

Satellite session

13 June 2017

SA AIDs Conference

LINDA NAIDOO (PH.D)

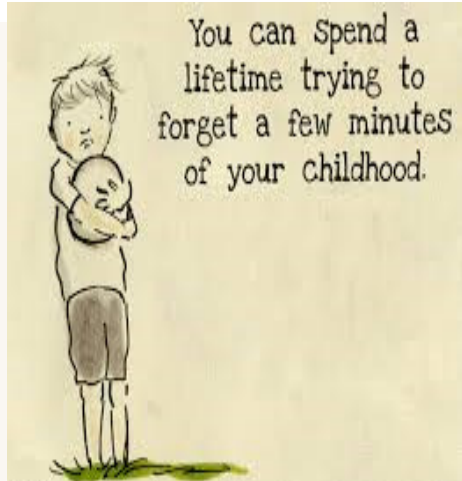
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Overview of Presentation

1. Videoclip
2. Impact of trauma
3. Rationale for development of curriculum
4. Trauma focused cognitive behavioural approach
5. Elements & Content of 3 modules in curriculum
6. Methodology
7. Activities
8. Evaluatory comments

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**ADVERSE CHILDHOOD EXPERIENCES
LIFETIME EFFECTS**

Why PREVENTION MATTERS...

**childhood stolen
innocence robbed
lifetime issues**

Anonymous
Wynnewood, PA

Introduction to videoclip

Effects of child sexual abuse last a lifetime

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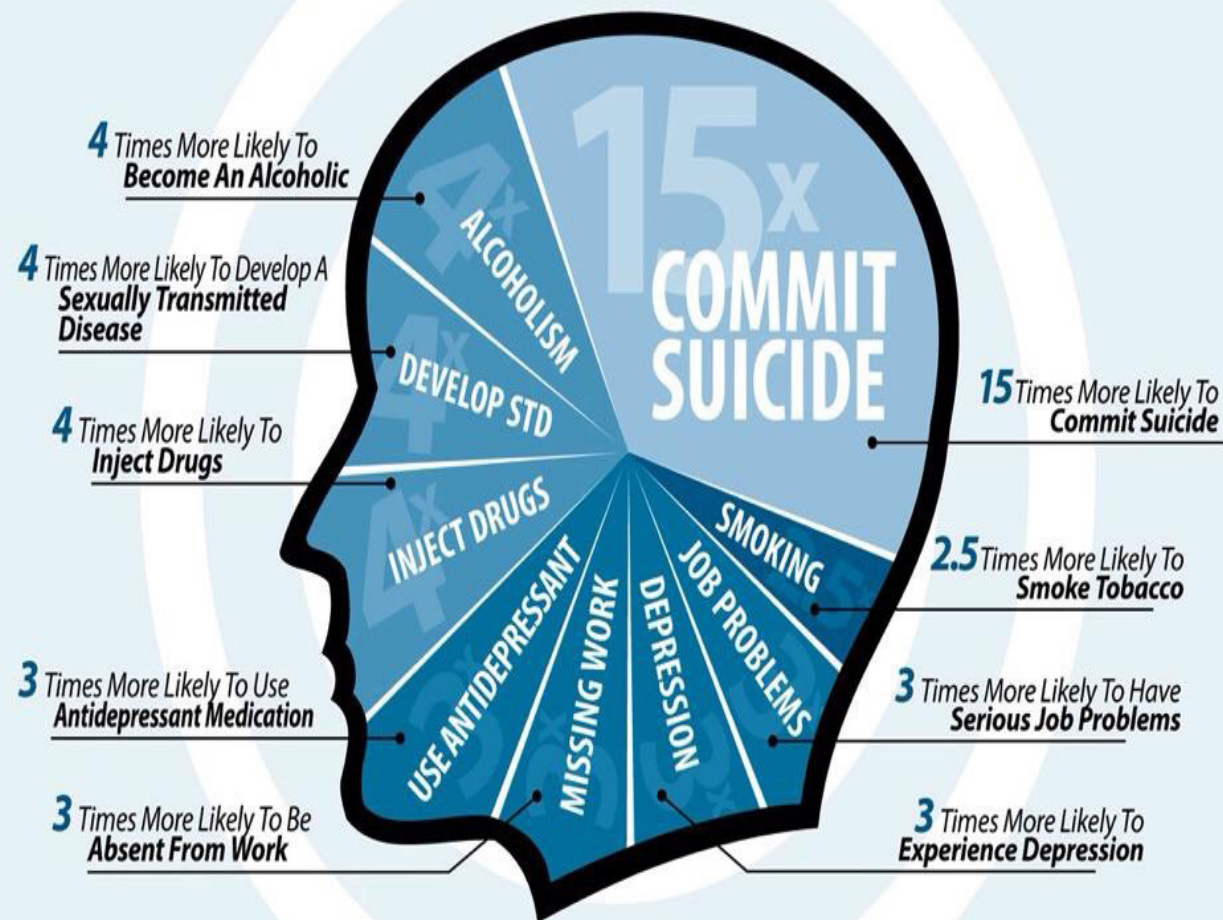
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Impact of trauma: The evidence

Contribution to:

- HIV pandemic
- Loss of individual potential
- Economic burden to South Africa
- Impact to society: violence, Crime,
- Public, mental health & human rights problem

PEOPLE WHO HAVE EXPERIENCED TRAUMA ARE:



HOW DOES TRAUMA AFFECT THE BRAIN?

