



The Effects of Trauma on the Developing Brain, and How to Support Children Towards Healing

A professional development seminar.

The effects of trauma on the developing brain can be profound, impacting neural, physiological, behavioural, relational and emotional development. The greater our capacity to understand the various manifestations of trauma, the greater our capacity to respond to children and adolescents in ways that will support healing and minimise the risk of long-term harm. Any caring, stable, responsive adult in the life of child has enormous capacity to provide a buffering from the effects of trauma, and strengthen that child towards growth. This workshop is for anyone who works with children. We will explore:

- the impact of trauma on the developing brain;
- why childhood and adolescence is such a vulnerable time for the long term effects of trauma;
- the relational, emotional, and behavioural effects of childhood trauma;
- the impact of trauma on learning, and how to strengthen the 'learning brain';
- identifying behaviour that may be fuelled by trauma;
- a trauma-informed response to managing challenging behaviour at home and at school;
- how to nurture a child's capacity for healthy relationships and emotional regulation;
- how we can buffer children against the effects of trauma;
- the importance of relational safety in building resilience and protection against the effects of trauma;
- building relationships with children who have been through trauma;
- supporting the ones who work with children - vicarious trauma and compassion fatigue.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.