

What is Trauma- Informed Practice in Aquatics?

**Ebook - Brought to you by
Janine Ramsey**



DEVELOPED BY
Laurie Lawrence



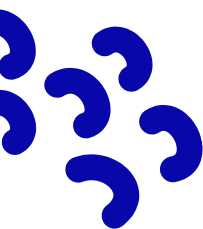
Welcome

Welcome to our e-book on the topic, What is 'Trauma-Informed Practice in Aquatics'. This resource is designed to provide you an overview of what is trauma-informed practice in aquatics. It will also give you a greater understanding of why it is important for anyone involved in aquatics to have an understanding of this important subject.

About Janine Ramsey

Bachelor of Science, Diploma of Counselling, Cert Trauma Professional, Trauma-Informed Aquatics Specialist @Trauma Informed Aquatics.

Janine is an aquatics specialist and aquatic trauma therapist with over 30 years of professional experience in the aquatics industry, including swim school ownership for 24 years. An international presenter and consultant to the aquatics industry with a special focus on trauma-informed practice in aquatics.



Topics

1. WWSS collaboration with Janine
2. What is trauma-informed practice in Aquatics?
3. What is involved in trauma-informed practice in Aquatics?
4. What is trauma and how does it develop?
5. Why is trauma-informed practice important in Aquatics?



1. WWSS Collaboration with Janine - Purpose

- To deliver leading-edge professional development in trauma-informed practice to the aquatics industry worldwide.
- To develop trauma-informed aquatics professionals and swim schools.
- To improve safety and wellbeing for children, staff, parents and caregivers, and all engaged in the aquatics industry.

2. What is Trauma-Informed Practice in Aquatics?

Trauma-informed practise is about conducting all organisational activities in such a way as to minimise the risk of inadvertently causing trauma or retraumatization for anyone that engages with the organisation, including workers and clients. (1,3)



“Trauma-informed services are ‘informed about’ and ‘sensitive to’, trauma-related issues.”(1)

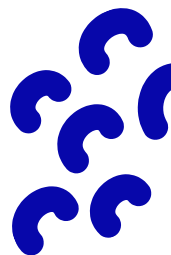


3. What is Involved?

Trauma-informed practice involves a whole of organisation, strengths-based framework for human service delivery. It is based on **5 core principles**, being;


1. Safety (physical, emotional, psychological)
2. Trustworthiness (transparency)
3. Choice (consent)
4. Collaboration (power-sharing - 'being or doing with', not 'doing to')
5. Empowerment

These principles are underpinned by Respect for Diversity in all its forms and operationalised at all levels within the organisation. (2)





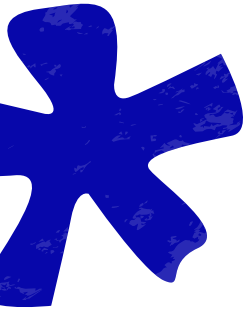
What else does it Involve?

- 
1. Having the recognition that many people are living with the legacy of one or more forms of trauma in their lives, whether or not you or they may be aware of this (3)
 2. Understanding the neuroscience of traumatic stress, what trauma is and how it develops, survivors in the context of their lives, and the role of coping strategies (7)
 3. Developing the knowledge and skill to recognise traumatic stress and to respond in a manner that eases the response; in other words becoming trauma-aware, trauma-sensitive and trauma-responsive (1,3)
 4. Integrating trauma-informed practice into the organisational culture, philosophy, policies, procedures and practices (1,2,3)



In Other Words...

“Becoming trauma-informed necessitates a cultural and philosophical shift across every part of a service and is applicable to all human and health service systems.” (7)



4. What is Trauma and how does it Develop?

Trauma can be defined as:

1. The emotional, psychological and physiological residue left over from heightened stress that accompanies experiences of threat, violence and life-challenging events as perceived by the individual. (5)
2. The impact of any negative life event that occurs in a position of relative helplessness. (6)
3. Arising from single or repeated adverse events that threaten to overwhelm a person's ability to cope. When trauma is repeated and extreme, occurs over a long time, or is perpetrated in childhood by caregivers it is called complex trauma. (7)

6. Unique environment, stressors and vulnerabilities present in aquatics

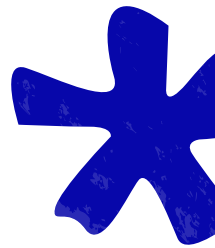
- Very young age of participants – developmentally vulnerable (0-3)
- Learners and teachers in swimsuits
- High physical contact environment
- Power imbalance dynamics
- Element of water
- Change rooms
- Performance pressures – parent/caregiver conditioning
- Vicarious trauma and burnout risk for teachers
- High trigger environment conducive to inadvertent re-enactment of unrecognised/unresolved trauma dynamics in adults.

