napac

The National Association for People Abused in Childhood

Trauma-informed practice

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What is NAPAC?

After 25 years we are still the only free national support service for adult survivors of all types of childhood abuse. NAPAC offers specialist, confidential telephone and email support to all adult survivors of any type of abuse.

We offer four main services:

- Our free national support service for all adult survivors of any kind of childhood abuse
- Intensive psycho-educational support groups for survivors of abuse
- Extensive training for professionals who engage with adult survivors of childhood abuse and anyone at risk of vicarious trauma
- Research and advocacy, with a view to making survivors' voices heard

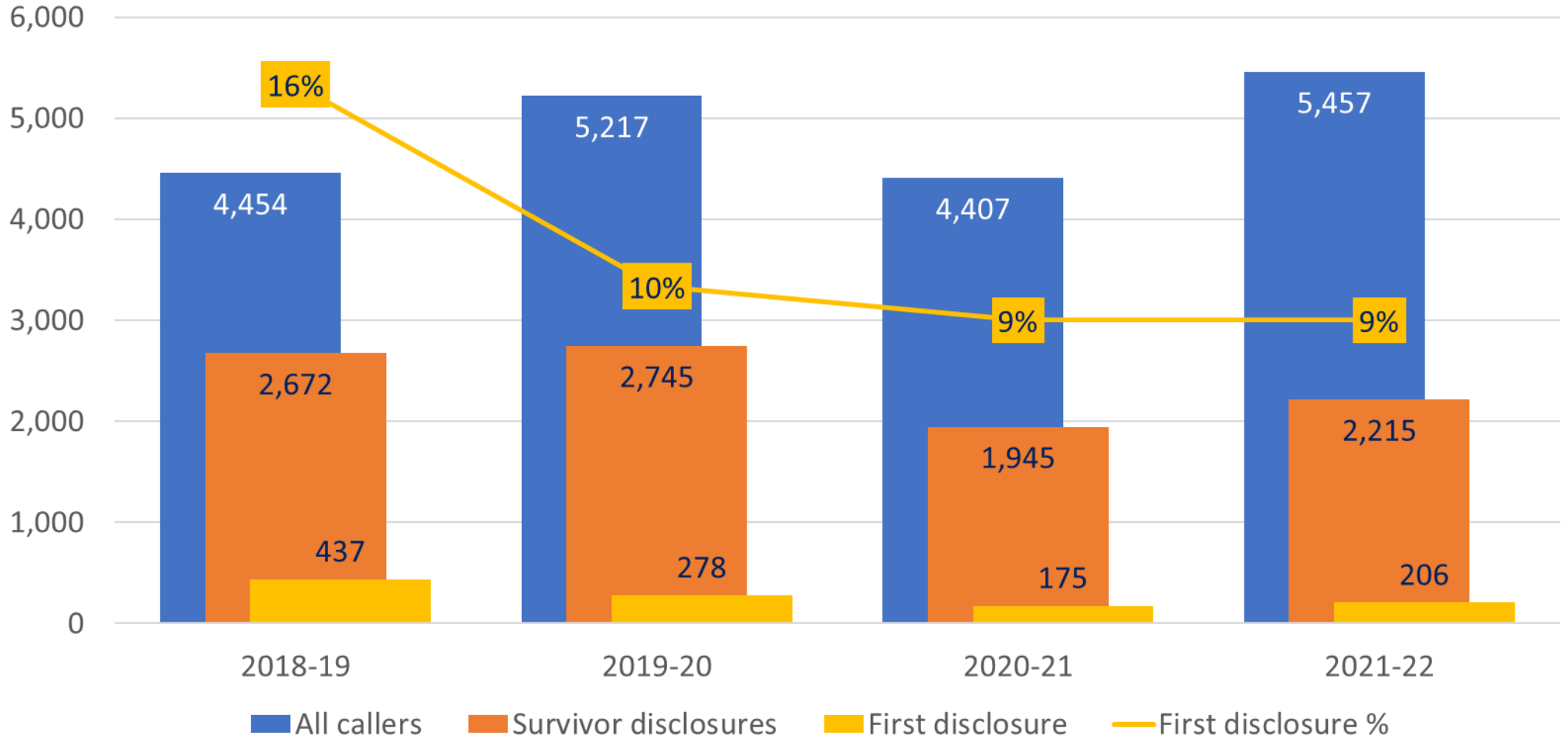
Survivor definitions

Survivors are a diverse group, and each person has their own experiences, needs, and preferences. As well as survivor there are other terms, including victim (recognising abuse is a crime) and it is okay to ask someone's preference if you're not sure.

NAPAC has found three terms useful:

- **Disclosed survivor** – someone with lived-experience of childhood abuse who is comfortable being referred to as a survivor.
- **Undisclosed survivor** – a survivor who does not want their experience to be disclosed publicly, or beyond the people they choose to tell privately.
- **Supporters of survivors** – this includes all of you - someone who supports and advocates for survivors professionally and/or personally, whether they are a survivor or do not have lived-experience of abuse.

All callers, disclosing survivors, and first disclosures



Let’s challenge ourselves by asking a simple question:

Why should someone disclose?

What are we doing as a society to make this process easier?

Trust and confidence are vital

The principles of a trauma-informed approach

NAPAC integrated and adapted the concept of trauma and guidance for a trauma-informed approach, as published in 2014 by the Substance Abuse and Mental Health Services Administration (USA).

It has six principles for a trauma informed approach for interventions and services and, as crucially, the culture of the delivery organisations:

1) **Safety**
2) **Trustworthiness and transparency**
3) **Peer support**
4) **Collaboration and mutuality**
5) **Empowerment, voice and choice**
6) **Cultural, historical and gender issues**

Principle five: empowerment, voice, and choice

Use a strengths-focused perspective: promote resilience

- Fostering individual strengths is a key step in prevention when working with people who have been exposed to trauma.
- It is also an essential intervention strategy—one that builds on the individual's existing resources and views him or her as a resourceful, resilient survivor.
- Individuals who have experienced trauma develop many strategies and/or behaviors to adapt to its emotional, cognitive, spiritual, and physical consequences.
- Some behaviors may be effective across time, whereas others may eventually produce difficulties and disrupt the healing process.

SAMHSA TIP 57, Part 1 Chapter 1, Trauma-Informed Care: A Sociocultural perspective, p.27

What does ***'empowerment, voice and choice'*** look like in reality?

ENGAGED RECOVERY

At NAPAC we support full survivor engagement with their own recovery and advocacy

We develop our services through reflective learning from survivors who engage with us.

We can evidence that survivors who contact NAPAC are being heard and believed.

This approach enables positive impacts (relationships, health, wellbeing, education, training and work) and mitigates negative impacts (dependency, re-traumatisation, and re-victimisation) for survivors.

More proactive engagement by more diverse survivors provides more positive stories reflecting a wider range of voices.

Lived-experience and survivors voices are fundamental to informing societal change.

Survivor voices

Thank you for hearing me

Couldn’t have wished for a better person to speak to. I see my life in a much more positive light

Every time I speak with NAPAC it’s moved me forward in a really positive way

NAPAC are a hug in a person

I can feel your voice in my heart

Thank you for providing the oxygen today

There’s a conversation I had with NAPAC six months ago that I still think about today