

REPAIR

Supporting young people to recover from family violence trauma

The use of creative therapies in recovery from the trauma of family violence



WHAT WE DID.

Using creative therapies we supported young people to recover from the trauma of family violence by:

- » Matching them with creative therapies including art, movement, music, play, canine and equine
- » Using specialists such as occupational and family therapists to respond to their sensory, environmental and relationship needs



WHY WE DID IT.

Creative therapies have been found to be effective in addressing trauma by:

- » Being sensory based and action oriented and not necessarily requiring language
- » Supporting young people with processing trauma, self regulation and relationship building
- » Effectively engaging young people, including adolescents with complex histories



HOW WE DID IT.

By using family violence 'navigators' who:

- » Selected creative therapists who worked well with young people and trauma
- » Actively supported the process and connections between case managers, therapists, families and carers and young people
- » Practiced '*collaborative case management*' which was relationship based work that ensured young people were powerfully connected to all the services they needed



WHAT WE FOUND.

Creative therapies are a really effective way of helping young people engage with support and recover from the trauma of family violence as:

- » Our evaluation found that this model "achieved significant engagement and outcomes for extremely vulnerable young people and their families... not previously successfully engaged with the service system"
- » For many young people changes began happening in a few sessions

For further information visit <https://melbournecounsellingservice.org.au/>