

Evidence-based community interventions for trauma recovery are based on cognitive behaviour, resilience, or attachment models.

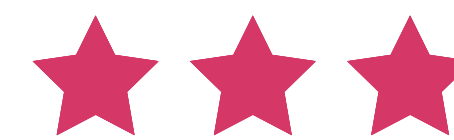
Adverse Childhood Experiences (ACEs): Which evidence-based interventions should practitioners in educational settings be using to support young people who have experienced trauma?

Verbal Abuse	Physical Abuse
60%	30%
Parental separation	Domestic Violence
50%	16%

Adolescents' experiences in Wales (2023)



Stress Inoculation Training (SIT) and Support for Students Exposed to Trauma (SSET) are two manualised interventions based on CBT, which can reduce PTSD and stress.



Changing Minds, Changing Lives (aka Empower Resilience Intervention) can have a positive impact on resilience and perceived stress, but further evidence is needed for under-18s.



Theraplay is an attachment-based intervention reduces prolonged grief and PTSD in bereaved siblings.



Different forms of childhood trauma including personal experience of neglect and other types of abuse can be defined as Adverse Childhood Experiences (ACEs). ACEs have been linked to a range of negative health and education outcomes (Felitti et al., 1998). Increasingly, schools and other community organisations are becoming aware of the potential impact of childhood trauma and many are highlighting the need for 'trauma-informed' or 'trauma-recovery' approaches to schooling (Jaycox et al., 2006). However, it is not always obvious which interventions have the strongest evidence base. The aim of this review is to provide such an overview. We included studies which were published in peer reviewed journals, included a measure of PTSD or stress symptoms, and which related to an intervention which could be delivered by a non-clinician such as a teacher or teaching assistant. Overall the evidence base is weak, with only a couple of programmes having more than two studies into their effectiveness published in a peer reviewed journal. A number of studies indicated that SIT was effective, although this has not been widely studied in non-disaster contexts (Simi et al., 2015; Wolmer et al., 2011). SSET is a manualised intervention based on the Cognitive Behavioral Intervention for

Trauma in Schools (CBITS), but which is suitable for delivery by non-clinicians; this has a pilot study but no further evidence (L. H. Jaycox et al., 2009). Changing Minds, Changing Lives is a resilience intervention which has a positive impact perceived stress, but more evidence is needed for under-18s (Chandler et al., 2020). Theraplay is a widely used attachment-based intervention, but only one study was found suggesting effectiveness (Sepehrtaf et al., 2020). More research is needed in this area and regarding the Welsh context.

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