



FROM PANDEMIC AND BEYOND: CARING FOR CHILDREN AND FAMILIES

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PSALM 139:13-14

YOU CREATED THE DEEPEST PARTS OF MY
BEING. YOU PUT ME TOGETHER INSIDE MY
MOTHER'S BODY. HOW YOU MADE ME IS
AMAZING AND WONDERFUL.

I PRAISE YOU FOR THAT.

WHAT YOU HAVE DONE IS WONDERFUL.

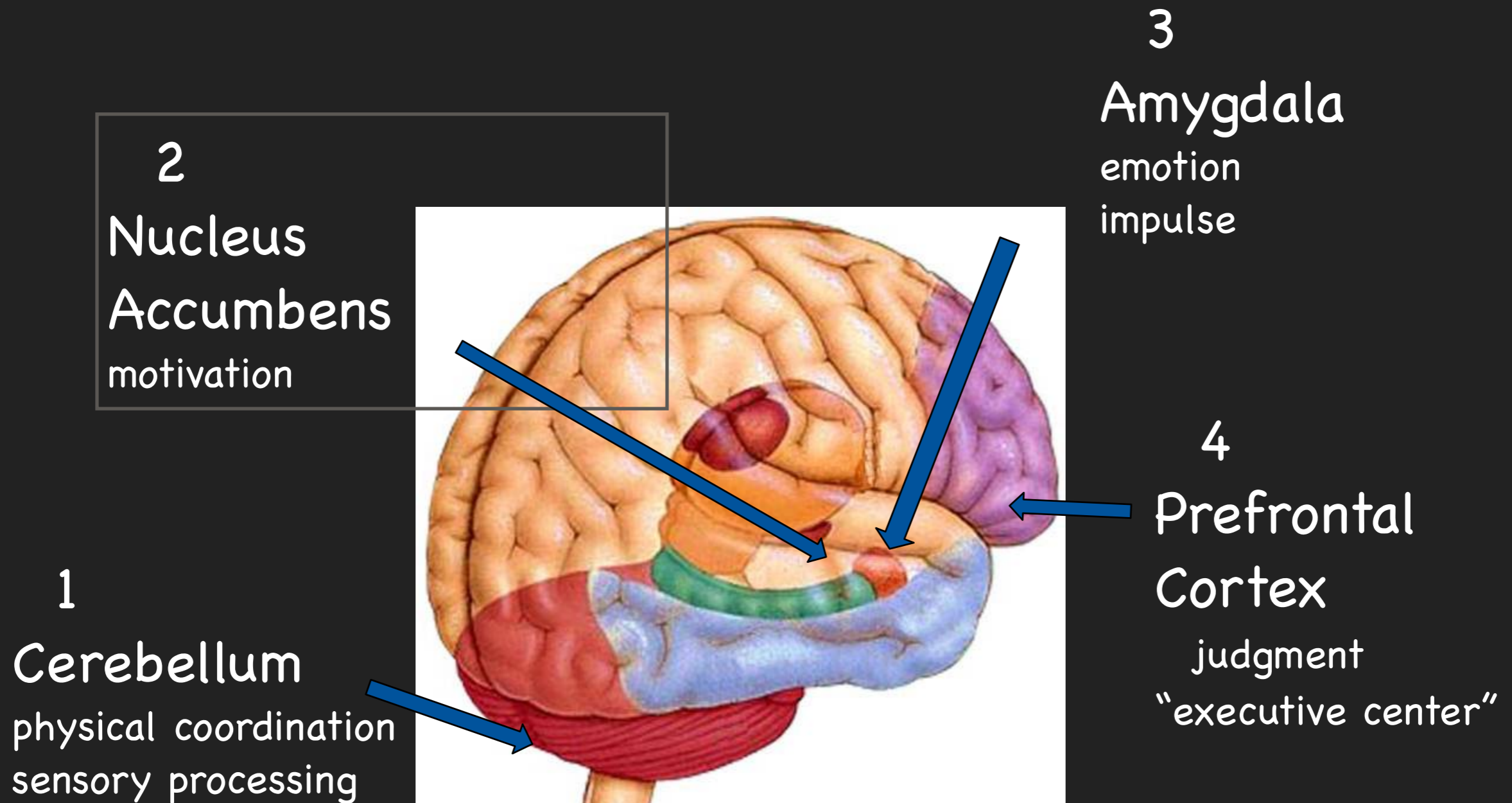


ONE DAY SOME PARENTS BROUGHT THEIR CHILDREN TO JESUS SO HE COULD LAY HIS HANDS ON THEM AND PRAY FOR THEM. BUT THE DISCIPLES SCOLDED THE PARENTS FOR BOTHERING HIM.

