



SUZIE'S SUPERPOWERS

FINDING LIGHT IN THE DARKNESS



KIA ORA

FROM MIRROR SERVICES







shutterstock.com · 1132616255



shutterstock.com · 1273059046





**“A PICTURE IS WORTH A
THOUSAND WORDS”**

-ALBERT EINSTEIN

The background of the image is a photograph of a cluttered drawer. Inside the drawer, there are several items: a pair of black sneakers with white laces, a green jacket, a blue and white checkered shirt, a white sock, and a blue and white polka-dot bag. The drawer is made of light-colored wood. On the left side of the image, there is a decorative graphic consisting of a solid blue vertical bar and a wavy, light blue line that curves around it. Overlaid on this graphic is the text 'THE MESSY DRAWER' in a large, white, bold, sans-serif font.

THE MESSY DRAWER

Withdrawn

Compliant

Needy

Independent

Poor Self-regulation

Self-harm

Disrupted sleep & appetite

Before



Explosive

Controlling

Manipulative

Violent

Oppositional

Defiant

Confrontational





BEHAVIOUR IS NEVER THE PROBLEM

IT IS THE SYMPTOM OF THE PROBLEM

IT IS THE COMMUNICATION OF THE PROBLEM

(JENNIFER KOLARI)

**BEHAVIOUR TELLS A
STORY IT IS THE MAP TO
THE INNER WORLD**

(DR KAREN TREISMAN)

CHILDREN AND YOUNG PEOPLE COME TO COUNSELLING



TO EXPLORE THEIR
FEELINGS AND THEIR
THOUGHTS



PROCESSING AND
INTEGRATION OF THE
“MESSY DRAWER”



SORTING, SIFTING
THROUGH AND
THROWING THINGS OUT



After



Soothing the Stress and defence systems

Reduction of Emotional and explosive outbursts

Strengthening Secure and safe attachments

Improving relationships at home and school

Regulate, relate, reason, learn

CHILDREN AND YOUNG PEOPLE ACCESS COUNSELLING TO BE **SEEN** AND **HEARD**

TRAUMA IS NOT
WHAT IS WRONG WITH YOU?
It's what's happened inside you



THE QUESTION WE ASK IS
WHAT HAS HAPPENED TO YOU?
WHAT IS YOUR STORY?



TRAUMA IS A WHOLE-BODY EXPERIENCE

- Trauma can be unspeakable/be wordless
- Trauma may have occurred when a child is pre-verbal.
- Trauma is a whole body and brain multi-sensory experience
- Interventions need to be whole body and brain.

(Dr Treisman, K, 2019)

MULTI-SENSORY INTERVENTIONS

- Support's children to have a visual voice
- Relational, supports co-regulation and co-construction
- Provides relief, release's expression, allows children to externalise, to have space & distance
- Creativity helps children to have & feel more agency and mastery
- Less exposing and threatening

(Dr Treisman, K, 2019).





FAMILY HARM ADVISORY

70% of those households with violence children are also direct victims of some form of violence (areyouok.org.nz)

Police register a new family violence investigation nearly every five minutes.

Family violence accounts for more than half of all violent crime reported in New Zealand (pmgt.org.nz)

6 men, 14 women and 10 children are killed by a member of their family.
(Women's Refuge)

EXPOSURE TO FAMILY HARM

CAN CHANGE THE WAY CHILDREN
THINK, FEEL AND ACT FOR THE REST
OF THEIR LIVES

(WOMENS REFUGE)





ADVERSE CHILDHOOD EXPERIENCES (ACES)

ACEs represent a significant portion of the presenting issues we see in children, young people, and the families that utilize our counselling service.

Often multiple coexisting ACEs within each person.

Common amongst all populations and demographics.



THE ACE STUDY

ACEs have derived from the ACE STUDY conducted through the Center for Disease Control (CDC) and the Kaiser Permanente Health Clinic in San Diego, California. The study looks at the influence and impact of stressful and traumatic childhood experiences on the origins of behaviors that underlie leading causes of disability, social and emotional problems, health related behaviours and causes of death.

