

Working therapeutically with children who have experienced trauma from physical or sexual abuse

****Please note that all links provided in this document were accurate as at the date of publication
– Thursday 19th September 2024****

Emerging Minds Resources

Emerging Minds Practice Papers

- **Working with children to prevent self-blame after disclosures of child sexual abuse**
<https://emergingminds.com.au/resources/working-with-children-to-prevent-self-blame-after-disclosures-of-child-sexual-abuse/>
This Emerging Minds practice paper is aimed at practitioners who want to respond to disclosures of child sexual abuse (CSA) in ways that challenge self-blame in safe and respectful ways.
- **Making use of practitioners' skills to support a child who has been sexually abused**
<https://emergingminds.com.au/resources/making-use-of-practitioners-skills-to-support-a-child-who-has-been-sexually-abused/>
This Emerging Minds paper draws attention to the issue of CSA, highlights the skills all practitioners have that can support children and the key principles that can support practice when working with CSA.

Emerging Minds Online Learning

- **Supporting children who have disclosed trauma**
<https://emergingminds.com.au/online-course/supporting-children-who-disclose-trauma/>
This Emerging Minds online course examines practice strategies for supporting children who have disclosed trauma or abuse. It will help you develop strategies and activities to support children to move away from the self-blame and secrecy associated with physical or sexual violence.
- **Supporting children who have experienced trauma**
<https://emergingminds.com.au/online-course/supporting-children-who-have-experienced-trauma/>
This Emerging Minds course uses trauma-informed practice to study the explicit detail and skills of therapeutic engagement.
- **The impact of trauma on the child**
<https://emergingminds.com.au/online-course/the-impact-of-trauma-on-the-child-foundation/>
This Emerging Minds course will introduce learners to key understandings about trauma and adversity, and their impact on children.

Emerging Minds podcast episodes

- **Supporting the communication needs of children with complex trauma – part one**
<https://emergingminds.com.au/resources/podcast/supporting-the-communication-needs-of-children-with-complex-trauma-part-1/>
In part one of this two-part series, we explore the role of speech pathology in a complex trauma service and examples of the way speech pathologist Kate Headley works with children in the first session to create a safe and collaborative relationship.
- **Supporting the communication needs of children with complex trauma – part two**
<https://emergingminds.com.au/resources/podcast/supporting-the-communication-needs-of-children-with-complex-trauma-part-2/>
In part two of this series, we continue exploring the approaches Kate uses to ensure her work is child-centred and that the child's own goals lead the direction of therapy. She also elaborates on the role speech pathology plays in delivery of a multidisciplinary complex trauma service.
- **Supporting children who disclose trauma – part one**
<https://emergingminds.com.au/resources/podcast/supporting-children-who-disclose-trauma-part-one/>
In part one of this two-part series, David Tully, Practice Manager at Relationships Australia SA talks about how children make meaning of their experiences of trauma and sexual abuse, and how perpetrators can manipulate children into believing they were complicit in the abuse. He discusses practices for beginning to challenge children's feelings of shame and self-blame. He describes how being curious about the small acts of resistance that children demonstrate throughout traumatic experiences can help to honour their resilience, connections and courage.
- **Supporting children who disclose trauma – part two**
<https://emergingminds.com.au/resources/podcast/supporting-children-who-disclose-trauma-part-two/>
In part two of this series, David Tully talks about the role of therapy in helping children to develop and understand their identity in the context of trauma or abuse. He describes the importance of helping children to discover new identities, built from their stories of protest, resistance and resilience. David also describes some of the labels that are often given to children who have experienced trauma, and how therapy can help to dispute these labels.
- **Families: Supporting children who have experienced trauma**
<https://emergingminds.com.au/resources/podcast/families-supporting-children-who-have-experienced-trauma/>
This is a special episode from the Emerging Minds Families podcast, a podcast dedicated to helping families navigate through parenting and raising a family. In this episode, Emerging Minds Practice Development Manager Dan Moss talks about relational trauma and how it can affect the mental health and wellbeing of children.