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Letter from Executive Director

Welcome to the Winter Edition of the Lighthouse Institute Newsletter.

The past four months has been an exciting and pivotal period in the development of Lighthouse Institute. The Institute is deep into the process of developing Journey to Recovery: The International Conference of Attachment and Trauma Informed Practice. The conference arrives at a time where attachment and trauma informed practice is increasingly being seen as best practice internationally. We feel privileged that the Institute has been able to drive this historical moment in Australian history in collaboration with our Community Partners: OzChild; Orygen Youth Health Research Centre; The Centre for Excellence in Child and Family Welfare; Queen Elizabeth Centre; EACH; and Australian Catholic University.

I would like to take this opportunity to welcome Professor Patrick McGorry to our Board of Directors. It is a great honour to

have such a well-respected Australian and advocate for young people's psychological wellbeing on our Board.

The Institute is in the process of expanding our research arm, with the support of Orygen Youth Health Research Centre/ University of Melbourne, and the support of Vicki Standish who has donated funding for a longitudinal study into the therapeutic outcomes for young people in the Lighthouse Therapeutic Family Model Care™. This is an important study that will contribute to improving the way children and young people with complex trauma are cared for internationally.

The Lighthouse Institute training and clinical consultancy program has expanded its reach. We have worked with a number of organisations across Australia including Australian Red Cross, OzChild, Hanover Welfare Services, The Centre for Excellence in Child and Family Welfare, RMIT University, Wodonga TAFE, Royal District Nursing Service, and many other organisations that wish to develop their attachment and trauma informed practice. We have developed wonderful relationships with these organisations that are doing great work with survivors of trauma. I am also very proud of the work of our Institute team who are all outstanding ambassadors for Attachment and Trauma Informed Practice.

We hope that you enjoy this edition of the Lighthouse Institute Newsletter highlighting some of the work that we have been doing in Australia and abroad.

Rudy Gonzalez
Executive Director
Lighthouse Institute



A New Journey for Patrick Tomlinson

Patrick Tomlinson has joined the Lighthouse Institute Team in the role of International Practice Development. Patrick has been a key contributor to Lighthouse Institute since its inception. He has a wealth of experience that spans 30 years, as a leader in the development of programs for traumatised children and young people worldwide. He managed programs in a number of prestigious organisations in the UK including the Cotswold Community, Young Options, the Mary Walsh Institute and SACCS.

Patrick is a published author and has written multiple books on child trauma and recovery, including Therapeutic Residential Care for Children and Young People: An Attachment and Trauma Informed Model for Practice with Rudy Gonzalez and Susan Barton. He has also co-authored a number of published articles and submissions on behalf of the Institute.

Patrick has been instrumental in preparing Lighthouse Institute for model transfer work in Australia and internationally, including the USA, UK and Japan. Patrick will be visiting Australia in August 2013 to present at Journey to Recovery and he will embark on a national tour with Rudy Gonzalez.

If your organisation is interested in hosting a Masterclass with Patrick and Rudy on attachment and trauma informed practice, please contact Lighthouse Institute.

Journey to Recovery: The International Conference of Attachment and Trauma Informed Practice

Journey to Recovery is a collaborative initiative that provides practitioners, policy makers, researchers, carers and survivors of trauma an opportunity to come together, to share experiences and reflect on practice and research into recovery-oriented approaches from an attachment and trauma informed perspective. The Conference comes at a pivotal time, where Attachment and Trauma Informed Practice is becoming increasingly seen as best practice in work with survivors of trauma, across diverse sectors including mental health, homelessness, out of home care, disability, aged care, torture and trauma, indigenous issues, health, refugee and asylum seekers and education.

The Conference is an opportunity to reflect on What has been? What is possible? What is next?

We are honoured to confirm the following speakers:

- Bernie Geary (Principal Commissioner for Children and Young People Victoria)
- Dr Michael Merzenich (Professor Emeritus of Neuroscience at the University of California, San Francisco, Leading Neuroscientist specialising in Neuroplasticity)
- Professor Patrick McGorry (Former Australian of the Year, Orygen Youth Health Executive Director)
- Dr Cathy Kezelman (Trauma Survivor, Medical Doctor, President of Adults Surviving Child Abuse)
- Patrick Tomlinson (Child Trauma Expert and Trauma Informed Systems Consultant)
- Deborra-lee Furness (Internationally acclaimed actress as well as a passionate supporter of children and defender of their human rights across the globe)
- Moira Kelly AO (Humanitarian, Ambassador of Carers Victoria, Founder of Children First Foundation, Founder of Global Gardens of Peace)

