

The Impact of Trauma on Child Development

Minnesota Coalition for Targeted Home Visiting Webinar

May 3, 2018, 9-11 a.m.

Presenters: Dr. Katie Lingras and Dr. Becca Starr

Discussion Guide Questions:

1. Consider how your own cultural background impacts your experience/understanding of trauma in young children. What biases do you note? What personal experiences might be relevant?
2. Discuss the ACEs pyramid – what information is added to your understanding by the new ‘foundational/underlying levels’ presented?
3. Reflect on your experience of identifying your own ACEs and protective factors. How does this change your understanding of ACEs? How does this impact your views/ideas about families and children experiencing ACEs?
3. Discuss the different types of stress and define traumatic/toxic stress. What might trauma look like in young children?
4. Consider the families that you work with – do any fall into the ‘greater risk’ category based on their background/population? What protective factors are present? What protective factors could you work on strengthening with them?
5. Discuss the difference between traumatic experiences and traumatic stress/PTSD. Why is this an important distinction?
6. Describe the impact of traumatic stress on biology/neurobiology. Practice using the ‘hand model’ as a tool for your explanation.
7. Discuss the impact of trauma on behavioral and emotional functioning. Identify a time that you witnessed a behavior that on the surface looked like ADHD, defiance, anxiety, or Autism but could have been trauma. What do you notice, looking back, that makes you think this? (Consider the components of a trauma lens).
8. How might trauma impact a caregiver’s ability to parent?
9. Practice describing or discussing the impact of trauma to a parent who does not have any background in this area.
10. What information and perspectives would you want to gather if you suspect that a child has experienced trauma and/or is experiencing a traumatic stress reaction/PTSD?

11. Identify some strategies for supporting children and families who have experienced trauma. Discuss how you will begin to implement these strategies in your next visit.

12. Identify a co-worker or supervisor who you can speak with about your cases. Discuss those that involve trauma and your own responses to this experience. Identify some self-care strategies to address your own experience/mental health!