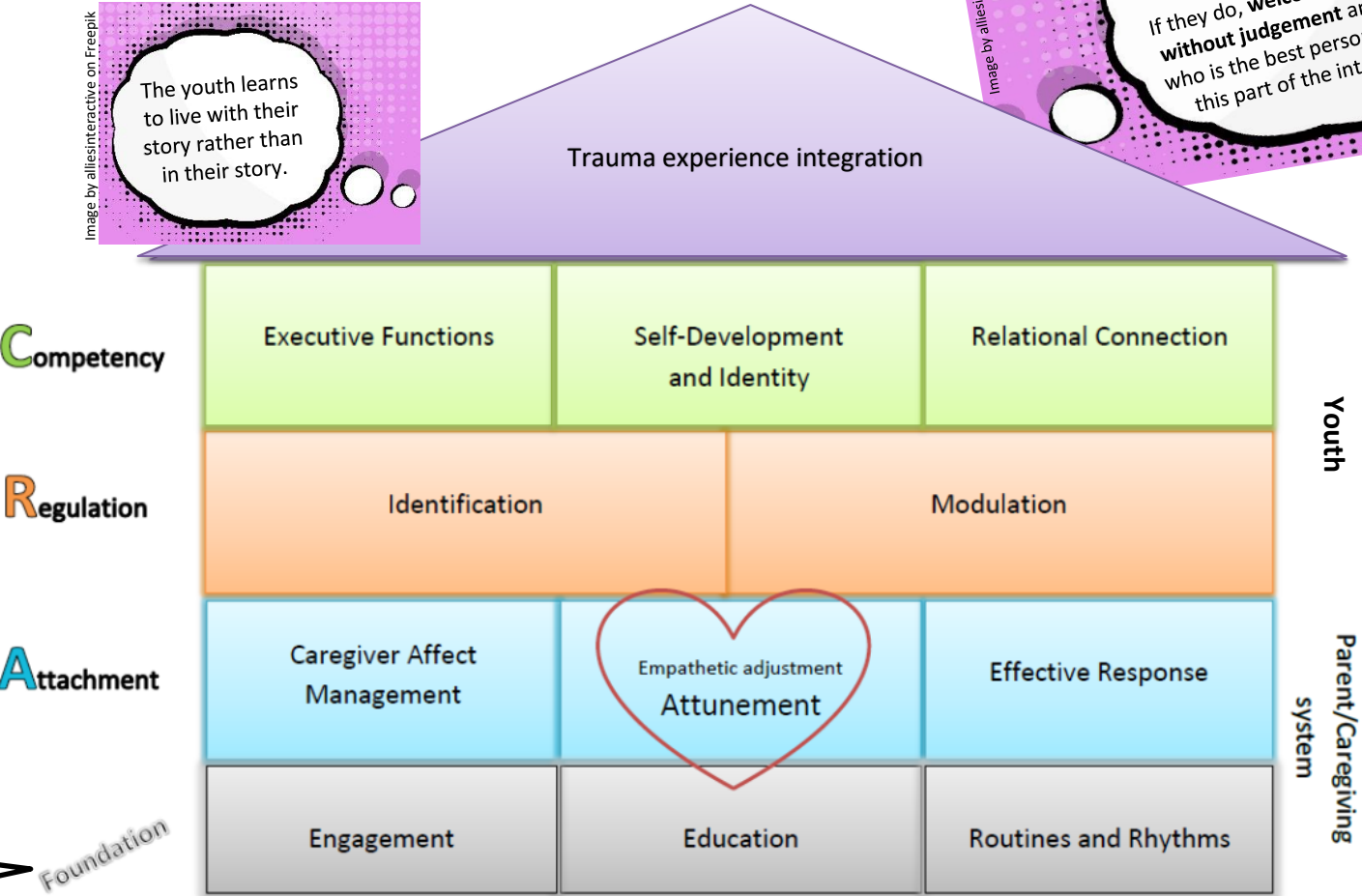
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The **ARC** model of intervention is promising; it has been made for youths and their caregivers. This intervention method is flexible and takes into account the individuality of every youth.

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.



Is carried out in everyday life. Never force a youth 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.

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

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

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.

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

Translated from Collin-Vézina, Delphine (2019). McGill University, adapted from Blaustein et Kinniburgh (2019). p.38