

Webinar 12**Aboriginal children and the effects of intergenerational trauma**

7:15 pm to 8:30 pm AEST
Monday 4th May, 2020

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



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Emerging Minds and MHPN wishes to acknowledge the Traditional Custodians of the lands across Australia upon which our webinar presenters and participants are located.

We wish to pay respect to the Elders past, present and future for the memories, the traditions, the culture and hopes of Indigenous Australia.



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Welcome to series two

This is the fifth webinar in the second series on child and infant mental health, presented by Emerging Minds and the Mental Health Professionals' Network.

The final webinar in this series is:

- **Engaging children and parents affected by child and sexual abuse**

Subscribe to receive your invitation:

www.emergingminds.com.au/Subscribe








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How to use the platform

To access the interactive features and resources, hover over the colourful icons to the top right of your screen:

-  open the chat box
-  ask the panel a question
-  access resources including the case study, panel biographies and supporting resources
-  open the survey
-  reload the page/webinar room



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Learning outcomes

At the webinar's completion, participants will be able to:

- Describe the effects of intergenerational trauma on Aboriginal and Torres Strait Islander children and families
- Outline current research that underlines the importance of cultural competence in all Aboriginal and Non-Aboriginal services so that Aboriginal children and their families receive the kind of support that they need
- Discuss examples of organisational and individual practice that has built trust and collaboration within communities and led to positive outcomes for Aboriginal and Torres Strait Islander children and families



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Tonight's panel



**Emeritus Professor
Judy Atkinson (AM)
NSW**



**Assoc. Professor Catherine
Chamberlain, Vic**



**Dr. Caroline (Carlie)
Atkinson, NSW**




**Facilitator:
Ms. Dana Shen, SA**



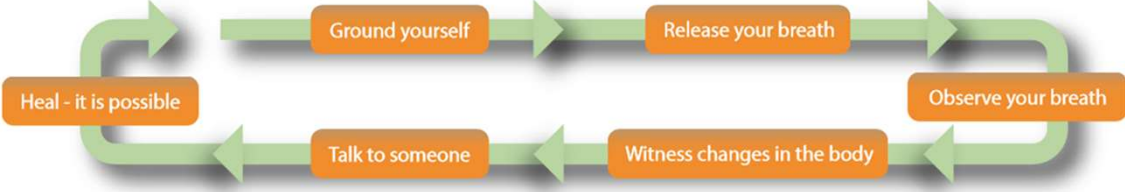
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Self-Care for Managing “Triggers”

GROWTH – Ground, Release, Observe, Witness, Talk and Heal



Credit source we al-li
For more information got to <https://wealli.com.au/> or
<https://www.facebook.com/Wealli.programs/>



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Healing Foundation Video



Video credit: Healing Foundation. Visit www.healingfoundation.org.au to find out more.
Link to video: <https://tinyurl.com/yam26utg>



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Adele

Useless, Unloved, SLUT WITH BIG MOB KIDS, SUICIDE SELF HARM, Worthless, ADDICTION, Self hatred, ALL OR NONE, Only good for having babies, ANGRY AGGRESSIVE, UNEDUCATED, NO HOPE, NO RESPECT FOR OWN BOY, NO PAPER, NO CONTROL, CHRONIC DISEASE, KIDNEY LIVER FAILURE, WORTHLESS, TROUBLE MAKER, asking for it, Object, Unable, Inadequate, Loss of identity, SLAVE, LAR, BAD MOTHER, DISCONNECT, STATISTIC, INFERIOR, STUCK, The Salt controls us, Family MATRI, UNABLE TO CARE FOR HER CHILDREN, PILES FOR YEARS, SENSE OF LOSS, CONFUSED, USELESS, DIRTY, DUMB, DONT ASK HIGH, COLLECTIVE + OPPRESSION, PERSONALISE + INTERNALISE, MANIPULATION, FAMILY + COMMUNITY




