



Holding Space Program: Supporting the Emotional Journey of Implementing Trauma-informed Practice in Early Childhood Settings

Acknowledgement of Country





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<https://arts-ed.csu.edu.au/schools/education/events/holding-space>

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Workshop 1:

Stress, Trauma and the Brain: The Power of
Connection (the little moments) AND Introducing the
Neurosequential Model

*Implemented on the CSU Albury-Wodonga
Campus Tuesday March 4th 2025*

Key Take Aways

1: You can't change it all

2: Create a community of respect, a community of regulation

3: Little moments are powerful

Think About This!

Behaviour is the
outward result of
what we think and
feel

All behaviour is
communication

Take a little moment



**Do you use this practice already, with children
and/or your colleagues?**



**How could you use this “take a little moment” in
your work?**



The power of connection:

The little moments

- Watch the video and write down three things that resonate with you

Stress, Trauma, and the Brain: Insights for Educators-
with Bruce D. Perry, MD, PhD



- <https://www.youtube.com/watch?v=oEIS6AGwuxU>
- (ThinkTVPBS, 2020)

- Take a little moment to discuss those things with your colleagues
 - And the things that you heard/thought about/want to know more about

Three things in the video that resonate with us:

It's not what you
know, it's how
you are

The most
powerful tool
you have is you

Community of
respect,
community of
regulation

The feeling of being heard (Slide 1 of 2)

In Pairs

- Tell me about your day today
 - One person shares their response for 2 minutes and the other person listens without interrupting
- Then swap



Debrief discussion

- What made you feel heard or supported when you were sharing your response?
- What made it difficult to listen without interrupting?

The feeling of NOT being heard

(Slide 2 of 2)

In Pairs

- Tell me about your day today
 - One person shares their response for 2 minutes and the other person attends to their mobile phone (or something else) instead of listening
- Then swap



Debrief discussion

- What did it feel like to NOT feel heard or supported when you shared your response?

Take a little moment



**Do you use this practice already, with children
and/or your colleagues?**



**How could you use this “take a little moment” in
your work?**



Additional Resources

Coulson, J. (2024). *Harnessing the power of soft eyes*. <https://happyfamilies.com.au/articles/emotional-regulation-the-power-of-soft-eyes>

Oberg, G. (2024). *'I am exhausted': Australian teachers speak about how compassion fatigue is harming them and their work*. <https://theconversation.com/i-am-exhausted-australian-teachers-speak-about-how-compassion-fatigue-is-harming-them-and-their-work-244519>

Perry, B. (2017). *The boy who was raised as a dog*. <https://www.bdperry.com/books>

Think Brighton (2024). *'Professional love: The dance of reciprocity'. Research in early years education and embodied dance*. <https://www.youtube.com/watch?v=OVSn8BwgdII>

References

ThinkTVPBS (2020). *Stress, Trauma, and the Brain: Insights for Educators*- with Bruce D. Perry, MD, PhD

<https://www.youtube.com/watch?v=oEIS6AGwuxU>