



Judith Lumley Centre




**Healing the past by nurturing the future
...Sharing research knowledge and what
the project is about**

Dr Catherine Chamberlain, Senior Research Fellow

latrobe.edu.au/jlc Image source:
<http://www.gettyimages.com/Lightbox.asp?ID=2193>

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Acknowledgements

Healing the past by nurturing the future project team

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2

Presentation outline

1. Overview of complex trauma
2. Summary of international evidence specifically related effects of child maltreatment in perinatal period (scoping review)
3. What is this project about?
4. Why are we here?

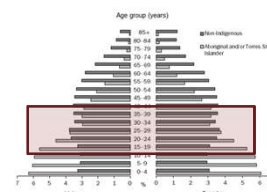


Image source : <http://treatypublic.net/images/2009-general/mother-baby.jpg>

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3

1. Factors influencing physical, social and emotional wellbeing in Indigenous communities



Colonization

Overt violence

Covert structural violence

Psychosocial domination

Source: <http://www.healthinfonet.ecu.edu.au/other-health-conditions/mental-health/reviews/our-review>; and Australia's Health 2016 (AIHW)

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4

1.2 What is complex trauma?

- 'Type 1' = acute exposure to a single event, with supportive adults to help child make sense of experience
- 'Type 2' or '**complex trauma**' = cumulative exposure to multiple traumatic experiences that often involves interpersonal violation and occurs within the child's care giving system.^{1,2}
- Currently not a diagnostic category in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and a diagnostic category is currently being debated in the International Classification Diseases (ICD) manual 11³
- Aboriginal people experience as high as 10 - 12 different traumatic events in a life time (Atkinson, 2008; Gee, 2016)
- Elevated rates of PTSD in Aboriginal communities: 14-16% (Ralph et al., 2006), 20% (Holmes and McRae-Williams, 2008), 55% (Nadew, 2012), 58% (Atkinson, 2008), 40% (Gee, 2016)

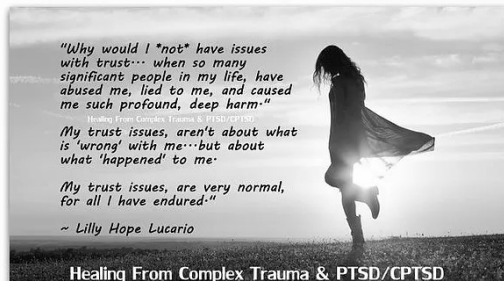


Image source: <https://www.healingfromcomplextraumaandptsd.com/fear-of-abandonment>

1. Alexander P. Intergenerational cycles of trauma and violence: An attachment and family systems perspective. New York, NY: W.W. Norton & Company; 2016.
2. Kezelman C, Stavropoulos P. Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery. Sydney: Adults Surviving Child Abuse; 2012.
3. 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

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5

1.3 Toxic stress

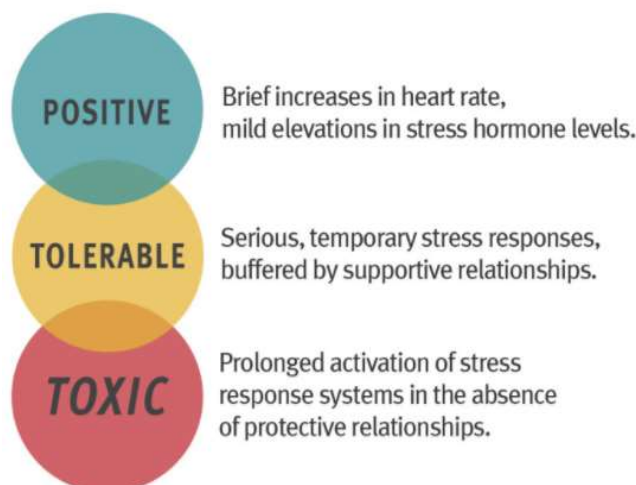


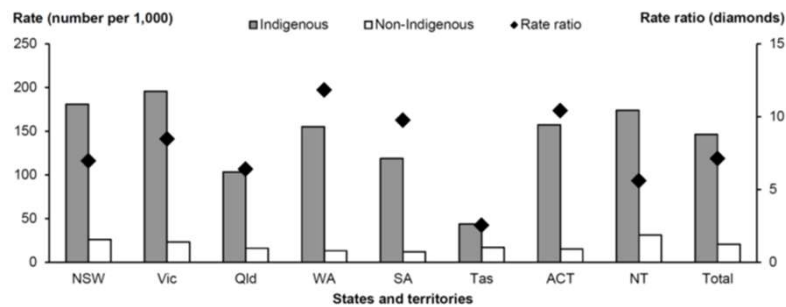
Image source: <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>

