

COMMUNICATIONS UPDATE

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LIVED EXPERIENCE PARENTING CHANNEL

KINSHIP PERMANENT CARE AND ADOPTIVE FAMILIES AND CAREERS

QUICK LINKS

Journal Club - Topic 7/10/21

Click & Connect - Therapists - who and when 8/9/21



Youtube Video - Those who love us hurt us with Dr Eliana Gil

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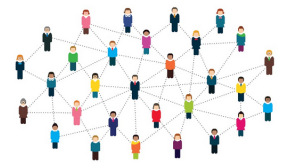
Dr Eliana Gil has been on a quest to integrate trauma informed practices with neuroscience and has studied attachment based therapies like the Circle of Security and Theraplay. She reminds us that those who love us hurt us, and this is why children need time and safety to move on from trauma.

Dr Gil kindly shares with us real life examples of how traumatic experiences come up in the play, including examples of physical and sexual abuse, divorce, natural disasters, grief and domestic violence. She reminds us that unwanted behaviours are not rejection, but questions that need to be depersonalised. Children take a long time to heal but it doesn't have to be permanent. If there is only one recording that you make time for this year, this one should be the one! Access this Youtube video [here](#).

				
<p>“Theraplay is a terrific treatment for disorganized and traumatized kids. I highly recommend you taking the training!”</p> <p>-Bessel van der Kolk M.D.</p>	<p>“I cannot say enough about Theraplay. You have to experience it. You have to watch what happens to your clients when applied carefully and purposefully. As an integrated clinician, I am eternally grateful for this wonderful technique, deceptively simple, amazingly accessible, and tested over decades with thousands of parent-child dyads. It's application is without bounds, and my purpose here is to encourage clinicians to think about Theraplay as a therapy of choice for trauma and its subsequent clinical issues.”</p> <p>-Eliana Gil, Ph.D.</p>	<p>“Play is a crucial way in which children can open their minds, strengthen their brains, and create spontaneous connections with others without judgement or fear. Theraplay is a time-tested approach that supports children's healthy development of resilience and well-being. Bravo for decades of nurturing children's lives!”</p> <p>-Daniel J. Siegal, M.D.</p>	<p>“Theraplay is an efficient mode of therapy. Theraplay seamlessly incorporates several elements that are shared with models of psychotherapy. From a Polyvagal perspective Theraplay respects the biobehavior state of the child, applies therapist initiated social engagement strategies to trigger a state of safety in the child, and promotes synchronous reciprocal interactions as a neural as a neural exercise that increases social flexibility and improves emotion regulation.”</p> <p>-Stephen Porges, Ph.D.</p>	<p>“I highly recommend Theraplay. Based on principles of attachment, Theraplay enables parents and their children - of all ages - to again experience reciprocal joy and delight. This provides them with safety and a sense of closeness which creates a context where ongoing conflicts and worrisome behaviors are likely to decrease.”</p> <p>-Dan Hughes, Ph.D.</p>

Source: wp.theraplay.org

"Improving the lived experience of young people"



Click and Connect - Mental Health

Topic: Mental Health

Please join us at midday on Wednesday 8 September by registering [here](#)

See our website for future topics and links [here](#).

Psychological and emotional wellbeing is a lifelong process that needs to be carefully managed. Mental health can be impacted in significant ways when families are formed by adoption, kinship and permanent care. Add another layer of anxiety, irritability, depression or sleep disturbance into the mix with the impact of the Covid-19 Pandemic. Learning as much as we can about how our needs differ and how to support our young people as they manage their psychological and emotional needs is critical to their wellbeing. Resolving matters like loss and grief, culture, identity create additional psychological risks so what are they and how do we best support them?

Shared learnings and knowledge to discuss with each other.

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together.

We welcome any new parents or carers that would like to join us for one or more meetings.

Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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