Early childhood trauma is a predictor or cause of many adult health issues, including depression and anxiety, heart disease, obesity, and substance abuse



Childhood trauma may have physical effects on the brain:

Altering the size and function of crucial regions of the brain, damaging the body's chemical and neurological ability to manage stress

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Rationale

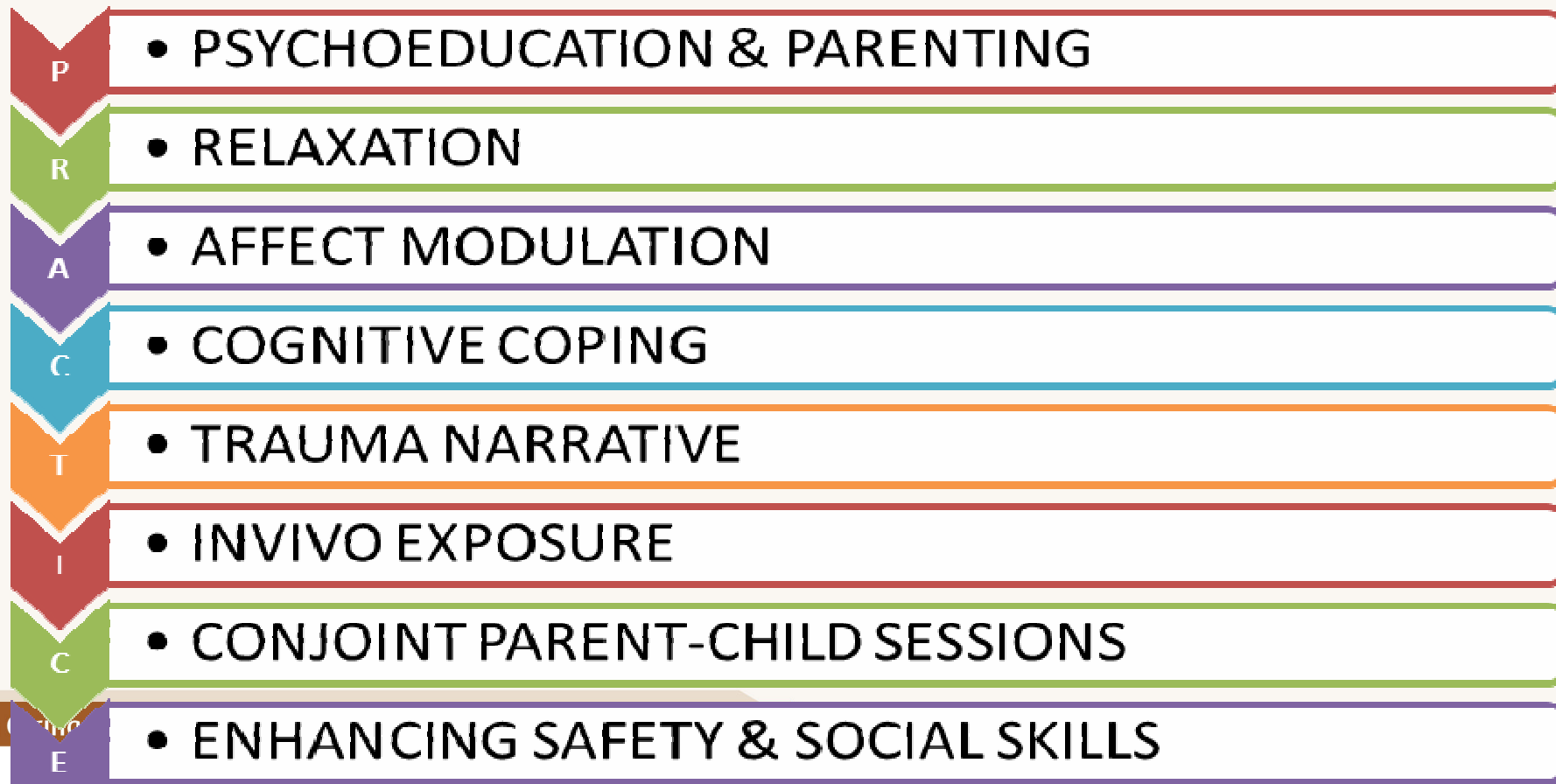
For curriculum development

- Promote healing from trauma and impact of CSA
- Strengthen child's resilience & exposure from further risk
- Strengthens protective factors
- Est. evidence-based therapeutic interventions – S.A
- Addresses prevention & early

