

What is early trauma and why does it matter?

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Heather Forbes

“Any situation or event that leaves a child feeling overwhelmed and alone needs to be considered as trauma.”



BIG & SMALL TRAUMAS

BIG T

- BEREAVEMENT
- SERIOUS ILLNESS:
CHILD/PARENT/SIBLING
- ACCIDENT
- DOMESTIC VIOLENCE
- SEXUAL ABUSE
- NEGLECT/EMOTIONAL ABUSE
- HOMELESSNESS
- SUBSTANCE DEPENDENT
PARENTS

SMALL T

- LACK OF EMOTIONAL
CONNECTION
- CONTROLLED CRYING
- DIFFICULT BIRTH
- MULTIPLE HOME MOVES
- HIGHLY ANXIOUS
PARENTS
- HARSH PARENTING
- PARENTS DISTRACTED:
SCREENS/TRAUMA/
- FAMILY BREAKDOWN

Trauma stored in the body – sensory



You don't HAVE to know

- What has happened to them
- What their 'triggers' are
- What to say



For children & adults - You do need to...

- Be in a place of 'compassionate curiosity'
- Well regulated in body and emotions
- Prepared to go slowly
- Willing to 'hold a safe space'
- Able to repeat, repeat, repeat
- Full of aspiration and hope



When does the 'Trauma Thermostat' get set?





Need:
Cold
Lonely
Hungry



Response



No response
Scary response



Stress goes away
Relax



I matter
I feel safe



Ongoing stress
Sets stress response level

Lack of **MATTERING** activates **SURVIVAL**



The Good News!

