

TIPS FOR TRAUMA INFORMED PRACTICE

BARNARDO'S LIVED EXPERIENCE CONSULTANCY



How Did You Get Involved ?

Stacey: We know each other through CLUB. Which Is..

Campaigns

Social Group

Bella: I met Stacey at CLUB and she supported me

Tia: I met Stacey when we were in care together .



Why is it important to involve young people?

Stacey: We can give professionals the true picture. First-hand experience. For example, not being able to use the kitchen.

Tia: Professionals don't know what it's like to be in care. We can tell them.

Bella; I started doing recruitment and then got into training. I love my job. It helps my wellbeing. I was isolated but work gets me out the house



Why Train On Trauma?

Stacey When I was growing up my emotional responses were different. Understanding trauma has helped me with friends and relationships. Trauma training improves communication as workers understand YP. Professionals respond better not angry but understanding. Seeing what's strong. Not labelling YP e.g. as a thief.

Tia. I was labelled O.D.D. I faced stigma. I was told to keep my gender secret. I want to change the system. Workers often unintentionally retraumatise young people if they don't understand

Bella. Trauma affects physically emotionally, how you care for yourself. I struggled but no one knew. Understanding trauma can be life saving



Our Tips for Trauma Informed Practice

Build Peer Support

Let Us Express Ourselves in Art, Music, Poetry and Film



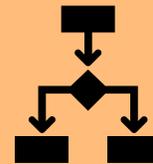
Understand the stigma and discrimination we face

Let us know you are human with struggles of your own



Earn our trust, we need someone on our side

Stop thinking "What's Wrong With You?" Start thinking "What's Strong In You?"



Give us as much choice and control as possible

In Our Training We Use Life Stories

Stacey. To explain the TIP “Think What’s Strong In You. Not What’s Wrong” I share the story of when I was homeless and selling contract phones

Bella To explain the TIP “Understand the stigma and discrimination we face” I explain how I have been bullied throughout my life



In Our Training We Use Workshop Activities

Stacey. For Example



We Make Our Own Films

Stacey. Here is a film about trauma set in a Doctor's appointment

<https://www.youtube.com/watch?v=oAUwVLCjjq0&t=1s>

