



Trauma-informed Practice in Institutional Settings

At the session's completion, participants will be better able to:

- Demonstrate knowledge of the definition, types, prevalence and impacts of institutional child sexual abuse on the mind and body, including links to emotional and physical health problems and why institutional abuse is a form of complex trauma
- Demonstrate knowledge and understanding of the many emotional and behavioural difficulties as 'adaptive' responses to trauma and the neurobiological underpinnings
- Demonstrate knowledge of the 5 principle framework for utilizing trauma-informed practice for organisations and individual practice and an understanding of 'parallel processes' of childhood abuse and institutional dynamics
- The opportunity to develop a plan for improved practice at both individual and organisational levels in accordance with the 5 principles of trauma-informed practice
- Demonstrate knowledge and understanding of the 'window of tolerance' for consumers as a basis for working with affect dysregulation
- Experience the opportunity for experiential learning using role plays in trauma-informed responding to survivors and observing own arousal responses

Who should attend?

All personnel working within institutions of all types and/or within institutions undertaking redress.

This one day interactive training provides the information and skills needed by personnel in diverse roles within institutions, including in provision of redress, to better interact with people who have been directly or indirectly impacted by institutional child sexual abuse.

It is essential to the wellbeing of survivors of institutional child sexual abuse and their families, partners and loved ones that institutions are informed by the ground-breaking research into trauma-informed practice. This includes awareness of the many ways in which the sexual abuse of children by and within institutions has been damaging to survivors in wide-ranging ways.

All engagement with survivors requires all personnel of participating institutions, as well as all their policies and practices, to be trauma-informed. This is because survivors with trauma histories are vulnerable to destabilisation and re-traumatisation when any processes or aspects of interaction replicate elements of the original abuse (as research shows is common when institutional practice is not trauma informed).

The training delineates the prevalence, dynamics and impacts of institutional child sexual abuse, and promotes understanding of survivor coping strategies as these may intersect with institutional dynamics. It also workshops the principles of trauma-informed practice using diverse case scenarios to facilitate positive engagement.

The training also provides participants with insights and tools both to minimise the risks of re-traumatisation in survivors who engage with institutions, including around redress, and to mediate the risks of vicarious traumatisation in staff.