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Grace

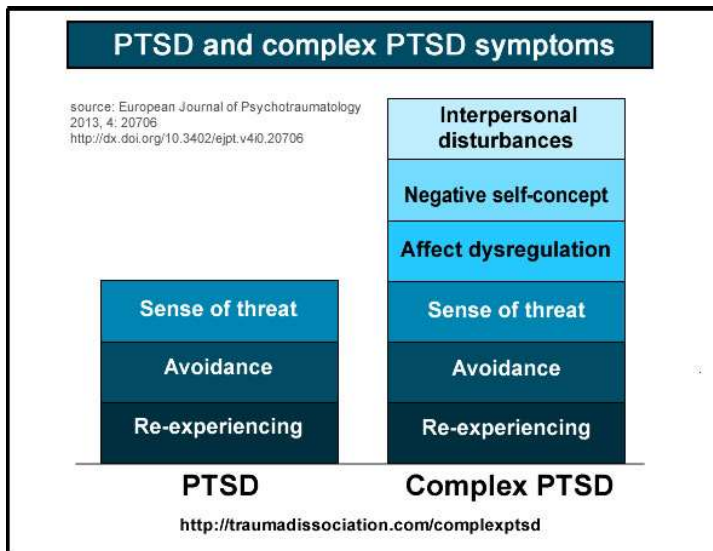
Support Community Supported by Community, Resilient, She cares, Val & Stac, SWORD TALL, YOU ARE LOVE, THE EARLY FIGHT FOR RIGHTS, YOU BUILT NEW LIFE, YOU COMPLETE OUR FAMILY, ROLE MODEL, COMPASSION, HEAD STRAIGHT, GOT THIS, YOU MATTER, RESILIENT, RELIEVED, CONFIDENT, SUCCESSFUL, YOU ARE THE GLUE, GRACE, YOU SHOULD BE OKAY, HOPE, GOT THIS, YOU MATTER, WISE & KIND, Matriarch Protector Changer, THE NECK, YOU ARE ONE OF US, YOU ARE ALL KNOWING, WE LOVE YOU, SURVIVOR THRIVES, you are a wild badass, you have heart, SELF KNOWLEDGE, STOIC, STRONG, HUMOR EMPATHY POWER, HEART & LOVE SO, HEALER LEADER ELDER, YOU BELONG, YOU ARE AN INSPIRATION, PROUD BLK, KEEP THE FAMILY TOGETHER, I'M A PROUD BLACK WOMAN, OUR QUEEN, RESILIENT




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What is complex Post Traumatic Stress Disorder/Trauma?

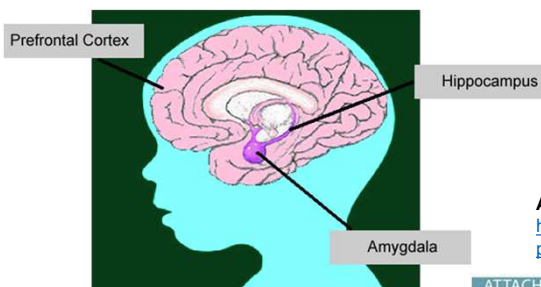


Assoc. Professor Catherine Chamberlain



Cloitre M, Garvert DW, Weiss B, Carlson EB, Bryant RA. Distinguishing PTSD, Complex PTSD, and Borderline Personality Disorder: A latent class analysis. Eur J Psychotraumatol. 2014; 5

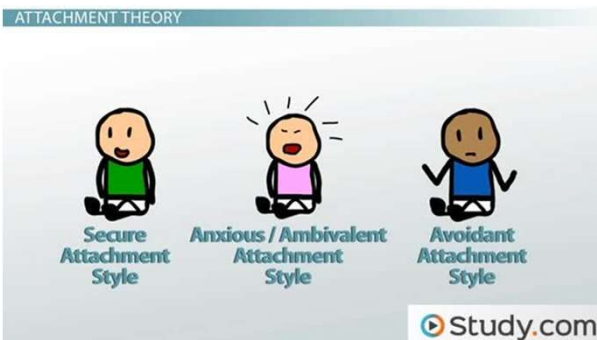
Caused by conflicting defense and attachment systems



Defense: Fight, flight or freeze

Source: Stress and the developing brain
https://www.ecmhc.org/tutorials/trauma/mod2_3.html

Attachment styles: Need secure attachment source
<https://study.com/academy/lesson/attachment-styles-positive-negative-fearful-secure-more.html>



Study.com

Physical Impact of Trauma

Brain Architecture
Shrinkage in prefrontal cortex, corpus callosum, and hippocampus. Enlarged and more reactive amygdala. Resolution: safe and stable nurturing relationships, walk in nature, touch, exercise

Brain Waves
Predomination of wrong brain waves in wrong part of the brain leads to anxiety, unable to concentrate, and seizures. Resolution: neurofeedback

Neural Pathways
Need to 'rewire' our brain from old thought patterns and habits of mind, conscious, and unconscious. Resolution: neurofeedback, meditation/ mindful action, positive self-talk

Neurotransmitters
Vulnerable to addiction because dopamine transmitters/receptors not developed or damaged. Reduces motivation & focus, creates fatigue. Low serotonin causes depression.

