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Nurturing Mental  
Health Through  
Trauma-Informed  
Care for Children and  
Adoptive Families



Dr Asha Patel,  
Clinical Psychologist & CEO

# Aims

- **Understanding** trauma and its **impact** on mental health
- **Implementing** a trauma informed approaches





# Trauma can be many things...



One-off  
catastrophic life  
events / natural  
disasters

On-going  
repetitive  
experiences of fear  
overwhelm and  
abandonment

It's **always** their experience that defines their trauma

# Trauma memories are stored as sensory 'memories' that impact the nervous system



Hearing - Sight – Smell – Taste - Touch  
Proprioception – sensations from the movement of body  
Vestibular – sense of balance



# Hand-Brain Mode

by Dr Dan Siegel



Thinking: Helps us to think and solve problems

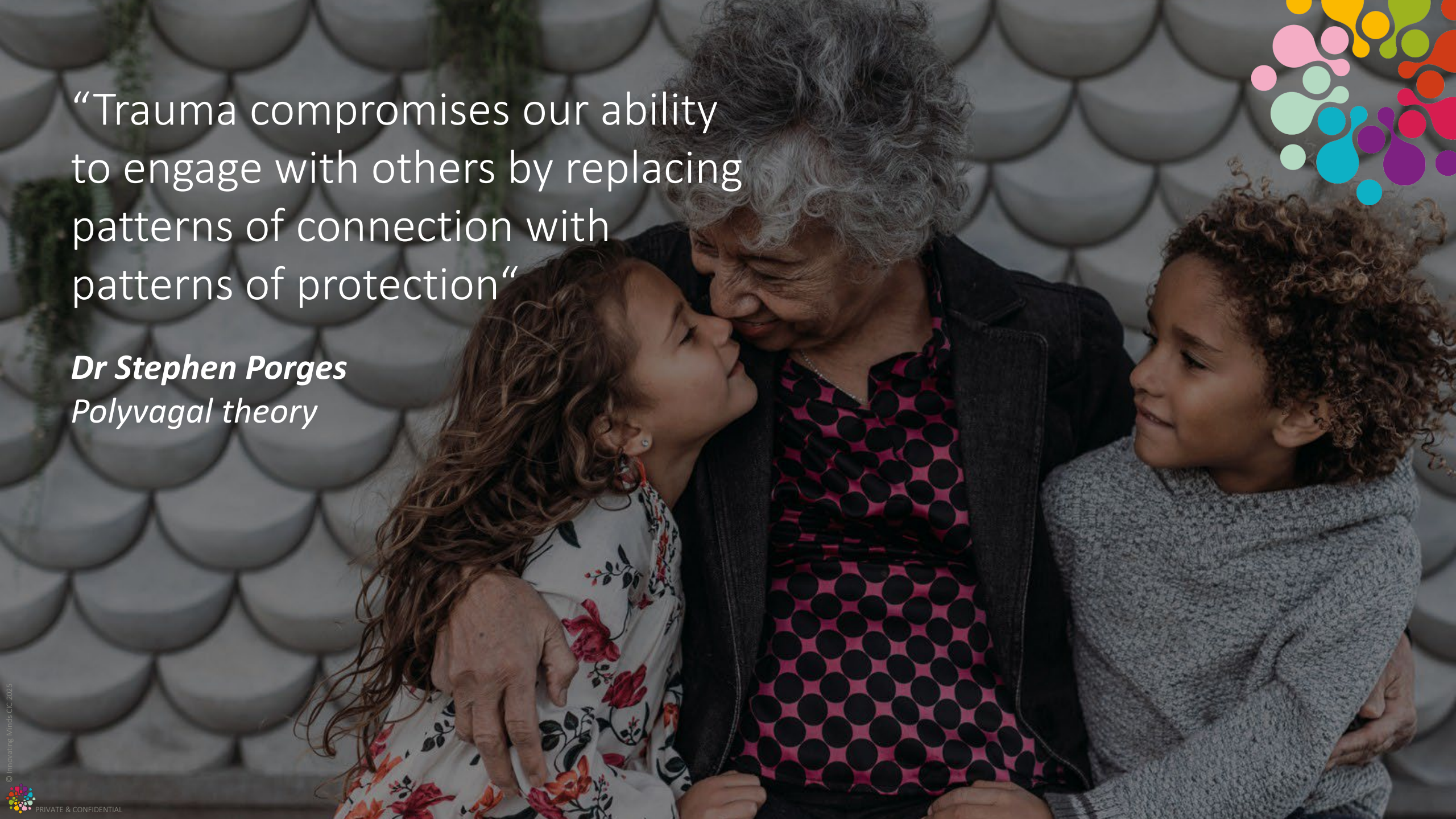


Feeling Memories:  
Remembers how you feel about things that have happened.

Safety Survival: Keeps you safe and is always ready to take action.







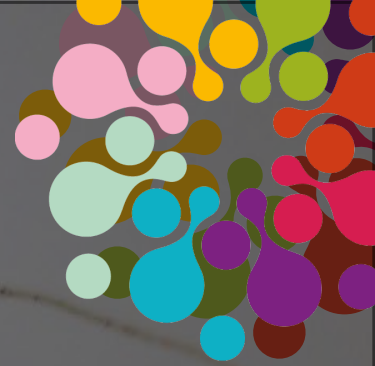
“Trauma compromises our ability  
to engage with others by replacing  
patterns of connection with  
patterns of protection”

***Dr Stephen Porges***  
*Polyvagal theory*



# Long Term Support & Impact

Taking a bottom-up approach using the body



Triggers –  
cues of  
safety &  
threat

Experience  
s are felt  
differently

Focus on  
being with  
instead of  
talking

Parents  
activated

Safe  
people

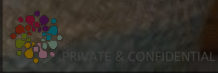
Children  
blame  
themselves

Finding  
connection  
to avoid  
rejection

Can't heal  
with logic

Emotion  
trumps  
logic

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# Questions?



**Dr. Asha Patel**  
CEO and  
Clinical Psychologist



Birmingham  
United Kingdom

**Thank you**



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BELIEVING IN MENTAL HEALTH

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+44 0785 458 5946



asha@innovatingmindsgroup.com