BUT JESUS SAID, "LET THE CHILDREN COME TO ME. DON'T STOP THEM! FOR THE KINGDOM OF HEAVEN BELONGS TO THOSE WHO ARE LIKE THESE CHILDREN."

MATTHEW 19:13-14

BRAIN GROWTH AND DEVELOPMENT OCCURS FROM BACK TO FRONT





Event



Do

Think



Feel



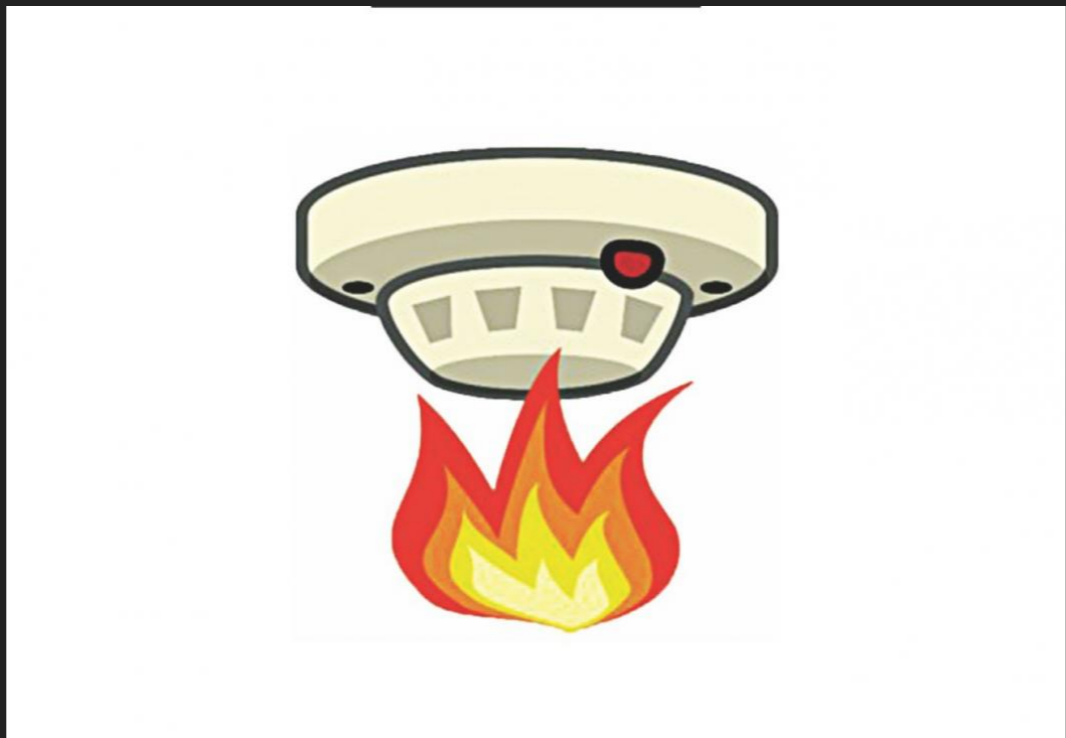


- **Trauma refers to intense and overwhelming experiences that involve (perceived) serious loss, threat or harm to a person's physical and/or emotional well being or sense of control.**
- **These experiences may occur at any time in a person's life. They may involve a single traumatic event or may be repeated over many years.**

