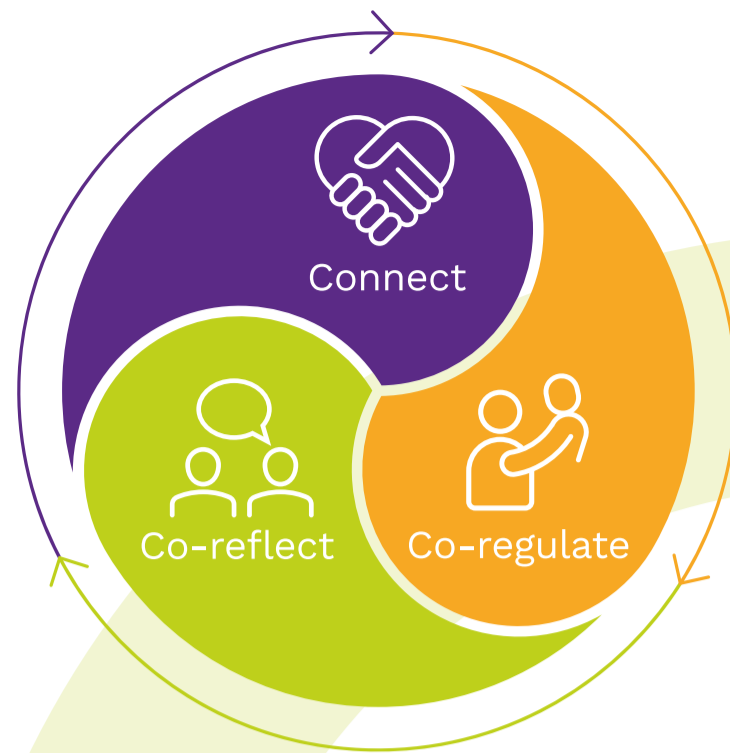


Trauma Informed Practice

The 3 C's



Connection

Connect helps reach out to young people so they feel 'seen' and kept in mind.

PACE

Safe and Trusting Relationships

Meet and Greet

Nurturing Rituals

Random Acts of Kindness

Unexpected Praise

Relationship Repair



Co-Regulate

Co-Regulate develops and supports a sense of safety in the young person and their environment.

Therapeutic Anchor Points

Consistency, Predictability, Structure, Boundaries, Repetition

Safety in the Environment

Brainstem Calming

Grounding Skills

Emotions Coaching

My Emotions Plan



Co-Reflect

Co-Reflect is to support with therapeutic boundaries to develop safe and effective ways of being.

The Two Hands Approach

Non-Shaming

Natural and Logical Consequences

Learning New and Safe Ways of Being

Reflective Time

Inclusive Boundaries



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