



Issue 22, July 2011

This newsletter comes out at a very tragic time, as we all express our support for the people of Norway who are, with great courage and strength, facing such terrible trauma and loss. We know from research in other circumstances of violence, that there will be many profound effects for those most directly involved, and for those suffering the loss of loved ones, especially the young. There is not only this personal grief, but also National mourning, for the loss of these lives, of trust, safety; and with this, many future uncertainties. There are also likely to be questions - why; anger about the attacks; and worries about other possible threats.

Children are particularly vulnerable in many ways, physically and emotionally, but with support, they can also "get through" such "tough times".

They need comforting, love, protection and, response to their questions and concerns. Protection involves being close to family, protection from further traumatic exposures such as excessive media viewing, and some continuity of family life and rituals, schools and other activities, as far as is possible. The concept of Psychological First Aid for children, the "Listen, Protect, Connect" themes can be helpful advice for the young.

For adolescents, for older children, and the young, connection and support are also helpful. Peer support is a central issues but is complex in this time. Social networking is often a useful process, but important strategies are those developed by children and young people themselves. Activities, achievements, memorials, and hands - on projects can help to return a sense of strength, hope and future. But time to grieve, being able to look after the past, and look to the future, are important for all in such experiences.

Beverley Raphael
Chairperson
ACATLGN



Further reading....

You can turn to the following web pages, links and articles for further reading that is relevant to the tragedy in Norway.

Psychological First Aid

Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN)

Disaster Resources

Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN)

Family and Carer Resources

Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN)

Student Reactions to the Shootings at Virginia Tech and Northern Illinois University

Amanda M. Vicary, *Personality and Social Psychology Bulletin*, November 2010

Social support, world assumptions, and exposure as predictors of anxiety and quality of life following a mass trauma.

Amie E Grills - Taquechei, Heather L Littleton, Danny Axsom. *Journal of anxiety disorders*, May 2011.

Panic reactions to terrorist attacks and probable posttraumatic stress disorder in adolescents.

B Pfefferbaum, J Stuber, S Galea, G Fairbrother. *Journal of Traumatic Stress*, April 2006

In focus....

Treatments for children and young people who have experienced trauma.

Accessing up to date information regarding interventions that are the most effective for children and young people who have experienced traumatic events is extremely important for everyone supporting traumatised young people. The **Australian Child and Adolescent Trauma, Loss and Grief Network (ACATLGN)** website features a collection of existing reviews on trauma and trauma focused interventions for children and young people. These reviews have been summarised and can be accessed on the [earlytraumagrieff](#) website under the **Research and Evaluation hub** and can also be reached by clicking on the following link:

[Trauma intervention reviews](#)

The **National Child Traumatic Stress Network (NCTSN)** in the United States also provides a range of quality and useful information regarding interventions for traumatised children and young people. The [NCTSN website](#) features information regarding effective treatments for youth trauma, implementing trauma focused cognitive behavioural therapy, promising practices and clinical research evidence. Click on the following link to be directed to this information:

[NCTSN Treatments that work.](#)

The journal ***Australian Psychologist***, featured research in 2009 on a treatment manual developed in Australia by Dr Jacqueline Feather and Kevin Ronan. The treatment manual is for **trauma focused cognitive behavioural therapy (CBT) with maltreated children**. [Click here to read the research article on this treatment manual](#). Dr Feather has also provided training on trauma focused CBT for [CBT Training](#) in Sydney.

PTSD Research Quarterly featured an article by Judith A Cohen in 2008 that reviewed the research highlights in ***Treating PTSD and Related Symptoms in Children***. The article provides an overview of

treatment models for children at different ages. [Click here to access the full article.](#)

Featured online resources....

The **Australian Institute of Criminology (AIC)** has released a resource regarding ***Children's Exposure to Domestic Violence in Australia***. Children's exposure to domestic violence has been increasingly recognised as a form of child abuse and it is likely that a substantial number of domestic violence incidents are in fact witnessed by children. [Click here to access this resource](#) and read more about the impact witnessing domestic violence has on our children and young people.

The **Department for Families and Communities** in South Australia has released a publication - ***Keeping the child in mind: child protection practice and parental mental health***. This publication examines the incidence in South Australia of child protection cases that involve a parent who is perceived to be experiencing a mental health difficulty, how this impacts on child protection matters and how this information can be used to improve service provision. [Click here to access this publication.](#)

The UK government has released a new report into the need for and benefits of early intervention, especially in the area of child abuse and neglect. The report - ***Early Intervention: Smart Investment, Massive Savings*** - [can be read in full by clicking on this link.](#)

In the news....

Griffith University have released information on 15th July, regarding a new therapy that they report reduces the risk of child abuse. They report that this early intervention program significantly reduces the risk factors associated with child abuse. [Read more about this research by clicking here.](#)

MSNBC in the United States has reported that the ***Effects of sexual abuse last for decades***. The 30th June report states that a new study has found that stress hormones are altered for years after children experience abuse. [To read more of this article click here.](#)

The **ABC** reported in late June, that it is hoped a new book written by a Victorian children's author, can **ease the grief of families enduring natural disasters** around Australia. [Read more about this book by clicking on this link.](#)

The Australian newspaper featured an article, on July 23, on the long term effects of childhood trauma, which includes Professor Beverley Raphael commenting on the impact of trauma through childhood and into adulthood. [Click here to read *Early trauma takes a long term toll.*](#)



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