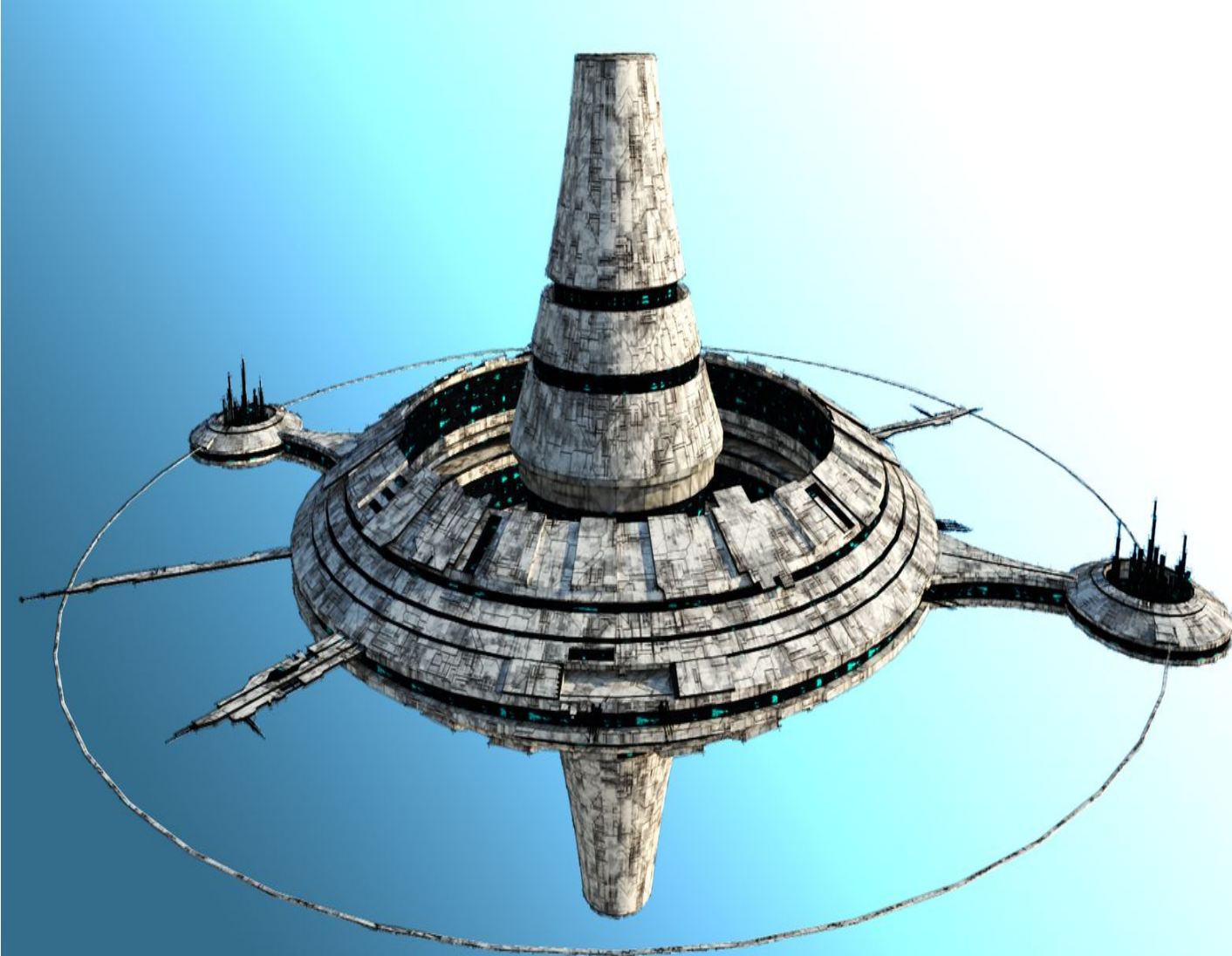


“Relationships matter: the currency for systemic change was trust, and trust comes through forming healthy working relationships.

People, not programs, change people.”

