

Supporting children who have experienced trauma online course



About this course

This course uses trauma-informed practice to study the explicit detail and skills of therapeutic engagement. Starting from working with a child who may be reluctant, to identifying children's resilience and strengths and using them as a way to help move children past self-blame and hopelessness.

The course focuses particularly on the beginning stages of work with children, acknowledging that children who have experienced trauma are often ambivalent about engagement, or anxious about sharing details of their stories with practitioners. It explores perspective shifts that practitioners can use to demonstrate curious and collaborative practices with children and their families.

These shifts can support children and their families to experience therapeutic engagement in new ways, opening possibilities to understand their strengths, know-how, and stories of resilience.

Why was this course developed?

This course was developed from practitioner feedback regarding the challenges of working with children who have experienced trauma, particularly those who are anxious or ambivalent to engage. It was developed to showcase effective and skillful early engagement with children who have experienced trauma, to support them to feel confident and hopeful throughout the therapeutic process. The five practice shifts describe ways that practitioners can focus on children's voices, values, and preferences, at all stages of engagement. These shifts were developed from interviews with children regarding what they most wanted from their engagement with practitioners.

How was this course developed?

This course was developed through a comprehensive analysis of trauma literature and collaboration with specialist practitioners who work with children affected by trauma. The practice demonstrations were developed collaboratively with child and family partners and specialist practitioners.

Who is this course for?

This course is designed for all practitioners who work specifically with children who have experienced trauma. This includes GPs, pediatricians, psychiatrists, psychologists, allied health professionals, child protection workers, social workers, child mental health practitioners, and specialist counsellors.

How long does this course take?

This course will take approximately three to four hours to complete and includes fictional case examples and practitioner videos and reflection activities.

You can undertake the course at your own pace, in one sitting or in several sittings.