

CORE TRAINING FOR  
RESOURCE FAMILIES

SESSION THREE  
Trauma informed  
caregiving

*Essential elements 4-7*

ALASKA  
CENTER FOR  
RESOURCE FAMILIES

Written and Produced by the Alaska Center for Resource Families and Funded by the Alaska  
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AK | DFCS

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CHILDREN'S  
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Core training for resource  
families – healing family  
skills

1. Recognize the impact trauma has had on your child.
2. Help your child feel safe.
3. Take care of yourself and manage yourself.



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7 Essential Elements of Trauma Informed  
Caregiving

1. Recognize the impact trauma has had on your child.
2. Help your child to feel safe.
3. Take care of yourself and manage yourself.
4. Help your child to understand and manage overwhelming emotions and difficult behaviors.
5. Respect and support the positive, stable and enduring relationships in the life of your child.
6. Help your child to develop a strength-based understanding of their life story.
7. Be an advocate for your child; promote and support trauma-focused assessment and treatment for your child.

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4. Help your child to  
understand overwhelming emotions;  
and help them manage problem  
behaviors

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## Group activity

- Breakdown
  - Thoughts
  - Feelings
  - Behaviors

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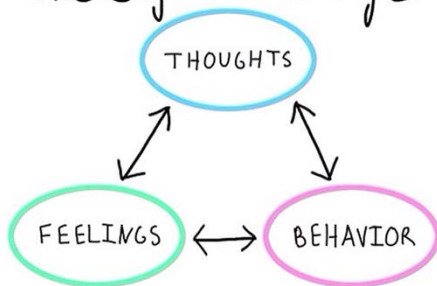
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## The Cognitive Triangle



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## Trauma and the triangle

- Making the connection is difficult for children impacted by trauma
- Often have trouble understanding their own feelings and expressing them appropriately
- May not be good at reading the social cues of others
- May be extremely reactive to perceived threats- easy to trigger
- May not have had good examples of how to handle strong feelings

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## Strategies

- Tune into the emotion and help child identify the feeling.
- Be clear calm and consistent in expressing our own feelings.
- Encourage positive behaviors and provide praise and encouragement.
- Help children understand the connections between their thoughts, feelings and behavior.
- Children need to learn the impact of their own behaviors.



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## Be an emotional container

- Remember the child's invisible "suitcase." This is not really about you.
- Respond calmly but firmly to outbursts. Be willing to tolerate strong emotional reactions.
- Help child identify and label feelings. Suggest ways to express feelings without hurting others.



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## Filling your toolbox

Choose the right  
tool for what you  
want to happen!



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## Teaching or prevention techniques



- House rules
- Routine and structure
- Pre-teaching or role play
- Modeling
- Family meetings
- Good communication
- Predictability

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## Consequences – try it differently next time

- Natural or Logical Consequences
- Earning or Losing Privileges
- Time Out to Gain Control
- Time In to Spend Time with You
- Restitution– Make it Right
- Five Minute Chores



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### Reinforcing techniques – keep doing that!

- Parental Approval, Praise
- Rewards, Earning Privileges
- Charts
- Behavioral Modification System

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5. respect and support positive, stable and enduring relationships in the life of your child.

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It wasn't all bad

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## Help a child sustain enduring relationships



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6. Help your child to develop a strengths-based understanding of their life story.

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## The five questions children need to develop answers to:

- What Happened To Me?
- Who Am I?
- Where Am I Going?
- How Will I Get There?
- When Will I Know When I Have Arrived?



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### Know your resources today's assignment!

- Education resources (special education, special needs)
- Counseling resources
- Medical resources
- Information resources (respite, clothing, knowledge)
- OCS resources

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