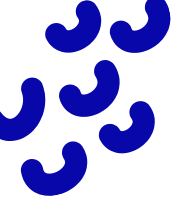




5. Why is it Important to be Trauma-Informed in Aquatics?

1. Duty of care – First do no harm (3)
2. Best practice in the provision of all human services, informed by three decades of intensive research in the interdisciplinary field of neuroscience. (3)
3. Many people are living with the legacy of past and/or current trauma, eg. 1 in 3 girls, 1 in 6 boys sexually abused before age of 18yrs; more than 1 in 4 Australians living with complex trauma. (8)
4. 2020 – Covid-19; “Guidelines for trauma-informed service-delivery are now needed for organisations to which they were not previously seen to apply. Trauma-informed practice is urgently needed for all areas of service provision in the ‘new’ age of the Coronavirus pandemic”. (3)
5. 2016 - The Royal Commission into Institutional Responses to Child Sexual Abuse has released a discussion paper examining the growing interest in trauma-informed care and the implementation of trauma-informed approaches to support survivors of trauma, including survivors of child sexual abuse. (4)





References



- (1) Jennings, A. (2004) Models for Developing Trauma-Informed Behavioural Health Systems and Trauma-Specific Services, p.15. Retrieved 3 November 2021, from <http://www.theannainstitute.org/MDT.pdf>
- (2) Fallot and Harris (2009), Creating Cultures of Trauma-Informed Care, p.3, Community Connections; Washington, D.C. Retrieved 3 November 2021, from <https://www.theannainstitute.org/CCTICSELFASSPP.pdf>
- (3) Kezelman, C.A; Stavropolous, P.A. (2020). Blue Knot Foundation 2020 Organisational Guidelines for Trauma-Informed Service
- (4) Quadara, A. and Hunter, C. (2016). Principles of Trauma-informed approaches to child sexual abuse: A discussion paper, Royal Commission into Institutional Responses to Child Sexual Abuse, Sydney. Retrieved 15 October 2021, from <https://aifs.gov.au/publications/principles-trauma-informed-approaches-child-sexual-abuse>
- (5) Thomas, L. (2019). What is Trauma? Australian Childhood Foundation. Retrieved 15 July 2018, from <https://professionals.childhood.org.au/prosody/2019/03/what-is-trauma/>
- (6) Scaer, R. C. (2001, Mar). The neurophysiology of dissociation and chronic disease. Appl Psychophysiol Biofeedback, 26(1), 73-91. <https://doi.org/10.1023/a:1009571806136>
- (7) Kezelman, C. (2014). Trauma Informed Practice. Mental Health Australia. Retrieved 8 June 2021, from <https://mhaustralia.org/general/trauma-informed-practice>.
- (8) Blue Knot Foundation; <https://blueknot.org.au/resources/facts-and-figures/> Retrieved 5 November 2021



Further Support

A mental health professional such as a trauma-informed counsellor, psychologist or psychiatrist or your GP

Blue Knot Foundation Trauma Helpline and Redress Service (PH: 1300 657 380) <https://blueknot.org.au/> (all trauma-informed counsellors)

Blue Knot Foundation National Counselling and Referral Service – Disability (PH: 1800 421 468) <https://blueknot.org.au/> (all trauma-informed counsellors)

1800-Respect 24/7 service (PH: 1800 737 732) National Sexual Assault Domestic Family Violence Counselling Service <https://www.1800respect.org.au/> (all trauma-informed counsellors)

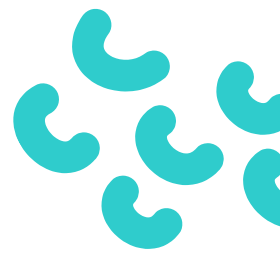
Kids Helpline 24/7 service - for help-seekers up to 25 years of age (PH:1800 55 1800); <https://kidshelpline.com.au/> (person-centred, strengths-based professional counselling)

Mensline 24/7 service (PH:1800 041 612) <https://mensline.org.au/> (professional counselling)

Lifeline (PH: 131114) <https://www.lifeline.org.au/> (person-centred, strengths-based crisis support)

A trusted friend or family member with whom you feel safe.





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Introduction to Trauma
Informed Aquatics**

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Final Words

In the best interests of your wellbeing and care we advise that if you felt triggered at any time by the material presented in this webinar in a way that causes distress, confusion, upset or feelings of overwhelm, you consider seeking support.

Sources of support can include the following persons and Australian-based organisations on our next slide. If not in Australia, please refer to your local support organisations.