
Enhancing wellbeing for children who have experienced complex trauma through a transpersonal and transformative orientation- a narrative case study approach focusing on 3 vulnerable children supported in school and home settings

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This presentation/workshop shows through a narrative approach to case study research how a transpersonal and holistic orientation to understanding and working with three vulnerable children was able to enhance wellbeing, a sense of belonging, personal safety and trust and increase self regulation, leading to reduced symptoms of anxiety in three vulnerable children who have experienced trauma. These children were all considered virtually ineducable by various professionals. A transpersonal approach assist in focusing on understanding the inner worlds of the children and increasing their capacity to experience wellbeing through imaginative, creative and engaging activities, rather than focusing on deficits or trying to change behaviours. It also makes space for the inclusion of the spiritual dimension of wellbeing, through an appreciation that the experience of suffering can be personally meaningful and lead to transformation.

In one example, this flexible program or approaches was delivered in a school setting by teachers assistants, in another by the child's parent at home and in the third by community mentors, also in the home. The aim of the program in all cases was to facilitate a return to full time schooling in the classroom. This presentation/workshop describes current work in practice and describes a range of practical activities and strategies that were used to support parents and caregivers, principal, teachers, teacher assistants and mentors to more successfully meet the needs of these complex, vulnerable children.