For TFCBT

- Empirical support
- Treatment components flexible, developmentally appropriate, range of contexts
- Enables trauma processing, overcoming of emotional & behavioural problems
- Opportunity to pilot TF-CBT in SA
- Appropriate for CSA (closely linked to HIV)
- Collaborative therapeutic approach & clear methodology

The Trauma Focused Cognitive Behaviour Therapy approach



Building a Culture of Resilience

CHILD

Coping skills
Emotional expression
Trauma & Cognition
processing
Relaxation & education

CAREGIVER

Coping skills; Emotional
expression; Trauma &
Cognition processing;
Relaxation & education;
behaviour management

JOINT SESSIONS

Safety, sexuality
education,
coping, sharing

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The 3 modules of the curriculum

Module 1
Guidelines
for social
worker

Module 2
10
structured
sessions

Module 3
Monitoring
&
Evaluation

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Content of the curriculum

Module 1

- Self-care
- Values & Ethical issues
- Development- appropriate activities
- Preparing context
- Legislation CSA
- Role of Multidisciplinary team
- Expert witness
- Use of touch, Culture, language
- TF-CBT checklist
- Caregivers role
- Assessment

Module 2

- Based on TFCBT approach
- 10 sessions
- Each sessions has 3-5 structured activities for child & caregiver
- Homework tasks and messages included

Module 3

- Review of Curriculum
- Format for Process notes
- Sessional Progress Tracking
- Baseline Tools : to assess responses of Caregiver; Child; Family
- Self-Assessment Reviews by Child & Caregiver
- Supervisors Tool

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Methodology

1st draft reviewed by academics & subject matter experts

2nd draft piloted with social work practitioners

Review of integration of curriculum into practice

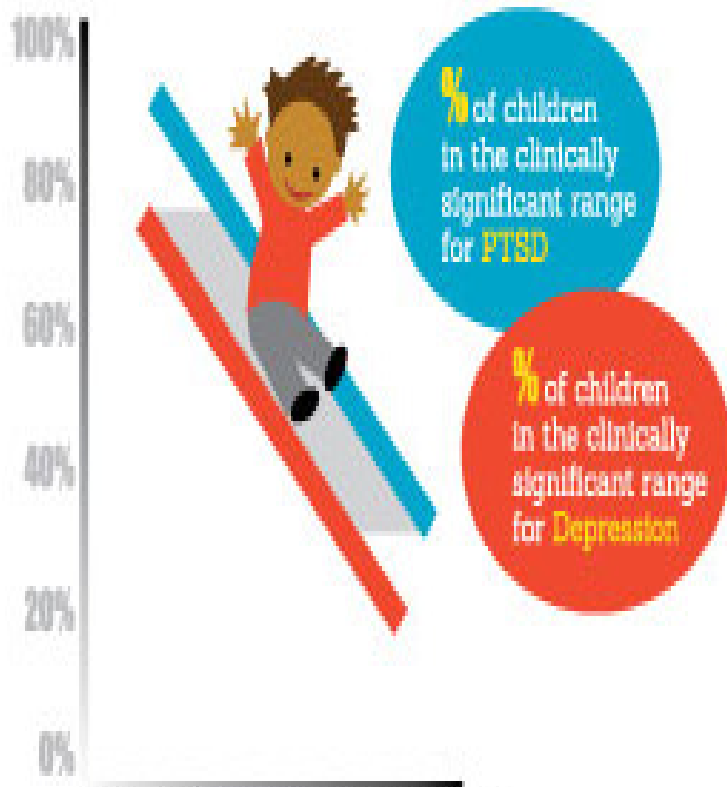
3rd draft consolidated with outcomes of evaluation, reviews

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Some of the guided activities

- Kinetic family drawing
- Toss a ball, Timeline
- Relaxation: visual imagery; focused breathing; progressive muscle
- Cognitive triangle
- Quizzes, Safety plan
- Life vest, Feeling faces
- Letter writing, Role plays
- Centering



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Evaluation of curriculum by practitioners

I don't have supervision but the manual has provided structure & guidance & I now feel effective & proud to be a SW

Before I use to thumbsuck, but now I know what to do as a SW

This is 1 manual that does not collect dust on my shelf but is on my desk daily as the review makes me accountable

The manual is structured and practical

Therapy is now so easy I thought that I never be able to do therapy

The relaxation exercises has been useful for all my clients, & they are responsive in sessions

All the activities are so practical & easy to implement

I don't feel stuck any longer & parents are more understanding towards their children

Children are now disclosing and talking in the session

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Thank You!!



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