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6

1.4 Child maltreatment the main cause of complex trauma

- Child maltreatment is a global health priority affecting 25 to 50% of all children under 18 years of age worldwide¹ and is a key antecedent of childhood trauma.^{2,3}
- Australian Indigenous children are approximately seven times more likely to have 'substantiated' child abuse or neglect than non-Indigenous children (136.6 compared with 19.0; and 38.8 compared with 5.7; per 1,000 children respectively in 2014-15)



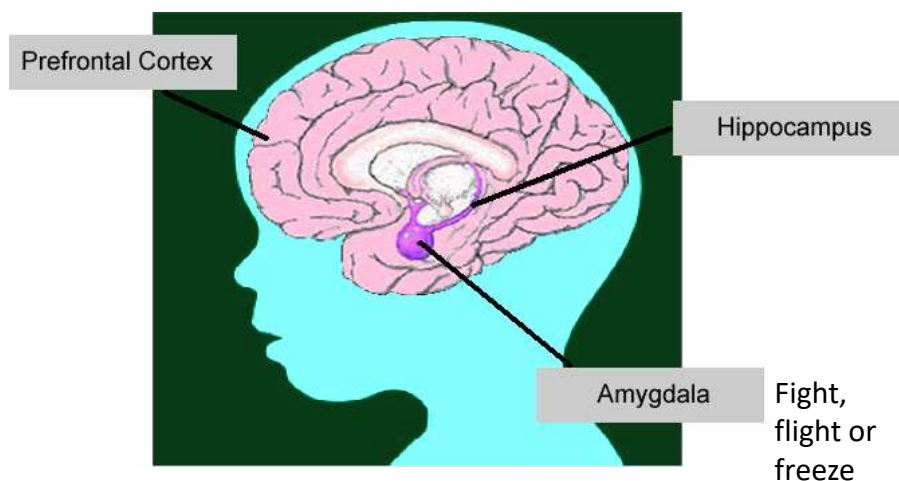
Children receiving child protection services by Indigenous status, states and territories (4)

- World Health Organisation. Child maltreatment factsheet. Geneva: WHO; 2016.
- Alexander P. Intergenerational cycles of trauma and violence: An attachment and family systems perspective. New York, NY: W.W. Norton & Company; 2016.
- Kezelman C, Stavropoulos P. Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery. Sydney: Adults Surviving Child Abuse; 2012.
- Scott D. The prevalence of child abuse and neglect. Australian Institute of Family Studies; 2013