Hormones
Prolonged high cortisol and ghrelin creates greater reactivity to stress. Long term damage to cells, structures of the body, and other hormone glands (thyroid). Resolution: oxytocin

Toxin Elimination
Intestines and kidneys less able to eliminate toxins (slow gut or unbalanced flora). Resolution: salt baths, sauna

Nervous System
Supercharged sympathetic nervous system. Parasympathetic nervous system not engaged to bring back into balance. Resolution: yoga, breathing, or other physical/emotional regulation

Immune System
Resistance to cortisol or lower cortisol creates unchecked inflammation. Cause of many diseases: asthma, arthritis, etc.) Resolution: meditation/ mindful action, walking in nature, diet, rest

Cellular Change
Shortens telomeres which prematurely ages and reduces reproduction of cells & can cause cancer. Resolution: social support

Epigenetics turns genes on or off in adaptation to dangerous environments. Effect can last generations. Resolution: Safer environment (perception of)

Credit resource:
https://www.echoparenting.org/dev/wp-content/uploads/2019/09/PhysicalImpact_CMYK_8.5_x11.pdf

Impacts on physical, social and emotional wellbeing

Determinants of Social and Emotional Wellbeing

Political Determinants → Meaning, morality, existence

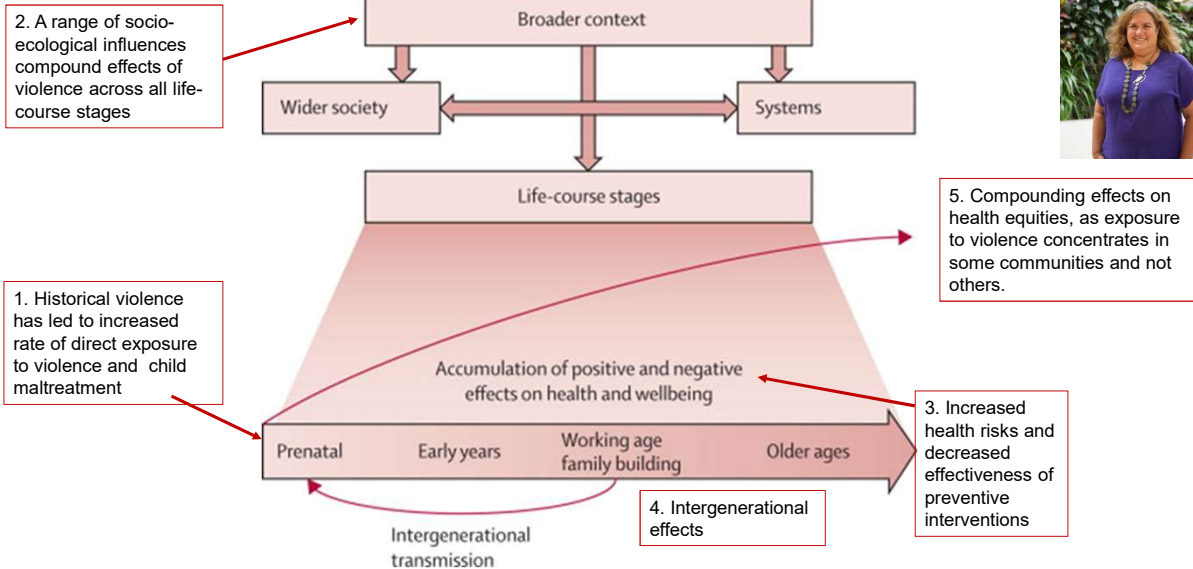
Health, neural integration, body integrity

Thoughts, memories, beliefs, sense of self. Easily shutdown, startled. Dysregulation

Intimate relationships, including parenting

Role, purpose, community

Compounding intergenerational effects of complex trauma on health equities



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Importance of learning to listen and holding space (HPNF workshop 2) – need:

- Emotional and cultural safety
- Relationships and trust
- Cultural methods of indirect communication (yarning/dadirri etc.) – learning from past
- Skilled support and ‘holding space’
- Respect, caring and compassion
- Strengths-based approaches to foster hopes and dreams



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Inspiring hope and dreams for the future (parents views and experiences)


- New beginnings and 'fresh start'
- Changing roles
- Feeling connected
- Compassionate care
- Empowerment and choices
- Creating safety
- 'reweaving a future'



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Resources and further reading

Other supporting resources associated with this webinar can be found by clicking on the light blue supporting resources icon. 

For more information about Emerging Minds, visit www.emergingminds.com.au

Upcoming webinars:

Monday 18th May: Tips and strategies in using technology for mental health consultations

Monday 29th June: Engaging children and parents affected by child sexual abuse



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Thank you for participating



Please ensure you complete the *feedback survey* before you log out.

click the yellow speech bubble icon in the top right hand corner of your screen to open the survey.

- Statements of Attendance for this webinar will be issued within four - six weeks.
- Each participant will be sent a link to the recording of this webinar and associated online resources within four – six weeks.



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This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

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Thank You

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