

# The Three Pillars of Transforming Care

## About the *Three Pillars* Framework

The *Three Pillars of Transforming Care* course has been developed for agencies wishing to ensure that their staff and carers are informed about and sensitive to, the developmental impacts of early adversity and trauma. It focuses on the three core needs of children and young people in special care and education settings and the priorities for intervention and support.

Developed by Drs Howard Bath and Diana Boswell, both with extensive backgrounds as practitioners and researchers in out of home care, the course is now provided across Australia, Europe, Canada and the USA. In Sweden, for example, over 15,000 residential workers in hostels for unaccompanied minor refugees and other care services, have been trained in the model.

Designed primarily for direct care and education providers, the *Three Pillars* course is based on research evidence, current clinical perspectives and years of direct experience with children and young people with complex needs and challenging behaviours.

The *Three Pillars* is not a 'whole-of-agency' change model so it does not venture into issues such as of the types of meetings in a program, the specific training requirements, staffing or the nature of documentation, nor does it require a long-term financial relationship with the developers. It is designed to enrich existing service provision and to integrate with other models of care.

## Train- the- Trainer Course

The three day **train-the-trainer course** is designed for organisations seeking to develop an in-house capacity to provide the *Three Pillars of Transforming Care*. It is targeted at senior practitioners, trainers, clinicians and others with responsibility for training, program design, case management or supervision. The program will cover the full two-day training material as well as the skills and program requirements for providing the training to others. It will include opportunities for participants to present some of the material to other course participants.

We assume participants are senior practitioners who have some familiarity with the issues involved and experience working with children and young people who have experienced severe adversity.

## Topic Areas:

1. The need to understand the impact of severe adversity and trauma from within a positive-growth context rather than an exclusive focus on harm and dysfunction.
2. The fundamentals of trauma theory including types of trauma, arousal and stress mechanisms, the impact on brain development, the role of memory and dissociation.
3. Research on the behavioral and emotional difficulties that may affect young people who have been exposed to the various types of trauma.

4. The Three Pillars of transformation - the need to FEEL SAFE; the need for positive, trust-based CONNECTIONS with caring adults and engagement with the 'normal' community; and the need to develop adaptive COPING strategies for complex external life circumstances as well as turbulent thoughts, emotions and impulses.
5. An exploration of key 'everyday' skills for addressing the three core trauma-related needs.
6. Principles of effective implementation.

### Approach and materials

Instructional methods include brief presentations, videos, worksheets, group discussions and a small number of role plays. Trainers receive a comprehensive training manual covering all course material as well as a USB drive that includes all PowerPoint slides and handouts.

The recently-published book *The Three Pillars of Transforming Care: Trauma and resilience in the other 23 hours* (2018, H. Bath & J. Seita, Faculty of Education Publishing, University of Winnipeg) provides a resource and reference guide for course material. This book is provided to participants to read before the course.

A knowledge test based on the contents of the book and training manual is undertaken at the conclusion of the course. Upon successful completion of the course and knowledge test, participants receive a certificate and accreditation to provide the course for staff and carers within their agencies.

### Testimonials:

'This training pulled the theory together in a way that was easy to understand and deliver'

'Affirming, informative, clear, valuable'

'Wonderful ideas and activities to use with foster carers'

'Presenters clearly passionate, knowledgeable and invested'



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