This cross-sectoral conference will be held on the 13th and 14th of August 2013 at the Melbourne Cricket Ground, in Melbourne Australia. For more information or to view the conference program, visit www.atip.com.au

Journey to Recovery

The International Conference of Attachment and Trauma Informed Practice™
MCG, Melbourne, 13-14 August 2013



Patrick McGorry Joins Us In Ending Youth Homelessness

We recently welcomed Professor Patrick McGorry to the Board of Directors of Lighthouse Foundation which oversees the activities of the Lighthouse Institute. Patrick's achievements are well known. Former Australian of the Year, he is a well-respected researcher, practitioner and advocate for youth mental health. Patrick has been pivotal in raising awareness and increasing the availability of programs supporting vulnerable young people with mental illnesses in Australia and internationally. We are excited to have Patrick on our team, and look forward to his contribution to ending youth homelessness in Australia.

Vicki Standish Supporting Longitudinal Study into Therapeutic Care

In coming months our Institute will commence the implementation of an innovative longitudinal study which will examine the therapeutic approach to residential care for homeless young people. This has been made possible through funding and support from one of Australia's leaders in philanthropy, Vicki Standish. Regular publication of the research findings will provide helpful insights into the process of recovery for young people engaged in a therapeutic care program. Particular attention will be placed on the long term outcomes of therapeutic care for traumatised young people who have experienced homelessness.

A Partnership of Excellence

In 2013 the relationship between Lighthouse Institute and The Centre for Excellence in Child and Family Welfare Inc. has gone from strength to strength. In partnership with the Centre we have provided training to a number of practitioners and organisations across Victoria, with a focus on attachment and trauma informed practice. We have received regular positive reviews from training participants and organisations that have contracted these services. The Centre is also a major partner in Journey to Recovery, which demonstrates a commitment to promoting trauma informed practice in the community. We look forward to an ongoing partnership with this Peak Body for Child, Youth and Family Services into the future.



Deakin University Partnership

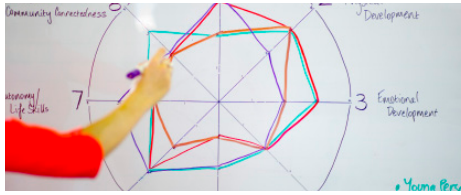
Lighthouse Institute and Deakin University are partnering on a research project being conducted by Carly Cameron, as part of her PhD in Psychology, focusing on the attachment experiences of looked after children and mental health outcomes post-care. Carly Cameron, who is a Lighthouse Institute Clinical Consultant and formerly the Clinical Care Manager at Lighthouse Foundation, is working closely with the Institute on this project.

The project will examine the role that attachment plays in mental health trajectories for children and young people in care.



Dr Pauline McLoughlin Joins the Lighthouse Institute Team

We are very pleased to welcome Dr Pauline McLoughlin as the new Research Manager at Lighthouse Institute. Pauline is a sociologist and applied researcher, with research expertise in the areas of youth homelessness; young people's housing pathways and family relationships; mental health and wellbeing; and housing and social inclusion. Pauline has a PhD in Social Sciences from the University of Adelaide and an Honours Degree in Health Sciences. Through her PhD research, Pauline explored the couch surfing practices of school-aged home leavers: homeless young people who had moved frequently from one household to another in temporary living arrangements, as part of a process of (re)negotiating the loss of housing and familial support. Prior to joining the Lighthouse Institute, Pauline spent 14 months in Scotland, working as a research fellow at the University of St Andrews. In this role, she managed a philanthropic-funded research project focused on the role of family resources in shaping the housing opportunities and welfare of young adults in the UK. In addition to her experience in academic research roles, Pauline has hands-on experience in social and health research, evaluation and project management; working within multidisciplinary research centres, professional associations and consultancies. She has a strong commitment to practice-driven research that aims to have a positive impact on young people's wellbeing and social inclusion.



Measuring Outcomes Based Practice for Young People in Care

Following intensive consultation with young people, carers and staff at Lighthouse Foundation, the Therapeutic Outcomes Assessment™ (TOA™) was developed to measure the outcomes for young people participating in the Therapeutic Family Model of Care™. This innovative tool tracks therapeutic changes for young people across eight developmental domains.

Following development of the tool, all care staff at Lighthouse received training on the administration of the TOA™. The TOA™ has been found to be an effective way to monitor progress for young people and to support young people's Individual Development Plans™ (IDP™) that guide the recovery process.

