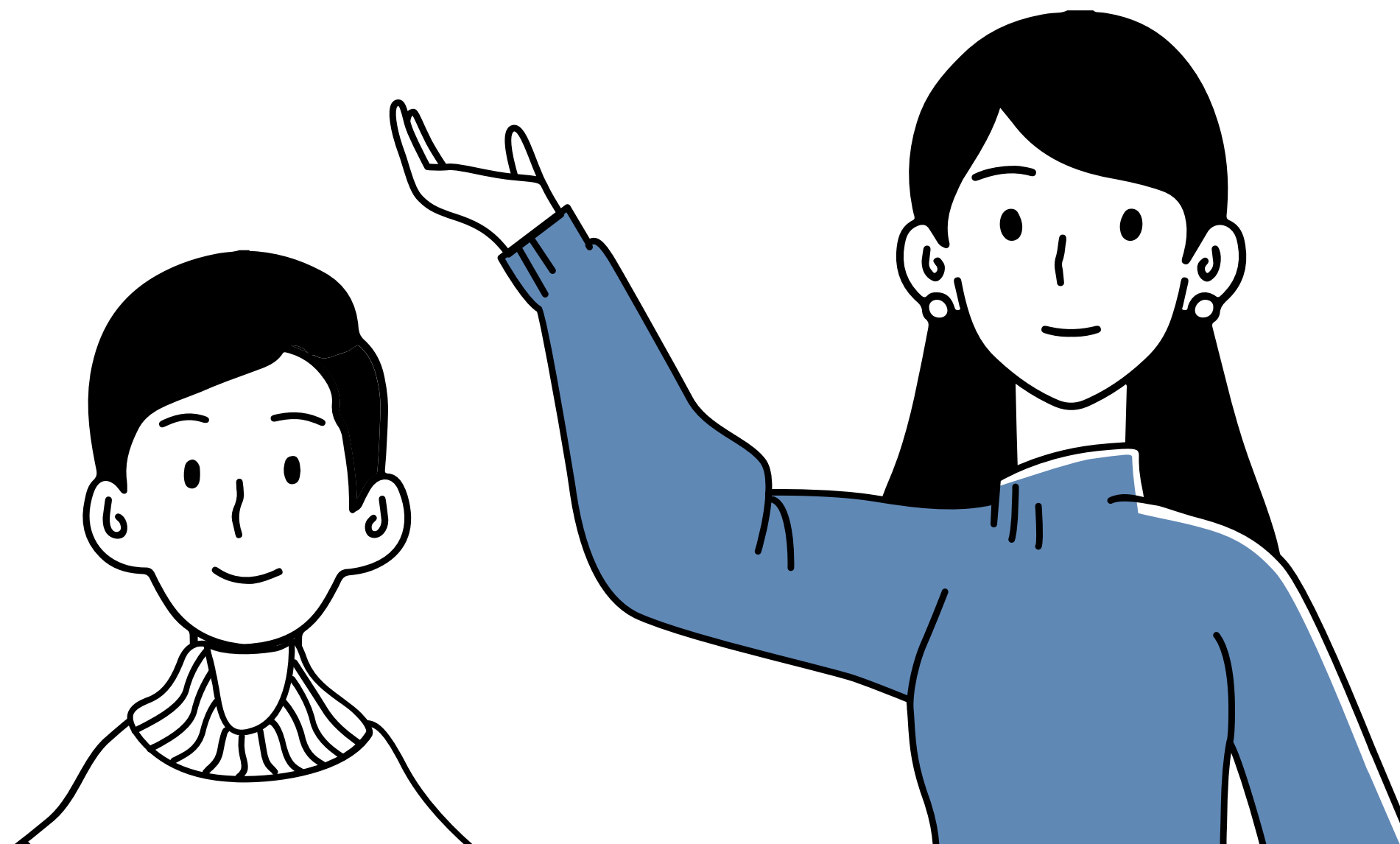


Supporting Refugees






WHAT IS TRAUMA?

Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individuals' functioning and mental, physical, social, emotional, or spiritual well-being (SAMHSA, p. 7, 2014)

Trauma Symptoms — Across Ages

STOMACH ACHES, HEADACHES	CRYING A LOT	FEAR OR ANXIETY	SADNESS OR IRRITABILITY	THOUGHTS ABOUT THE TRAUMATIC EVENT THAT WON'T GO AWAY
AVOIDING THINKING OR TALKING ABOUT ANYTHING THAT REMINDSTHEM OF THE TRAUMATIC EVENT	ACTING AS IF THE EVENT IS HAPPENING RIGHT NOW (WHEN IT IS SOMETHING THAT OCCURRED IN THE PAST)	TROUBLE MANAGING BEHAVIOUR OR EMOTIONS	PAINS IN THE BODY THAT DON'T SEEM TO HAVE A PHYSICAL CAUSE	HOPELESSNESS
NIGHTMARES	TROUBLE PAYING ATTENTION	TROUBLE FALLING ASLEEP, OR SLEEPING TOO MUCH	GETTING UPSET WHEN THINGS HAPPEN THAT REMIND THEM OF THE TRAUMATIC EVENT	LACK OF DESIRE TO PLAY WITH OTHERS OR TAKE PART IN ACTIVITIES THAT THEY USED TO ENJOY