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7

1.5 Physiology of complex trauma or toxic stress



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

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8

1.6 Attachment and trauma

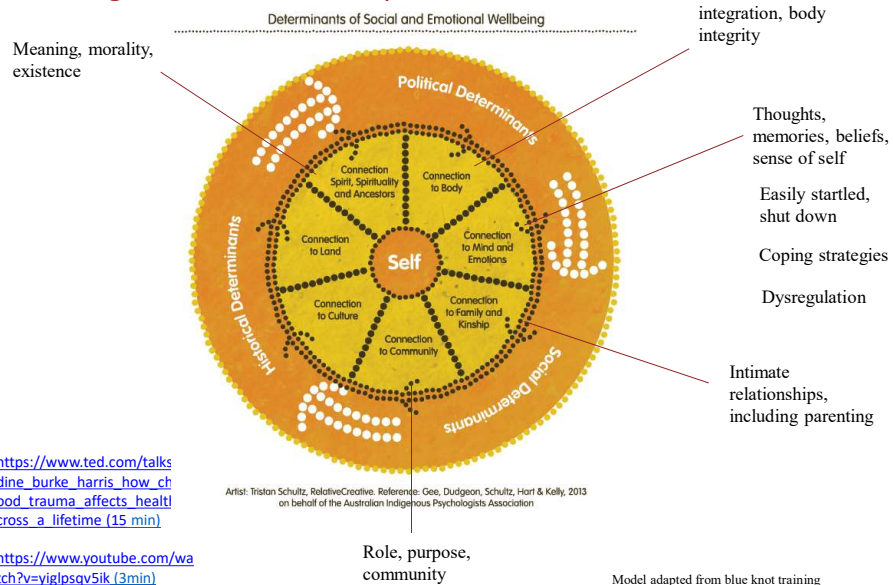


Still face experiment <https://www.youtube.com/watch?v=apzXGEbZht0>

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9

1.7 Long term effects of complex trauma



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10

1.8 Intergenerational effects of complex trauma



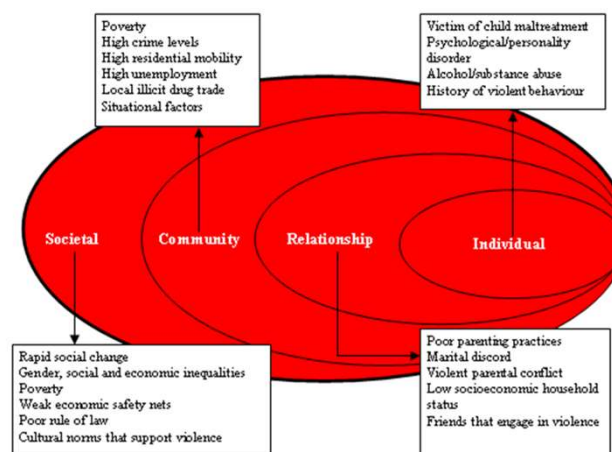
Risks and consequences of child abuse and neglect: a schema

Segal L, Dalziel K. Investing to Protect Our Children: Using Economics to Derive an Evidence-based Strategy. Child Abuse Review. 2011;20(4):274-89

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11

1.9 Broader societal factors can amplify or ameliorate trauma



A WHO ecological framework illustrating examples of risk factors for violence at every level

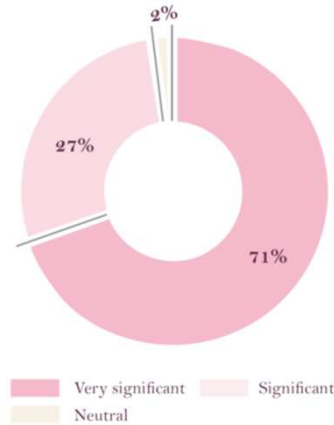
Image source (adapted): Violence Prevention Alliance. The ecological framework. Geneva, Switzerland: World Health Organisation; 2016

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12

2.0 Complex trauma in the perinatal period

Figure 9.3: "Within your service, how significant do you consider the issues surrounding trauma, stress and grief are when working with Aboriginal and Torres Strait Islander women in the perinatal period?"



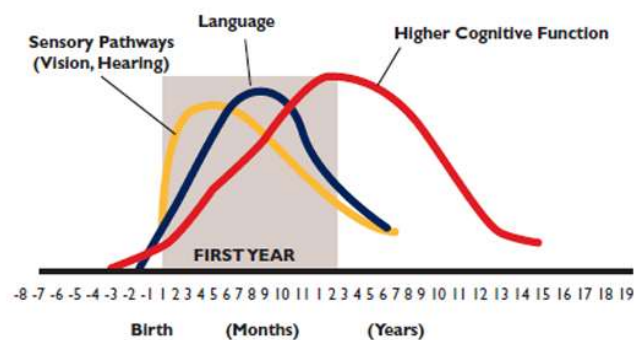
ABORIGINAL AND TORRES STRAIT ISLANDER PERINATAL MENTAL HEALTH MAPPING PROJECT

A mapping of current practice understanding the screening, assessment and management of perinatal mental health across Australia's New Directions Mothers and Baby Service Program
Final Report June 2013



2.2 Critical period of brain development

Human Brain Development Synapse Formation Dependent on Early Experiences (700 per second in the early years)



Data source: C. Nelson (2000); Graph courtesy of the Center on the Developing Child at Harvard University