Sharing the Model Internationally

Therapeutic Residential Care for Children and Young People: An Attachment and Trauma Informed Model for Practice has been translated into Japanese by Fukumura Shuppan Publishers on request from the Ministry of Health, Labour and Welfare, as part of its review of Out of Home Care in Japan. The project team, which is headed by Professor Kazuko Mori and Dr. Hisayo Kaihara of Bunkyo Gakuin University, have successfully completed the translation of the book and it is now being printed in Japan.

Professor Mori will be visiting Lighthouse Foundation in August 2013 on behalf of a research group to develop a greater understanding of the Therapeutic Family Model of Care™ and its application in Japan to support traumatised children and young people in Out of Home Care. We look forward to sharing our work with Professor Mori and further developing our partnership with Bunkyo Gakuin University and the Ministry of Health, Labour and Welfare.

Presentations and Publications

Requests for presentations of our work in Australia and overseas arise on a regular basis. Recently we have been involved in a number of presentations including:

- Centre for Excellence in Child and Family Welfare, 3rd Annual Sector Research Forum, Dr Pauline McLoughlin
- Department of Families, Housing, Community Services and Indigenous Affairs, National Reconnect Good Practice Forum, Tymur Hussein & Kristen Benson
- NSW Institute of Psychiatry, Advances in Clinical Supervision: Innovation and Practice, Rudy Gonzalez

The following articles have also recently been published:

- Gonzalez, R., Klendo, L., & Thorpe, S. (2013). Complex Trauma, Mental Health and Youth Homelessness: The Facts, the Gaps and What Works. *Parity*, 26(3), 12-13.
- Gonzalez, R., Tomlinson, P., & Klendo, L. (2012). Trauma Informed Care for Homeless Young People: An Integrated Systems Approach. *Parity*, 25(7), 28-29.
- Gonzalez, R., Cameron, C., & Klendo, L. (2012). The Therapeutic Family Model of Care: An Attachment and Trauma Informed Approach to Transitional Planning. *Developing Practice*, 32, 14-23.
- Gonzalez, R., & Bull, C. (2012). The Importance of Youth Participation in Programs for Traumatized Homeless Young People. *Parity*, 25(4), 33.

Understanding Adult Homelessness as Trauma

As 2012 came to a close, Lighthouse Institute developed a partnership with Hanover Welfare Services to provide a series of workshops on adult homelessness and trauma informed practice. The series was made up of the following topics:

- Homelessness as Trauma: Understanding Complex Trauma
- From Crisis to Calm: Effective Short Term Strategies for Promoting Safety
- Understanding Psychosis and the Impact on Therapeutic Interventions
- De-Stigmatising Borderline Personality Disorder: Overcoming Barriers and Applications of a Therapeutic Approach

Each seminar was designed specifically to suit the needs of practitioners at Hanover. Jon Deakin, Service Development Manager was instrumental in bringing this training to his team. We would like to acknowledge the work that Jon and his team are doing to introduce trauma informed practice to Hanover, and the impact this is having on the practitioners and the people they support.



Innovations in Clinical Supervision: Psychodynamic Clinical Supervision Training

In March 2013, Lighthouse Institute ran the first Psychodynamics of Supervision training for all members of the Lighthouse Psychological Wellness Team and Institute Clinical Consultants. The program received positive reviews from all participants. The training, developed by Rudy Gonzalez and Patrick Tomlinson, was based on extensive research into best practice supervision models from around the world, and their practice experience spanning over 30 years. The training will be made available to clinical supervisors of practitioners working with survivors of trauma.

If your organisation is interested in training on clinical supervision from a psychodynamic, trauma informed framework, please contact the Lighthouse Institute.



Upcoming Training

The 2013 Seminar Series is a rich learning environment where people can learn from practitioners with hands-on experience, hear about effective innovative approaches to working with children, young people and families, and share their own experiences.

Upcoming seminars in 2013 are as follows:

Wed. 7 Aug

Preventing Vicarious Trauma in the Workplace

Wed. 21 Aug

Working with Traumatised Children and Young People with Disabilities

Wed. 4 Sept

Understanding and Responding to Early Psychosis in Therapeutic Environments

Wed. 18 Sept

Understanding the Lighthouse Therapeutic Family Model of Care™

To find out more or to participate in upcoming trainings visit our website, click on The Institute, and go into Training and Consultancy to download the 2013 Seminar Series Brochure and Registration Form.



To learn about our training, consultancy and supervision packages or to find out how to get involved in Lighthouse Institute, contact:

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We value and acknowledge the following relationships:

