

## HEALING HEARTS = STRONG KIDS



### Supporting children affected by trauma, using a Positive Behaviour Support approach

A strength-based program delivered non-judgmentally to ensure a NO BLAME NO SHAME approach.

It's designed to build an understanding of trauma-related challenging behaviours and develop skills and knowledge of appropriate responses, so adults feel confident in supporting children.

The 6 modules include:



1 Understanding trauma and its effect on brain development.



4 Building Children's Skills: to help support and promote future recovery.



2 How the impact of trauma on the brain affects children's behaviour and relationships.



5 Working together to create safe supportive environments for children.



3 Building attachments and developing appropriate responses to challenging behaviours.



6 Applying a positive behaviour support approach to children affected by trauma.

This program can be delivered face-to-face or virtually. It can be tailored to meet the individual needs of your community.

For further information please contact [fish@onetree.org.au](mailto:fish@onetree.org.au)

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## FEEDBACK

- “ The videos were really great and made it easy to see in a visual way. The content was very relatable for anyone working with children and families.”
- “ I thought these sessions were amazing. Quite often trauma training is too bogged down with parts of the brain and it's hard to understand and remember, this broke it down in an easy-to-understand way.”
- “ The presentation was clear and presented in an order that made it easy to understand.”
- “ I felt that this was straight to the point and informative and that we learnt something. I would definitely recommend this to any service!”
- “ Great presentation! This program needs to be delivered to all staff members in the service. Parents need to have access to this program also.”
- “ Awesome! So clearly spoken and easily understood. Absolutely loved your explanation of plasticity being like moulding playdough!”