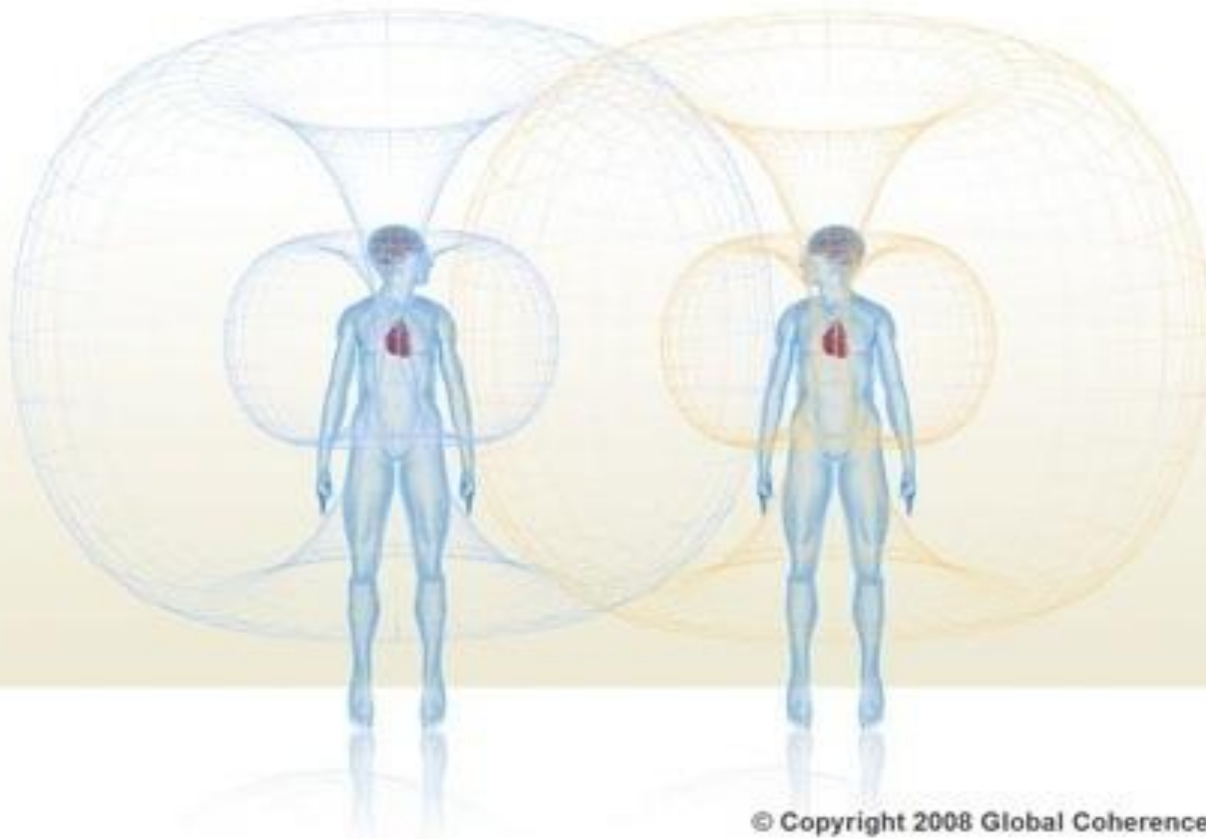
Bruce Perry

Connection = Regulation

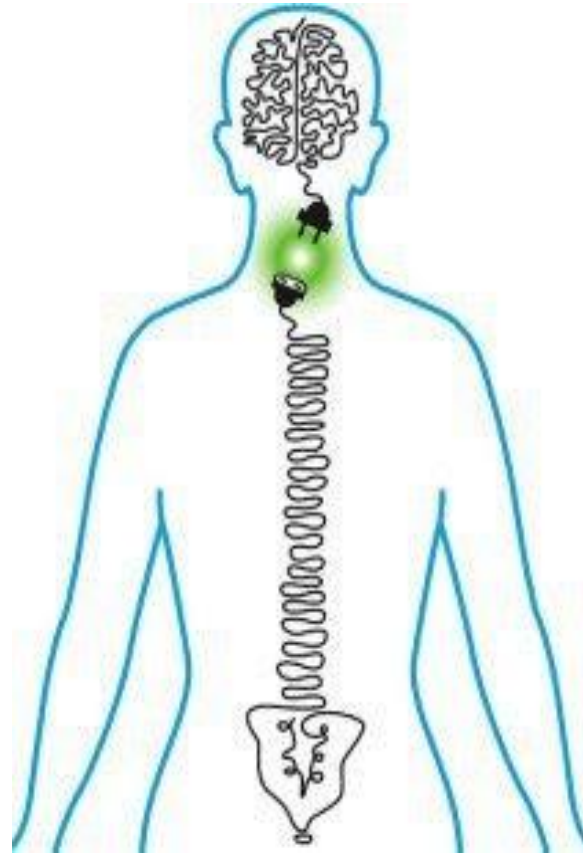


Working with trauma – bodies read bodies

The heart radiates an electromagnetic field affecting each others' moods, attitudes and feelings - whether we are conscious of it or not.



Regulation lies in body-brain connection



Ways to regulate & keep well



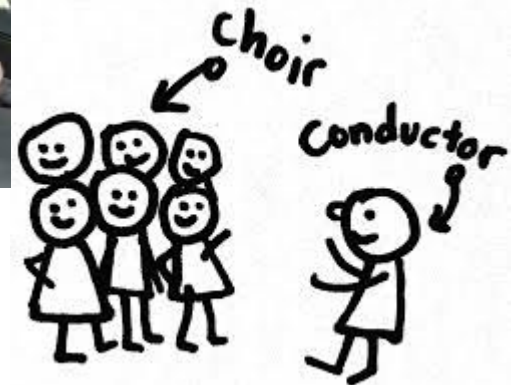
HAPPINESS IS



...catching up
with old friends.

Facebook.com/itsaboyyy

itsaboyyy.com



Before you go near a client BEGOS!

- **B**reathe
- **E**mootional state
- **G**round
- **O**pen heart
- **S**mile

Smile



My books to support children

HOW ARE YOU FEELING TODAY BABY BEAR?

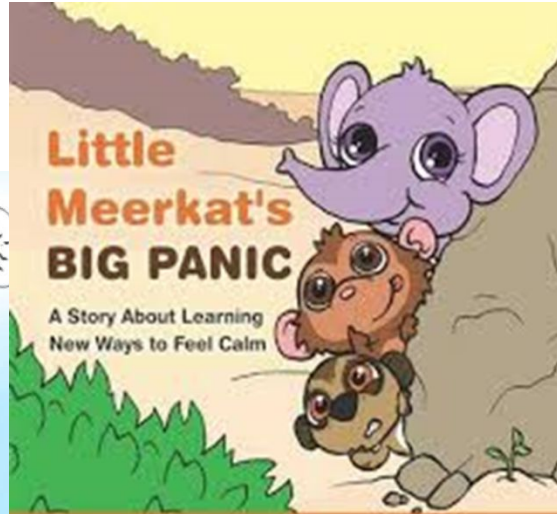
Exploring Big Feelings After Living in a Stormy Home



Jane Evans Illustrated by Laurence Jackson

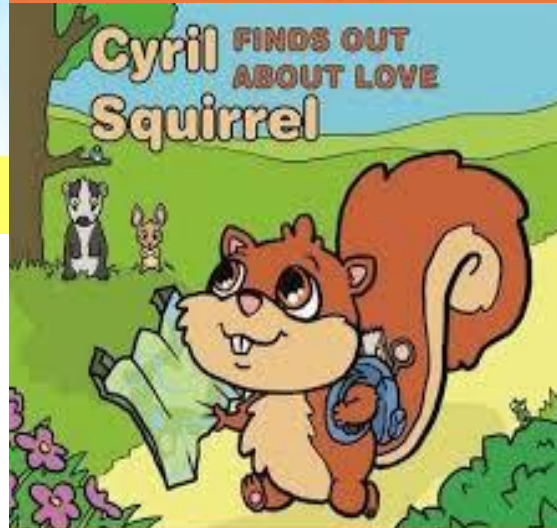
Little Meerkat's BIG PANIC

A Story About Learning New Ways to Feel Calm



Jane Evans Illustrated by Izzy Bean

Cyril FINDS OUT ABOUT LOVE Squirrel



Jane Evans Illustrated by Izzy Bean

KIT KITTEN AND THE TOPSY-TURVY FEELINGS

A Story About Parents Who Aren't Always Able to Care



Jane Evans Illustrated by Izzy Bean

Taming & Tending Your Meerkat Brain - TEDxBristol





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