

# UNDERSTANDING THE IMPACT OF CHILDHOOD TRAUMA ON YOUNG WOMEN IN CUSTODY

## ONE DAY TRAINING COURSE

- Identifying the main factors present in child abuse and neglect
- Understanding the effects of trauma on the development of the child
- Identifying the ways childhood trauma continues to impact on adolescents
- Defining complex post-traumatic stress disorder
- Considering resilience and recovery
- Addressing the effects of custody on young women who are abuse survivors
- Exploring good practice within the prison service

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This training will allow staff to develop an awareness of the signs to look out for in young females who are abuse survivors, and to gain a fuller understanding of the complex issues which are known to affect young women in custody, including childhood sexual, physical and emotional abuse and violent and chaotic family backgrounds, so that they can help young people access appropriate help.

The impact of such damaging experiences on children and teenagers cognitive, psychological and emotional development will be considered; as well as the manner in which such young people can 'act out' their own distress through exhibiting challenging behaviours and destructive relationships with themselves and others.

With specific training on an issue that affects many young women in custody, prison staff will be able to respond more effectively and sensitively to those young women who have abuse histories and build positive working relationships with them.

**Trainer: Niki D (psychotherapist)**