

LIAM'S REPORT SUMMARY

Here is a summary of a recent report from Liam's Therapist



CARER SUPPORT

We have been working with Melanie to help her understand the impacts of trauma on Liam's physical and emotional development. Melanie has felt clearer in her approaches with Liam and feels she has gained real insight into Liam's needs, and how to better respond to his distress.

One of the biggest realisations Melanie expressed was in her learning that Liam was having great difficulty expressing his distress and his feelings. Melanie has now found ways of calming Liam at times when he needs it most. They are better able to connect which helps him express what is happening inside. It has also helped Melanie learn how to look after herself when Liam is becoming distressed and upset.

MANAGING STRESS

Melanie has been able to understand how Liam's early life experiences continue to impact him in his day-to-day functioning. We worked with Melanie to help her identify strategies to build into his daily routine that provide structure and safety, as well as in his activities outside of the home where there is less structure available.

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SENSORY EXPERIENCES

We have been working with Liam to help him experience the way his body feels in a more positive way. Traumatized children often experience pain and discomfort in their stomachs and heads and do not know why.

He has enjoyed playing with warm and cold water, sensory objects, soft, spikey and smooth sensations. He has come to learn that eating soft and crunchy foods can help him to know the difference about what he likes and dislikes.

This puts him more in touch with the sensations in his body. He can also describe his feelings more.

PLAY BASED INTEGRATION

Due to Liam's age and developmental stage, we used sand tray therapy to provide Liam with more opportunities to process his scary experiences and big feelings in ways that did not require language.

This was particularly important given lots of Liam's scary experiences happened prior to him having Auslan and having the language to understand and make sense of what happened.