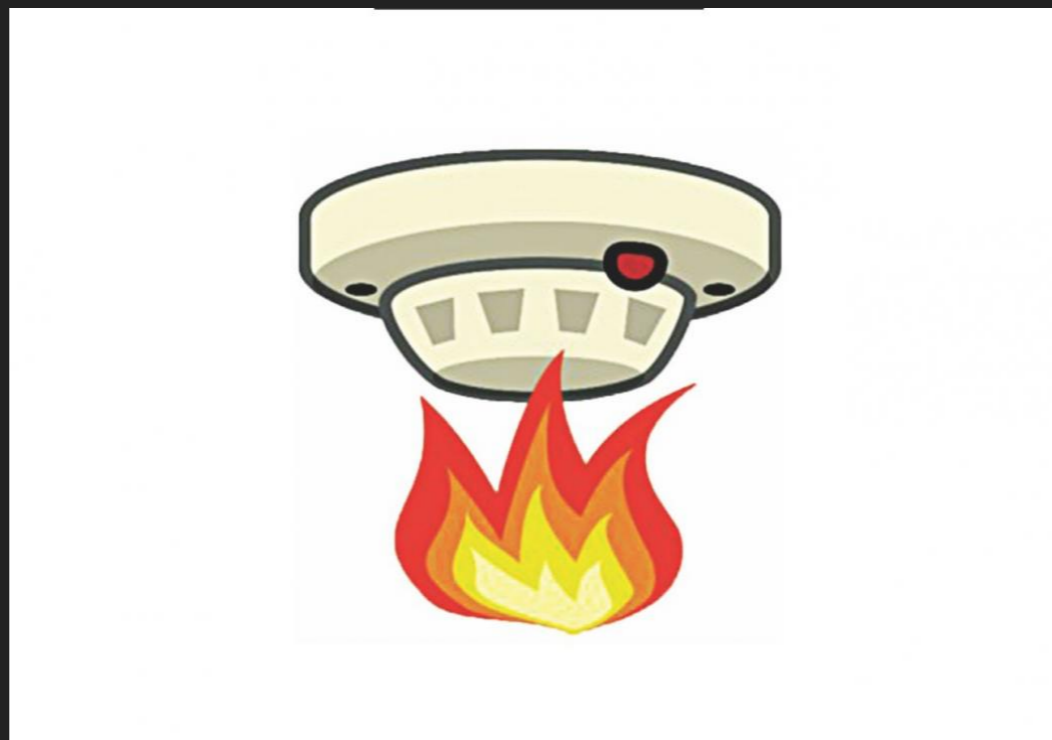


“Trauma compromises our ability to engage with others by replacing patterns of connection with patterns of protection.”

Stephen Porges



Feeling unsafe sets off the Alarm!



Feeling unsafe sets off the Alarm!

REGULATE – INVESTIGATE – SAFETY PLAN

VALIDATE – IDENTIFY – COMMUNICATE – REASSURE

INTEGRATION OF SAFETY IN TEACHING

- ▶ **Safe space**
- ▶ **Creative connection**
- ▶ **Metaphors**
- ▶ **Movement**
- ▶ **Integration of the truth**





When/How to refer for additional support?



Finding a good child therapist?

Licensed Mental Health Professional

Registered Play Therapist

What experience do you have with serving children/teens?

How long have you been in practice?

Can you explain the therapy approach you use?

Will other family members be involved in the therapy process?

How do you establish goals for therapy and measure progress?

Are you a member of a professional organization?

What license do you have and is it current?



- ▶ **Methodist Family Health**

877-778-1197 TOLL-FREE

Info@MethodistFamily.org

- ▶ **Mental Health Council of Arkansas**

www.mhca.org



- ▶ **American Counseling Association**
- ▶ **National Board of Certified Counselors**
- ▶ **Mental Health America**
- ▶ **Psychology Today's Therapy Directory**
- ▶ **Theravive**