2.3 Perinatal period with highest benefits from interventions for infant and family

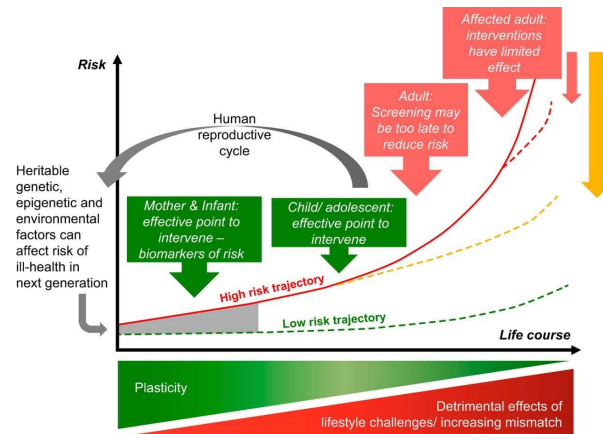


Image Source: Hanson, M.A.; Gluckman, P.D. Early developmental conditioning of later health and disease: Physiology or pathophysiology? *Physiol. Rev.* 2014, 94, 1027–1076

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15

2.4 Nurturing care

THE LANCET

October 2018
**Advancing Early Childhood Development:
 from Science to Scale**
 An Executive Summary for The Lancet's Series



"Young children's healthy development depends on nurturing care—care which ensures health, nutrition, responsive caregiving, safety and security, and early learning."



Figure 1: Domains of Nurturing Care Necessary for Children to Reach Their Developmental Potential¹⁵



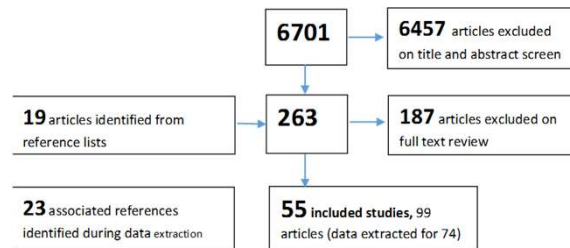
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16

2.5 Scoping review of evidence regarding parental child maltreatment in the perinatal period

1. Theories
2. Intergenerational pathways
3. Experiences and view of parents
4. Interventions
5. Screening tools

Figure 1: Flow chart of included studies



2.6 Theories

1. Attachment theory
2. Ghosts/angels in the nursery
3. Hidden trauma
4. Social learning theory

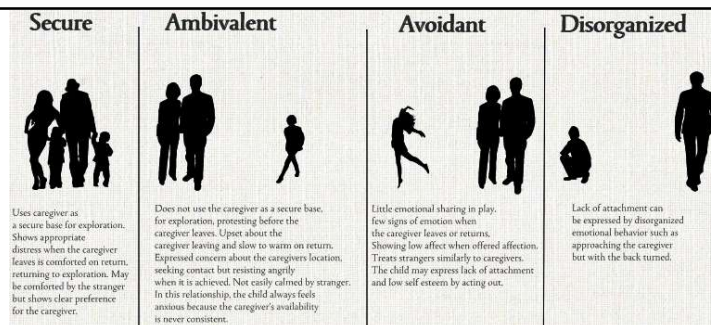


Image source: <https://www.philharris.online/single-post/2017/10/16/Special-Feature-Attachment-Theory--A-Review-of-the-Evidence>

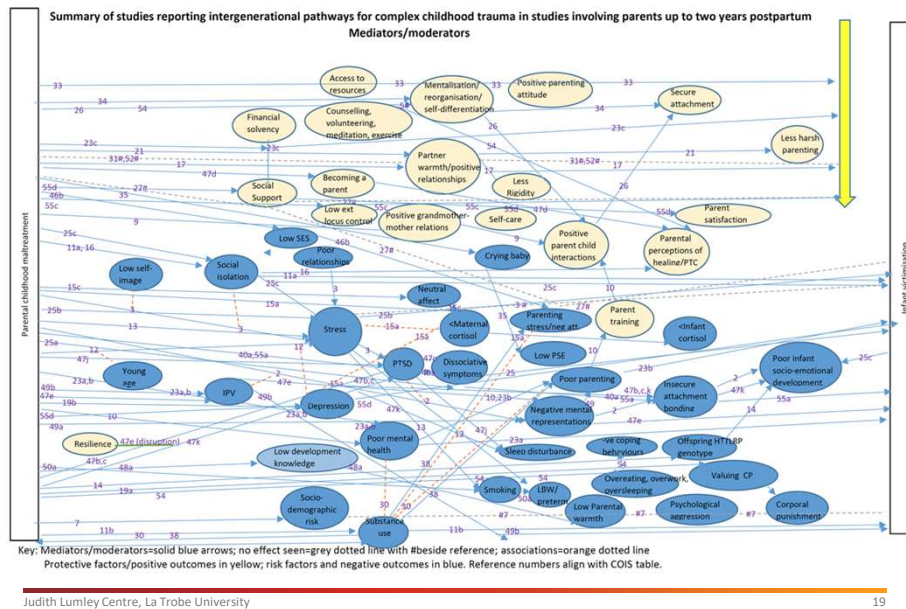
Interactions explained by:

1. Belsky's socio-ecological model
2. Rational development systems theory
3. Family systems theory

Resilience and post-traumatic growth constructs used in:

1. Child Sexual Assault healing model
2. Construct of Anger in healing

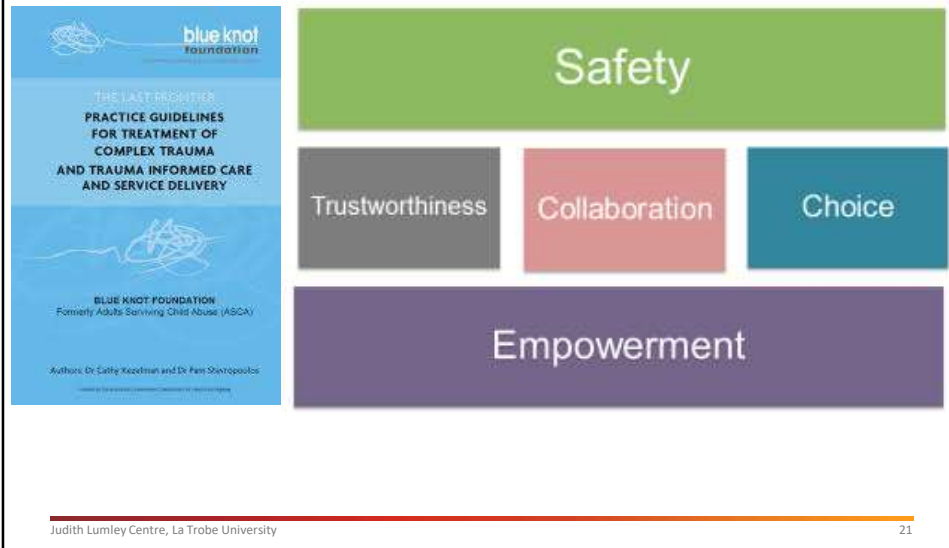
2.7 Intergenerational pathways



2.8 Parents views and strategies they currently use to heal

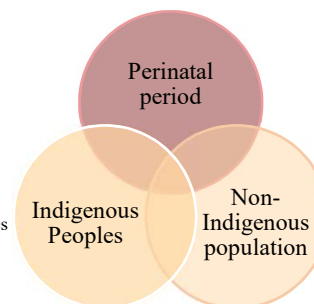


2.9 Interventions



2.10 Screening tools

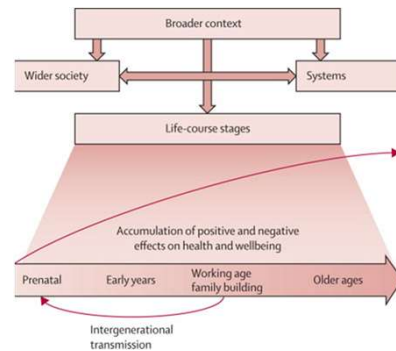
- Childhood Trauma Questionnaire
- Childhood History Questionnaire
- Adult attachment Interview
- PTSD section of SCID
- Post-traumatic Stress Diagnostic Scale
- Adverse Childhood Experiences questionnaire
- Assessing environments III-History of parents' childhood parenting experiences
- Trauma History Table Interview
- Trauma Meaning Making Interview
- Child Abuse and Trauma Scale
- Childhood Experience of Care and Abuse
- Trauma section of American Indian Service Utilization and Psychiatric Epidemiology Risk and Protective Factors (AI-SUPERPPF)
- Antecedent Experiences Questionnaire
- Life Events Checklist
- Life Stressor Checklist
- Brief Physical and Sexual Abuse Questionnaire
- Early Trauma Inventory Self-Report Form
- Child Abuse Potential Inventory
- Brisbane Evaluation of Needs Questionnaire
- Index of Need Questionnaire
- Conceptual Change Questionnaire
- Parent child conflicts-tactic scale/conflict-tactic scale