Trauma Symptoms – Preschool

BED WETTING	TROUBLE SEPARATING FROM THEIR PARENTS	NOT PLAYING WITH OTHER CHILDREN THEIR AGE
AGGRESSIVE BEHAVIOUR LIKE HITTING, KICKING, THROWING THINGS, OR BITING	TEMPER TANTRUMS	REPETITIVE PLAYING OUT OF EVENTS RELATED TO TRAUMA EXPOSURE
ACTING YOUNGER THAN THEIR AGE	THUMB SUCKING	

Trauma Symptoms – Primary School

CHANGES IN THEIR BEHAVIOUR SUCH AS AGGRESSION, ANGER, IRRITABILITY, WITHDRAWAL FROM OTHERS, AND SADNESS	FEAR OF SEPARATION FROM PARENTS
TROUBLE AT SCHOOL	FEAR OF SOMETHING BAD HAPPENING
TROUBLE WITH PEERS	DIFFICULTIES CONCENTRATING AND COMPLETING TASKS

Trauma Symptoms – Upper Primary/ Secondary

A SENSE OF RESPONSIBILITY OR GUILT FOR THE BAD THINGS THAT HAVE HAPPENED	PROBLEMS IN RELATIONSHIPS INCLUDING PEERS, FAMILY, AND TEACHERS	DEPRESSION
FEELINGS OF SHAME OR EMBARRASSMENT	CHANGES IN HOW THEY THINK ABOUT THE WORLD	BEHAVIOURS WHICH ADULTS FIND CHALLENGING – MAY BE IMPULSIVE, RECKLESS
FEELINGS OF HELPLESSNESS	LOSS OF FAITH	

Resources

Videos/ Podcasts/Films

Links, Websites, and Podcasts | Safe Hands Thinking Minds – videos, podcasts and webinars

Betsy de Thierry – YouTube – a range of short videos around supporting children with trauma

An introduction to a sensory, soothing, regulating, calming, grounding box by Dr Karen Treisman – YouTube – how to make a sensory/grounding box

8 educational resources to better understand the refugee crisis (amnesty.org) – to help classmates understand refugee experiences – film plus downloadable resources

Resources For Supporting Refugee and Asylum Seeking Children | YoungMinds – film plus downloadable resources

<https://www.youtube.com/watch?v=Aa3o7vWG93w> [Second a Day Video] – a short video to increase awareness on what a refugee child may experience

Resources

Books and creative resources

Creative Resources | Safe Hands Thinking Minds – links to lots of practical and creative resources from Karen Treisman, one the main experts in trauma

The Color Monster: A Story about Emotions : Llenas, Anna: Amazon.co.uk: Books

Trauma Recovery Resources — Trauma Recovery Centre (trc-uk.org) – lots of suggestions including books and creative resources to help children with their emotions

Resources — Betsy Training UK – resources around trauma

Resources

Downloadable

The Colour Monster – Classroom Resources by Teacher's Pet (tpet.co.uk)

[download.asp](#) (glenfieldschool.co.uk)

The Emotion Wheel [Images + How to Use It] – Practical Psychology (practicalpie.com)

Emotion wheels – ELSA Support (elsa-support.co.uk)

Resources

Whole class/school approaches to support emotional wellbeing

THE ZONES OF REGULATION: A CONCEPT TO FOSTER SELF-REGULATION & EMOTIONAL CONTROL – Welcome

The ZONES of Regulation® (stnicolasmary.w-sussex.sch.uk)

Emotion Coaching Resources for Professionals (emotioncoachinguk.com)

SIGNPOSTS TO READING



Karen
Treisman

Babette
Rothschild

Shawn
Ginwright

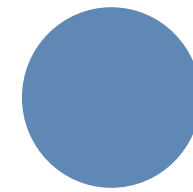
Betsy
deThierry

Kim S.
Golding

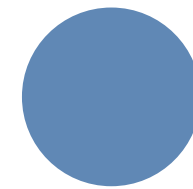
Bessel
van der
Kolk

Quick YouTube videos about trauma

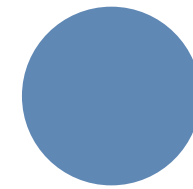
Karen Treisman



<https://youtu.be/tVw6naHFLKc>
discussion about survival strategies



<https://youtu.be/8pBkXbCP3Q4>
every interaction can be an
intervention



<https://youtu.be/9XyxqWiqLkO>
creating a calming box

**“I am more than
what happened
to me...I’m not
just my
trauma”**

