



# ARC Reflection Framework

## Core Training

### Course Description

ARC, or Attachment, Regulation and Competency, is a framework for working with children and youth who have experienced trauma and builds on the resilience of children, youth and families. ARC Reflections is an ARC-informed caregiver training curriculum that focusses on:

- Building healthy attachments among children or youth and caregivers.
- Supporting children or youth in their ability to identify, understand, tolerate and shift emotional and physiological responses and experiences.
- Supporting normative developmental competencies that may have been derailed by trauma exposure.
- Integrating trauma experiences.

### Learning Objectives

#### Session 1:

- Review how trauma influences development.
- Identify how behaviours are often survival strategies.
- Discuss how early relationships, labels and self-preservation impact the child's and youth's lens.
- Explain how behaviour addresses a need and are often the child's and youth's unconscious attempt to avoid perceived danger.
- Outline the importance of the ability to recover – a skill needed to recover when in distress and to manage day-to-day lives.
- Demonstrate how to be curious and to learn to observe, listen and respond to the messages children and youth are sending.

#### Session 2:

- Participants will demonstrate an understanding of the importance of self-care for caregivers.
- Participants will recognize how self-awareness contributes to self-care and self-regulation.
- Participants will demonstrate an understanding of how self-care can enhance your ability to respond to a child's behaviour rather than reacting to it.
- Participants will begin to develop a diverse set of tools for self-care that they can use on an ongoing basis.

#### Session 3:

- Participants will demonstrate an understanding of how to build a relationship when a child or youth comes to live with them.
- Participants will be able to explain how a child or youth can use disconnection as a coping mechanism for protection and not rejection of the caregiver.
- Participants will identify how being an effective observer of a child and youth's behaviour can build a relationship with the child or youth in their care.
- Participants will understand how to use mirroring to understand the child or youth's needs that underlie the behaviour the child or youth is showing the caregiver.

#### Session 4:

- Participants learn how a child or youth progressively builds the capacity to self-regulate.
- Participants learn the effect of a child or youth's dysregulation on their caregivers.

- Participants will understand how self-regulation contributes to a child or youth's understanding of feelings as well as their ability to communicate their feelings to their caregivers.
- Participants will discuss strategies that promote a child or youth's regulation and how to reconnect with the child or youth when everyone is calm.

Session 5:

- Recognize how a caregiver's reaction will influence a child or youths behaviour.
- Caregiver will identify the importance of being proactive rather than reactive in responding to behaviour.
- Caregivers will recognize how to identify the need behind the child or youth's behaviour.
- Caregiver will explore tools that can support them in responding to a child or youth's behaviour and recognize the implications of using them.

Session 6:

- Caregivers will identify how identity is formed in each developmental stage.
- Caregiver will recognize how our "lens for self" is created and becomes the filter a child or youth uses to interpret their experiences.
- Caregivers will understand how children and youth who have experienced trauma can create a negative lens and its effect on behaviour.
- Caregivers will identify their role in supporting a child to create a more powerful and positive self which will support them in building resilience.

Session 7:

- Caregivers will identify how theirs and their family's experience of transitions affects their ability to support a transition.
- Caregivers will recognize how the child or youth's previous experience with transitions and their lens for self will influence how they perceive a transition.
- Caregivers will understand how a child or youth cope with transitions.
- Caregivers will recognize how they can better support transitions for the children and youth in their care.