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

ABUSE

- PHYSICAL
- EMOTIONAL
- SEXUAL

NEGLECT

- PHYSICAL
- EMOTIONAL

HOUSEHOLD CHALLENGES

- THE MOTHER BEING TREATED VIOLENTLY
- SUBSTANCE ABUSE IN THE HOUSEHOLD
- MENTAL ILLNESS IN THE HOUSEHOLD
- PARENTAL SEPARATION OR DIVORCE
- HOUSEHOLD MEMBER THAT HAS BEEN INCARCERATED

SUZIE'S ACES

ABUSE

- **PHYSICAL**
- **EMOTIONAL**
- SEXUAL

NEGLECT

- PHYSICAL
- **EMOTIONAL**

HOUSEHOLD CHALLENGES

- **THE MOTHER BEING TREATED VIOLENTLY**
- **SUBSTANCE ABUSE IN THE HOUSEHOLD**
- **MENTAL ILLNESS IN THE HOUSEHOLD**
- **PARENTAL SEPARATION OR DIVORCE**
- **HOUSEHOLD MEMBER THAT HAS BEEN INCARCERATED**

SERVICE GOALS

Identify, understand, and mitigate the immediate and long-term effects of the ACEs. Help Suzie feel safe.
Educate grandma on the impact of Suzie's trauma. Reduce violent behavior. Listen to Suzie's story.



STEP 1

STRENGTHEN ATTACHMENT
TO GRANDMA.



STEP 2

EMOTIONAL EDUCATION
AND REGULATION. DEVELOP
COPING SKILLS.



STEP 3

IDENTIFY AND EMPOWER
STRENGTHS.



STEP 4

GRADUAL PROCESSING OF
TRAUMA.

INTERVENTION

- AGE
- TEMPERMENT
- PERSONALITY
- BEHAVIOUR



MULTI-SENSORY



STRENGTHS



TF-CBT



THE GROUNDWORK



BUILDING A SENSE OF SAFETY.



UNDERSTANDING THE TRAUMA.



CONNECTION AND CONSISTENCY



MULTI-SENSORY WORK



EDUCATION





USING OUR SENSES

LET'S TRY IT OUT!

The background of the image is split into two panels. The left panel shows a young child with curly hair, seen in profile, blowing bubbles. The right panel shows a hand holding several colorful, spiky pom-poms in shades of pink, blue, green, and orange. The text is overlaid on both panels.

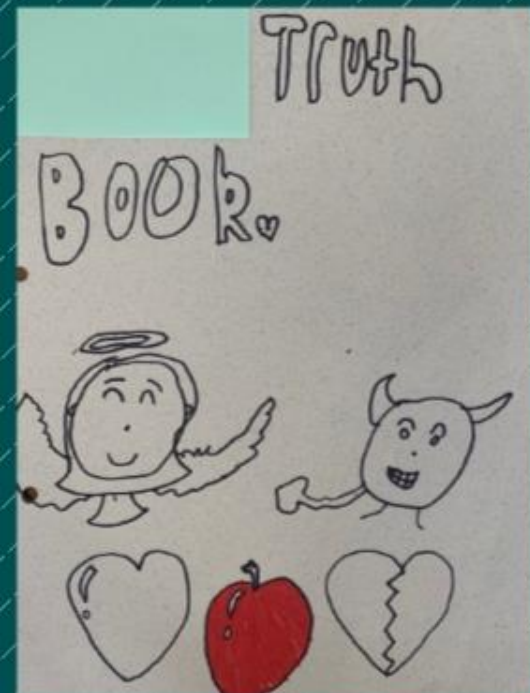
SENSORY TOOLBOX

A COLLECTION OF ITEMS THAT CAN BE USED TO
PROMOTE REGULATION BY STIMULATING THE
CHILD'S SENSORY SYSTEM.



FIRE-STYLE'S JOURNEY THROUGH

THE TRUTH BOOK



01

WHO IS THE
SUPERHERO?

02

WHAT DO THEY
LOOK LIKE?

03

WHAT ARE THEIR
POWERS AND
ATTRIBUTES?