<http://cope.org.au/about/review-of-new-perinatal-mental-health-guidelines/>

3. Perinatal period: a unique life-course opportunity for emotional healing and preventing intergenerational transmission

- Parenting transition offers a unique opportunity in their life-course for healing, even after severe trauma – for both women and men
- Most parents are able to provide nurturing care, particularly with social support.
- Potential to disrupt the 'vicious cycle' of trauma into a 'virtuous cycle' that contains positively reinforcing elements that promote healing ('earned security').
- Frequent scheduled contacts with service providers



Broad themes included in WHO European review of social determinants of health to improve health equities (Marmot et al. 2012, Image Source: <http://oxfordmedicine.com/view/10.1093/med/9780195377903.001.0001/med-9780195377903-chapter-15>)

3.2 Healing the past by nurturing the future: learning to identify and support Aboriginal and Torres Strait Islander parents who have experienced trauma in their own childhoods.



Cultures Child, Ink on paper, 2018 © Shawana Andrews

A father, mother and child wearing possum skin cloaks sitting by a myrnong daisy, the father holds the stem and looks to the daisy as it holds history and knowledge of the ancestors, this gives him strength. The mother holds a newborn and rests against the stem, it supports her. Mother and father are on different sides of the stem representing their different paths and roles in caring and nurturing for children. The daisy is in flower but also has a new bud and speaks of future generations and continuity. The stones below represent a strong foundation of many generations and the stitching on the cloaks represent the relational connectedness of Aboriginal people and worldview. The mother's hair blows in the wind, representing change.

3.3 Project aims

The aims of the NHMRC study are to:

- 1. Assess the acceptability, validity, safety and feasibility of screening**
Indigenous parents during the perinatal period to identify those who have experienced complex trauma.
- 2. Develop acceptable, safe and feasible intervention strategies** that could be offered during the perinatal period (pregnancy to 24 months postpartum) to support Indigenous parents who have experienced complex trauma, with the goal of promoting healing for the parent and preventing transmission of intergenerational trauma to the child.

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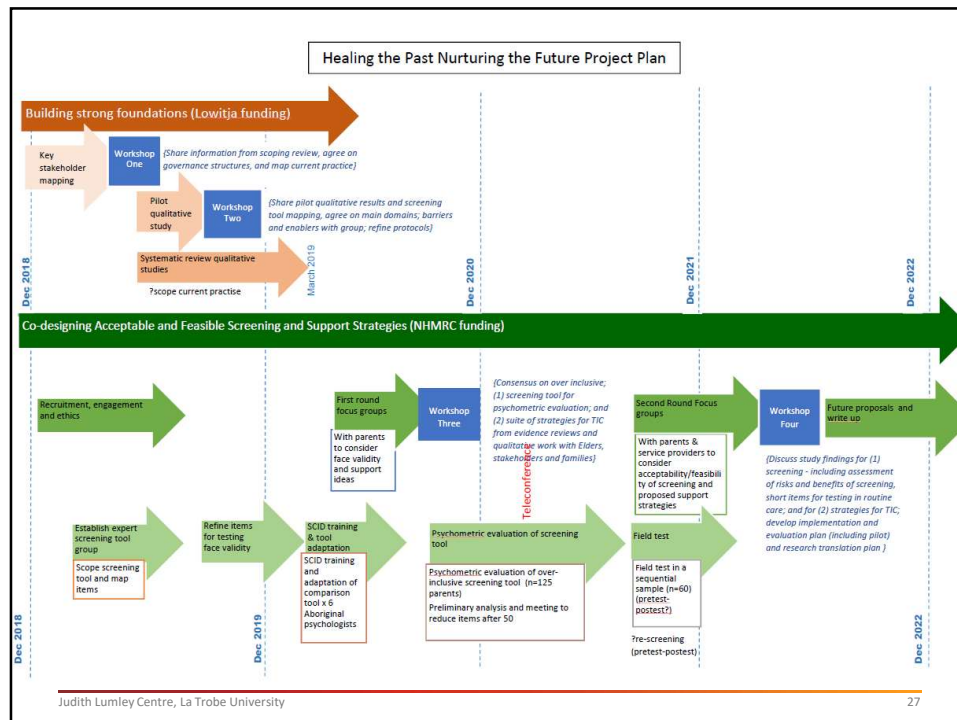
25

