





:practice

Trauma Informed Relationship-Based Recovery Reflection Tool

THIS ACTIVITY CAN BE UNDERTAKEN ON AN INDIVIDUAL OR GROUP BASIS.

Needed for Recovery	Reflect on how you meet this need?	What do you need to change?
 <p>SAFETY Being a safe and trustworthy adult is the key to recovery for traumatised children and young people.</p>	How do you demonstrate that you are safe and trustworthy?	
 <p>CONNECTION Traumatised children and young people need to be connected to culture and spiritual traditions and experience cultural pride.</p>	What do you do to ensure that the children and young people you live or work with are connected to culture and experience cultural pride?	
 <p>UNDERSTANDING Behaviour is always a message about the internal world of the child or young person. Children and young people need the adults in their lives to understand this.</p>	How do you remain curious about the children and young people behaviour and emotional expression?	
 <p>CO-REGULATION Traumatised children and young people can't self-regulate until they attune to a trusted adult who can.</p>	How do you demonstrate your availability to help children and young people co-regulate – how do you attune to the child or young person you live or work with?	

Needed for Recovery	Reflect on how you meet this need?	What do you need to change?
 <p>MAKING SENSE OF THE INNER WORLD</p> <p>Traumatized children and young people can't make sense of the world of feelings and relationships until a trusted adult teaches them how to put words to their experience.</p>	<p>How do you teach the children and young people you live or work with to make sense and understand relationships and their internal world?</p>	
 <p>SELF AWARE ADULTS</p> <p>Traumatized children and young people need adults who are self-aware, calm and able to remain consistent despite opposition</p>	<p>How do you respect attempts to understand the meaning and function of the child or young person's behaviour? How do you carefully and sensitively address the behaviours in the context of relationship-based practice?</p>	
 <p>HOPE</p> <p>Traumatized children and young people need to experience hope in the future.</p>	<p>How do you demonstrate hope in the future for the children and young people you live or work with?</p>	
 <p>KNOWLEDGE</p> <p>New research is emerging all the time and learning from it to develop practice and also builds your own resilience.</p>	<p>Are you committed to keep learning? How do you do this?</p>	
 <p>HEALTHY CARERS</p> <p>Trauma is toxic, and secondary trauma can affect those who live and work with traumatized children and young people.</p>	<p>How effective are you at looking after yourself? What do you?</p>	