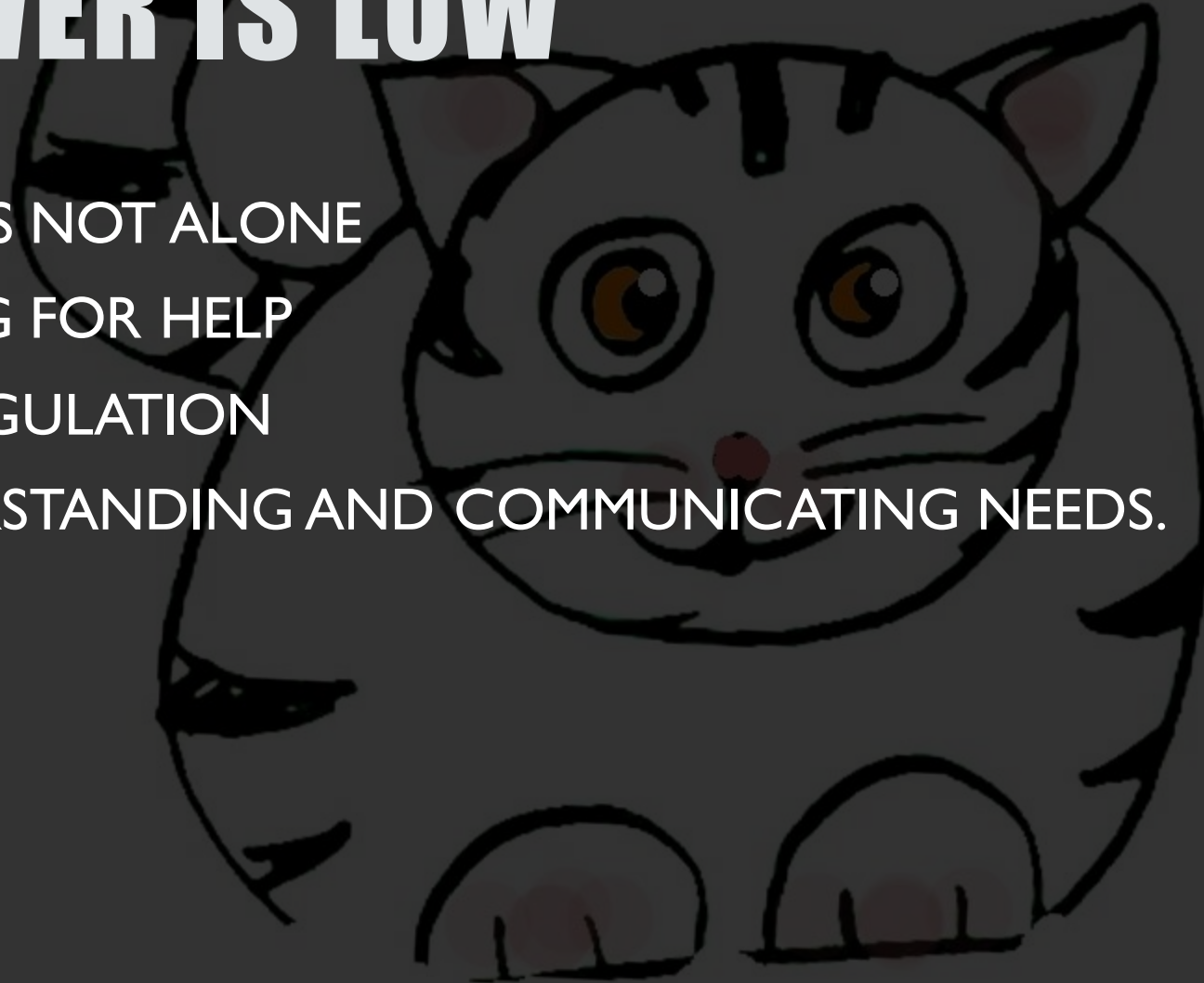
FIRE-STYLE'S JOURNEY THROUGH TOUGH TIMES

