

## IRISH AFTERCARE NETWORK

*Providing Support to People Working With Care Leavers*

# Conference 2019

## Presentation Overview

**Time: 10.15am -10.45am**

**“They do that thing that begins with IN ... and then you’re on your own”**

A case-study of the support offered by Tusla’s ACTS team as part of a young person’s journey through special care into aftercare.

**Presenters:** *Margaret Haugh, Senior Social Worker, and Dermot O’Callaghan, Senior Counselling Psychologist, Tusla Assessment Consultation and Therapy Service (ACTS)*

**Margaret & Dermot** will present a case study about a young woman who experienced multiple placements in different special care units as an adolescent, and is now in receipt of aftercare services. The case study focuses on how multidisciplinary perspectives inform a holistic understanding of her needs, including the identification of ‘unseen disability’ related to speech and language difficulties. They will highlight the impact of developmental trauma and how this interacted with her experience of feeling institutionalised in care, and identify important considerations for ongoing support in aftercare.

**Time: 10.45am -11.15am**

**“Forewarned is forearmed, keeping well and building resilience in a trauma environment”**

**Presenter:** *Mary Kate Barry- Senior Social Work Practitioner and Psychotherapist, Tusla.*

**Mary Kate** will give a talk about the risks to those of us in the caring professions of vicarious trauma and burn out, identify warning signs and preventative measures, and ask participants to reflect on their own experiences and coping strategies with a view to building on these.

**Time: 11.45am -1.00pm**

**“Trauma, where whispers echo – exploring the inter-generational nature of trauma in families”**

**Presenter:** *Joanna Fortune – Clinical Psychotherapist and Attachment Specialist, SOLAMH Parent Child Relationship Clinic*

**Joanna** will speak about the relationship between trauma and attachment rupture as well as drawing on current research about intergenerational transmission of trauma (epigenetics). She will talk about what therapeutic approaches are most effect for trauma recovery and will include a practical trauma exercise.

**Time: 2.40pm -3.45pm**

**“Trauma Informed Practice: Not just for Therapists”**

**Presenter:** *Gary Broderick – The Learning Curve Institute & SAOL Project*

A brief examination of Trauma Informed Practice (TIP) and the challenges of implementation by everyone in an organisation. Gary will talk about how we are becoming increasingly aware that the people we work with are living with trauma and that these experiences shape how they respond to everyday life - including how they respond to the services we provide. Trauma informed practice asks us to, knowingly, name and build our services out of this knowledge – regardless of whether or not we work directly with the effects of trauma. This presentation will examine what trauma informed practice is and explore the challenges of implementing it into our work environments.