3.4 Aims will be achieved using community-based participatory action research (CBPAR) to:

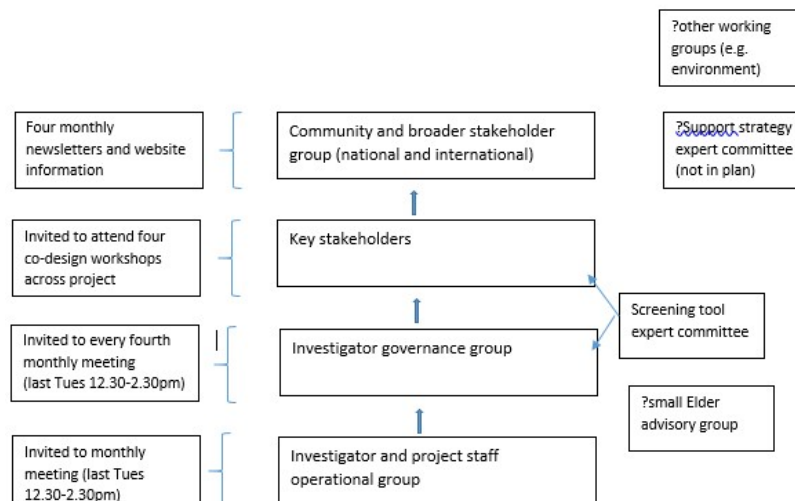
- 1. Develop a screening approach to identify complex trauma** including **psychometric testing**
- 2. Co-design potentially effective, feasible and acceptable screening and support strategies:**
 - **in-depth qualitative interviews and focus (discussion) groups** with prospective and new Indigenous parents who have experienced complex trauma to assess the acceptability and validity of the proposed screening tool; understand complex trauma experiences and generate potential support strategies.
 - **workshops with key stakeholders** (community members, service providers, clinicians, academics) to reflect on the existing evidence base and findings from the qualitative research conducted to develop the best screening approach and support strategies, including program logic, implementation and evaluation plans.
 - **interviews and focus groups with service providers to assess the feasibility** with which the proposed screening tool and support strategies may be implemented.
 - **interviews and discussion groups** among prospective and new Indigenous parents to **pilot use of the screening tool** and **assess the acceptability** of proposed support strategies.

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26



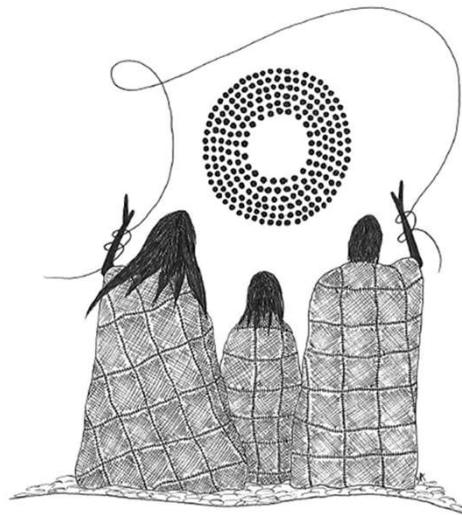
3.6 Project structure



Summary

1. Increasing recognition of the importance of complex relational trauma
2. Perinatal period is a unique opportunity for healing and prevention of intergenerational transmission
3. Excited to be walking this learning journey with communities

Questions? (5 min)



Songs of Strength, Ink on paper, 2018 © Shawana Andrews
 A father, mother and child wearing possum skin cloaks and looking to the ancestors and past generations. The parents are connected with a songline which gives them strength. The stones below represent a strong foundation and the stitching on the cloaks represent the relational connectedness of Aboriginal people and worldview.

Activity:

With the people in your table, spend 10 minutes discussing:

- **Why are you here? What's brought you to this project?**
- **What are the most important things for you about this project?**
- **What do you want to get from being involved?**

Write or draw thoughts on the butchers paper

and we will share with group (10 mins)

This discussion may inspire your thinking about your 'hopes and aspirations' rock art....and we can continue over delicious lunch



Image source: <http://www.sbs.com.au/nitv/article/2015/10/27/child-removals-continue-rise-trauma-perpetuates-says-social-worker>