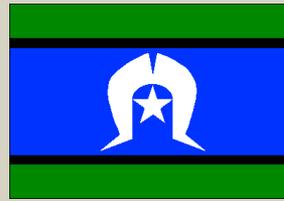


Barriers to Trauma-informed Family Sensitive Practice in Adult Health Services

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Aim

- To better understand barriers to, and opportunities for, trauma-informed family sensitive practice across adult oriented health and welfare sectors

Methods

- Consultation with workers across the adult mental health, AOD and Gambler's Help, sexual assault/child protection, family violence and acquired brain injury sectors
- Clinical interviews with The Bouverie Centre Trauma Team
- Consultation with The Bouverie Centre Indigenous Team
- Review of the literature

Key project output

- Set of practice guidelines for trauma-informed family sensitive practice in adult health services

Worker Barriers

- Fear of opening Pandora's box

“My understanding is that workers are scared they’re going to re-traumatise the person and that they’re going to open up this flood of something that they will just drown in.”

- Trauma can be hidden

“And there’s this lack of Knowledge I think. People have said to me, ‘well I don’t know what’s appropriate for certain ages, so it’s really difficult to assess, because I haven’t got a full gamut of what a child should be doing and what’s normal, what’s not normal?’”

Organisational Barriers

- It is specialist-only work

“I’ve certainly heard instances where clients have said, ‘This has happened to me and I need to talk about it’, and being told, ‘Actually, no, this is specialist work. You’re not ready for this and we’ll refer you out.’ And that person learns I can’t talk about my traumatic experiences. No one wants to talk to me about them.”

- It will over-burden already busy staff

“It feels overwhelming to be honest because thinking about just getting people comfortable with doing the family stuff and then popping on a trauma lens on top of that, it actually feels overwhelming.”

Systems Barriers

- Fragmented service system

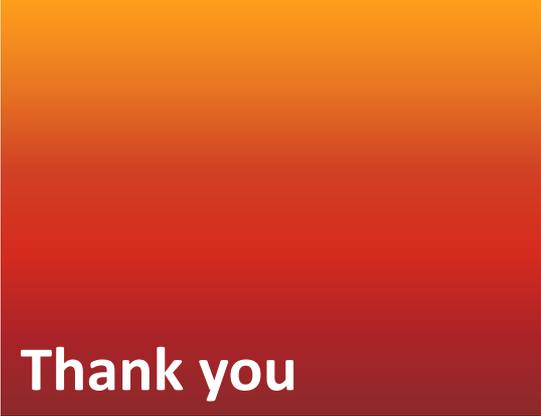
"I think that trauma disrupts narratives. So often the family members don't have a narrative of their trauma, and often different professionals who are working in silos don't have a narrative of the family's trauma as a whole."

- Funding limitations

"One of the constraints philosophically and therapeutically is focusing on the client, and funding kind of reinforces that idea, and I wonder if that's to the detriment of family members. Children are kind of secondary victims and absolutely deserving of attention."

Conclusions

- Similar barriers exist across the adult oriented health and welfare sectors
- There are some unique barriers in each sector
- We recommend increased research in the area of implementation of trauma-informed family sensitive practice
- We advocate more research funding in this area
- We advocate strong research partnerships in this area



Thank you

Guidelines for Trauma-informed Family Sensitive Practice in Adult Health Services
can be obtained by contacting The Bouverie Centre on:

www.bouverie.org.au

Phone: +61 3 9385 5100