

Trauma

Background Notes

Trauma is a common thread that carries throughout the work of the child welfare worker. Both children and their parents, as well as extended family, have experienced severe trauma in their lives. Frequently workers will encounter responses from parents that are a result of the trauma they have experienced in their lives, either responding by shutting down or fleeing or fighting back in a way that is difficult for a worker to manage. Understanding how trauma affects people, particularly the family you are dealing with in the moment, is critical to success and pinpointing the correct resources for the family you and working with.

Tasks / Assignments:

- Go to the National Traumatic Stress Network:
<http://www.nctsn.org/>
- Explore the resources for parents and caregivers
- Explore the resources for professionals
- Read the definitions for various trauma types particularly focusing on complex trauma and domestic violence.
- Read about the treatments that work
- Locate the information designed for Child Welfare
- Talk to your Supervisor about the Trauma Informed Practice Strategies for Child Welfare Caseworkers training offered through PSU's Child Welfare partnership and find out when this training fits into your training plan.

Discoveries:

- *What resources would you share with parents and caregivers?*
- *What treatments work for children and families with trauma?*
- *What resources do you have in your community to access those effective treatments?*
- *What did you learn that will be helpful in your work with children, families and caregivers?*