

TRAUMA and LEARNING



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1. WHAT IS IT?

Child Abuse is often traumatic. Today, child abuse is frequently referred to as “child maltreatment.” While exact definitions may differ, professionals generally recognize 4 types of child maltreatment:

1. Neglect
2. Physical Abuse
3. Sexual Abuse
4. Emotional Abuse

In addition, events that do not involve child maltreatment can be very traumatic to children experiencing them. These “life experience” events include:

- Death of a parent, sibling or caretaker
- Separation from parent or caretaker
- Relocation
- Disaster
- Other

ITINERARY

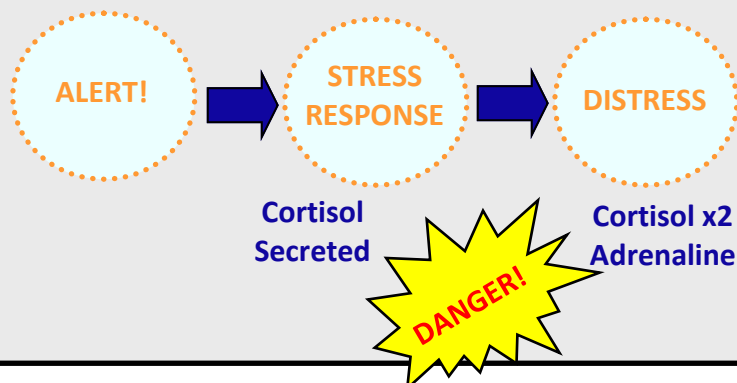
1. WHAT is it?
2. HOW does the brain respond?
3. WHAT can we do?

2.

HOW DOES THE BRAIN RESPOND?

- Trauma in childhood may lead to psychiatric problems that can emerge in childhood, adolescence or adulthood.
- These psychiatric vulnerabilities result from the brain’s response to the traumatic stress.

3 Stages of the Stress Response (Amygdala Driven)



How does traumatic stress influence the developing brain? (in two big ways!)

1. The child’s stress response system is exaggerated and prolonged.
2. The child’s brain organs change size.

3.

WHAT CAN WE DO?



"Safety Comes"



- Body Awareness
- Emotional Awareness
- Behavior Selection

Build Self-Regulation Skills



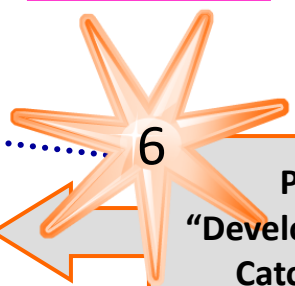
Repair and Strengthen the Caregiver-Child Relationship (Make Home Visits!)



Enhance Executive Function Skills (and Promote Enrichment)



Teach Stress Management Skills



Play "Developmental Catch-up"



Focus on Competency



Instill Hope