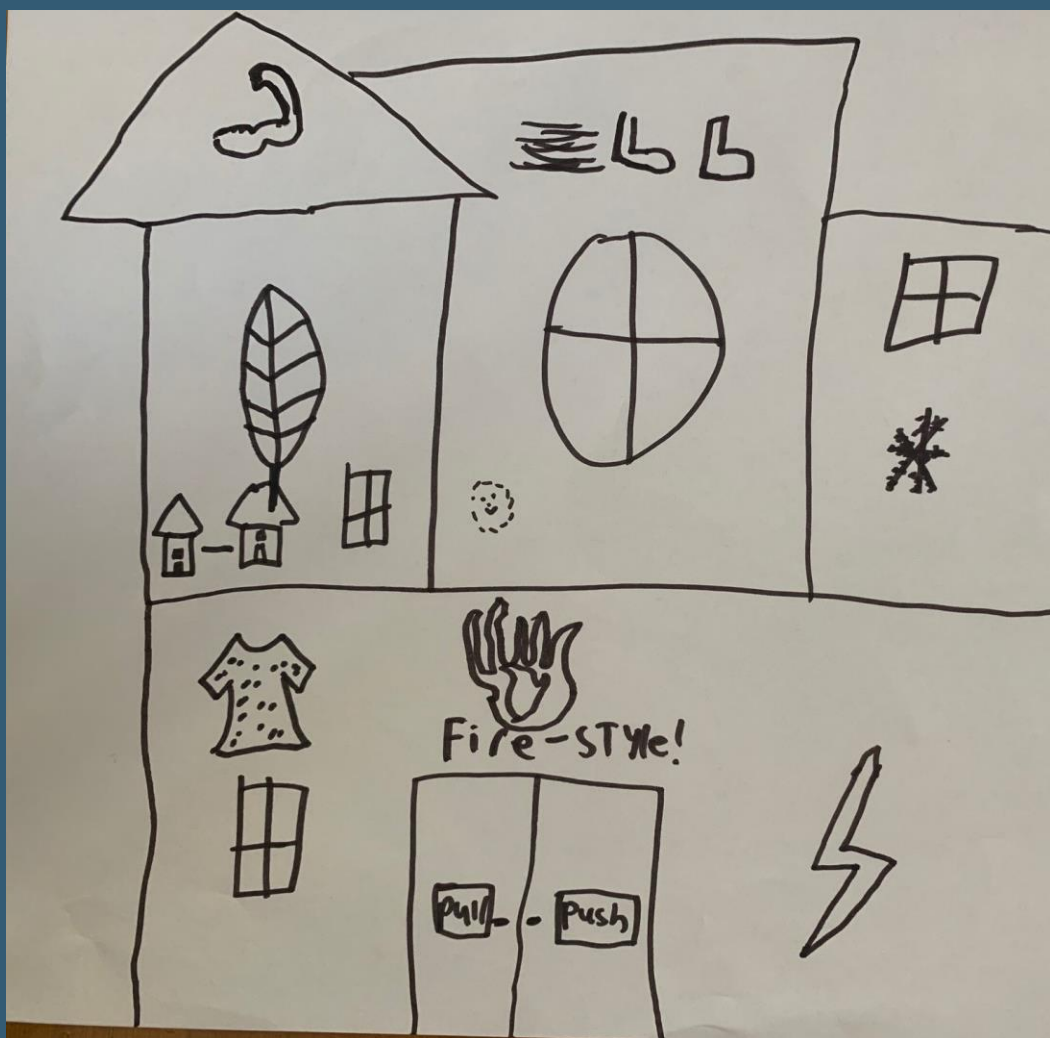


FIRE-STYLE'S SIDEKICKS

“POWER IS LOW”

- SUZIE IS NOT ALONE
- ASKING FOR HELP
- CO-REGULATION
- UNDERSTANDING AND COMMUNICATING NEEDS.





THE FORTRESS

A REPRESENTATION OF HER
SAFETY AND COPING
STRATEGIES.







**“TOYS ARE CHILDREN’S WORDS AND
PLAY IS THEIR LANGUAGE.”**

G. LANDRETH

We are all
IN THIS
together



RELATIONAL
TRAUMA
REQUIRES
RELATIONAL
REPAIR

KAREN TREISMAN

Take care of
our children.
Take care of
what they
hear, take care
of what they
see, take care
of what they
feel. For how
the children
grow, so will be
the shape of
Aotearoa.

Dame Whina Cooper
Photographer: Michael
Tubbert



“POIPOIA TE KAKANO, KIA PUAWAI”

NURTURE THE SEED & IT TOO WILL BLOSSOM



References:

areyouok.org.nz

cdc.gov/violenceprevention/aces/index.html

Herz RS, Eliassen J, Beland S, & Souza T. Neuroimaging evidence for the emotional potency of odor-evoked memory. *Neuropsychologia* 42 (2004), 371-378.

pmgt.org.nz

Dr Karen Treisman // Jennifer Kolari // Bruce Perry // Gabor Mate